

MA QABTAA COVID-19? MA U BAAHAN TAHAY TAAGEERO?



Miyaan u baahanahay
baaritaanka COVID-19?

- Ma u baylahday COVID-19?
- Ma leedahay astaamo?
- Eeg tilmaamaha onlaynka ah ee Maine
<https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing>

Xasuusnaw inaad is ilaaliso! Xiro afsaab, dadka ka fogow, oo dhaq gacmahaaga ama isticmaal gacmo-nadiifiye



Isbaar!

- Ha lagugu baaro meesha dadka lagu baaro ama cusbitaal
- Waxa waajib ah inaad isgo'doomiso ama iskarantiisho ilaa inta aad helayso natiijooyinkaaga
- Haddii aad u baahan tahay taageero si aad guriga u joogto, codso in laguu gudbiyo **Daryeelka Bulshada ee Adeegyada Taageerada Bulsheed**
- Goobta baaritaanka ayaa ku soo wici ama farriin kuu soo diri si ay natiijadaada kuugu sheegto

- Maine CDC ayaa kula soo hadli kuna waydiin doonta:
 - **Halkee** caabugu kaa helay?
 - Ma leedahay **astaamo**?
 - Waa ayo cidda aad isku dhawaateen?
- Waxay wici doonaan ciddii aad isku dhawaateen si ay u ogaadaan haddii ay astaamo leeyihiin una baahan yihiin karantiil ama go'doomin.
- Waxa waajib ah inaad isgo'doomiso, ayey Maine CDC kuu sheegi doontaa mudada ay noqonayso
- Waxay kaa caawin inaad hesho **Daryeelka Bulshada ee Adeegyada Taageerada Bulsheed**



Ka waran
haddii
cudurka
laga iga
helo?



**Daryeelka
Bulshada ee
Adeegyada
Taageerada
Bulsheed**

Waxaad waydiin kartaa **hoggaamiyaha bulshadaada, dhakhtarka, bixiyaha daryeelka caafimaad, adeegaha bulsheed, kaalkaaliyaha caafimaadka dugsi, AMA Maine CDC** taageero inaad isgo'doomiso ama iskarantiisho.

Tixraac adigoo u maraya iimeyl @DHHS.covidsocialsupport@maine.gov ama foomkan onlaynka ah (<https://www.maine.gov/dhhs/form/covid-19-referral-form>)



ADEEGYADA TAAGEERADA DARYEELKA BULSHADA EE COVID-19



Waa maxay
Taageerooyinka
Bulsheed ee
Daryeelka
Bulshada?

Taageerooyinka Bulsheed ee Daryeelka Bulshada waa adeegyo ay cid kasta oo u baahan caawimo inay iskarantiisho ama isgo'doomiso ay heli karto. Adeegyada waxa bixiya ururrada bulshada deegaanka waxaana kamid ah:

- Cuntada (bagaashka/cuntada karsan/cunto u gaynta)
- Adeegyada isku xirka dhaqamada iyo luuqadda
- Kahortagga iyo gudbinaha caafimaad
- Gaadiidka aadaya xarumaha baaritaanka, xarumaha daryeelka caafimaadka iyo gabbaadyada
- Qaadista saadka iyo daawooyinka
- Adeegyada caafimaadka dhimirka
- Guryeyn/gabbaad badbaado ah muddada lagu jiro go'doomin ama karantiil
- Ku xirmidda adeegyo taageero badan



Goorma ayaan
heli karaa
taageero?

- Waxaad leedahay astaamaha COVID-19 AMA
- Waxaad sugaysaa natiijooyinkaaga baaritaanka AMA
- Waxa lagaa helay COVID-19 AMA
- Waxaad u dhawaatay qof qaba caabuqa COVID-19



Sidee ayaan u
heli karaa
adeegyadan?

- Hoggaamiyaha bulshadaada, dhakhtarka, bixiyaha daryeelka caafimaad, adeegaha bulsheed, kaalkaaliyaha caafimaadka dugsigu, AMA Maine CDC waxay kuu gudbin karaan taageero inaad hesho
- Marka aad oggolaato, waxay ku samayn karaan gudbinta iimeyl ay u diraan DHHS.covidsocialsupports@maine.gov ama buuxinta foomkan onlaynka ah`
(<https://www.maine.gov/dhhs/form/covid-19-referral-form>)

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