



MINNEAPOLIS
PUBLIC SCHOOLS

Urban Education. Global Citizens.

3/22/21

Waxaa noo soo wargalisay Waaxda Caafimaadka Minnesota (MDH) inuu xubin ka tirsan bulshada helay cudurka COVID-19 markii laga baadhay. Waa suurtagal inuu qofku ku faafin karay cudurka intuu ku dhex jiray bulshada taariikhdan/taariikhahan 3/10-17. Sababo asturnaanta awgood ah ma wadaagi karnno faahfaahinta arrimaha qofka ku saabsan.

Waxaan kala shaqeynay MDH si loo ogaado kuwii xidhiidhka dhow la lahaa qofka laga helaycudurka COVID-19, markii laga baadhay oo waxaana si toos ahna ugu sheegnay inay guriga joogaan iyo/ama inay ka guriga ka shaqo tagaan illaa 14 maalmood, xitaa haddii lagags waayo ka baadhitaanka COVID-19 waqtigaas. Tani waa dhererka muddada ay qaadan karto inay soo baxaan astaamaha cudurku.

Haddii aan lagula soo xidhiidhin, ilmahaaga looma tixgelinayo inuu xidhiidh dhow la yeeshay, oo ma jiraan wax khaastan ah oo aad u baahan tahay inaad sameyso.

Maadaama faafitaanka COVID-19 ee lagaga qaadado ilo aan la garanayn u ku baahsan Minnesota, waa inaad ku sii waddaa uga foorjignaata ilmahaaga astaamaha cudurka COVID-19, oo ay ka mid yihiin:

- Qandho ah 100.4 digrii Fahrenheit ama ka sareysa
- Qufac cusub, ama qufac ka sii dara
- Neefsashada oo dhib ku noqota/ku adkaata
- Wax dhadhamin ama urin ka tagid cusub
- Cune xanuun
- San cabudh cusub/ san xidhmitaan ama dareer cusub
- Lallabo, matag, shuban
- Muruq xanuun
- Daal aad u badan/dareemitaan daallanaan
- Madax-xanuun cusub oo daran/madax xanuun xun
- Qarqaryo

Haddii u ilmahaagu yeesho astaamo, waa inay guriga joogaan oo waa inaad la hadashaa dhakhtarkooda ama daryeel caafimaad bixiyahooda kale si loogu go'aamiyo haddii ay u baahan yihiin inay arkaan dhakhtar iyo/ama in laga baadho cudurka COVID-19. Fadlan fiiri ilaha soo socda:

- [Aaladda Kaga Baadhitaanka Guriga ee loogu talagalay astaamaha COVID-19 \(PDF\)](https://www.health.state.mn.us/diseases/coronavirus/schools/homescreensom.pdf)
(<https://www.health.state.mn.us/diseases/coronavirus/schools/homescreensom.pdf>)
- [Hagaha COVID-19 ee Ka Xaadirka Dugsiga ee loogu talagalay Waalidiinta iyo Qoysaska \(PDF\)](https://www.health.state.mn.us/diseases/coronavirus/schools/attendancesom.pdf)
(<https://www.health.state.mn.us/diseases/coronavirus/schools/attendancesom.pdf>)

Waxaan fahansanahay in warkani ay dhici karto inuu galiyo dadka dareen welwelitaan. Waxaan qaadnay ficil aan ku nadiifinayno oo aan jermiska kaga dilayno dhismaha oo waxaan si dhow ula shaqeyneynnaa

MDH si aan xaaladda dhowrno. Waxaan ka codsaneynaa dhammaan xubnaha bulashadayada inay yareeyaan fursadda faafitaanka cudurrada iyaga oo qaada tallaabooyinka soo socda:

- Ku ilaali naftaada iyo dadka kaleba adiga oo gashada waji daboolitaan.
- Gacmahaaga marwalaba ku maydh saabuun iyo biyo.
- Dabool qufacaaga iyo hindhisadaada; oo ha ku taaban wajigaaga gacmo aadan maydhin.
- Haddii aad bukto, uga joog guriga dugsiga, xannanada carruurta, ciyaaraha, iyo waxqabadyada kale.
- Nadiifi dhammaan meelaha sida caadiga ah la taabto badanaa, sida telefoonnada, gacanka albaabka, dusha sare ee miisaska oo kale ah, iwm.

Ilo dheeraad ah oo waxtar kuu yeelan kara:

- [Cudurka Coronavirus MHD 2019](https://www.health.state.mn.us/diseases/coronavirus/materials/somali.html)
(<https://www.health.state.mn.us/diseases/coronavirus/materials/somali.html>)
- [Dugsiyada MHD IYO Xannaanada Carruurta: COVID-19](https://www.health.state.mn.us/diseases/coronavirus/schools/index.html)
(<https://www.health.state.mn.us/diseases/coronavirus/schools/index.html>)
- [CDC Coronavirus \(COVID-19\)](https://www.cdc.gov/coronavirus/2019-ncov/index.html) (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>)

Haddii aad su'aalo ka qabto arrinta, la xidhiidh Jenny Lind School #612-668-2020.

Waad ku mahadsantahay gacan ka geysashaada sidii loo badbaadin lahaa bulashadeena dugsi.