

STAY SAFE MN

# Talooyinka Badqabidda leh ee Dibu-furidda: Hawlaha Doomaha



## Ujeeddo

Ujeedka waraaqdan waa in la isku jiheeyo oo laga helo macluumaad ku saabsan sida ugu fiican ee Minnesota looga kireysto doon (sida dalxiis iyo kalluumeysi) marka dib looga furo Gobolka Minnesota oo dhan inta hadda lagu jiro xanuunka faafaya ee COVID-19. Talooyinkaas ma khuseeyaan doomaha waaweyn ee safarka dheer loo kireysto ee cunto badan oo lagu dhex cuno qaata; shaqaalaha doomahaas waa in ay eegaan barta internetka ee [Ku Dedaala Badqabka Minnesota \(Stay Safe Minnesota, MN\)](#) si ay uga helaan talooyinka khuseeya makhaayadaha, iyo meelaha gudaha iyo dibadda ah ee madadaalada. Waraaqdan waxaa qoristeeda lagala tashaday dhowr wakaaladood oo ah heer gobol iyo kuwa gaar loo leeyahay oo waa aqoonta ugu dambeysa sida aan ka ognahay talada heer gobol ilaa heer qaran. Talooyinkaasi waa kuwa:

- Difaacaya caafimaadka iyo badqabidda macaamiisha, shaqaalaha, iyo dadka wada doomaha la kireysto.
- Dadka ku caawinayo sameynta adeeg joogto ah oo badqabid leh.
- Macaamiisha siinaya farriimo ay ku fahmaan waxa laga filanayo.

Talooyinka waraaqdan waa ficillada ugu yar ee la sameyn karo inta uu jiro COVID-19. Dadka si shakhsi ah ayaa lagu dhiirrigelinayaa inay sameystaan sharciyo dheeraad ah oo ay ugu adeegaan baahidooda

gaarka ah ee xadeynt hawsha, hadba siday ugu baahdaan. Waxyaabo dheeraad ah ayaa loo sheegi karaa iyagoo ka helaya meelo kale (sida qeybaha macluumaadka ee baraha internetka ee khuseeya):

- Amarrada Wareegtada ah
- Shabakadda Stay Safe MN (Ku Dedaala Badqabka MN)
- Taloooyinka Madadaalada Bannaanka ee ay soo saareen Minnesota Department of Health (Waaxda Caafimaadka ama MDH) iyo Department of Natural Resources (Waaxda Kheyraadka Dabiiciga ah ama DNR)
- Taloooyinka Caafimaadka Dadweynaha MDH iyo Centers of Disease Control (Xarumaha Xakameynta Cudurrada ama CDC)

Qofna shuruud kuma aha sii-wadashada hawlo doomaha la xiriira. Dadka doonta wada waa in ay u diyaar garoobaan in ay hawsha ku sii wadaan, iyo inay xataa xiraan, haddii xaaladda ama macluumaadku is beddelaan oo la helo digniin ah tixgelinta caafimaadka dadweynaha.

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## Taloooyinka Dadka Doonta Wada

Dadku waa in ay raacaan taloooyinka soo socda iyagoo hubsanaya kala-fogaanshaha, saxda, iyo badqabidda macaamiisha iyo dadka kale.

### Maareyn badqabid leh oo ah hawlaha doonta iyo kaxeysigeeda

1. **Qorshaha Diyaargarowga Qoran** Dibu-furidda ka hor dadka doonta waa in ay sitaan oo ay sameyn karaan Qorshe ah Diyaargarowga COVID-19 si ay isaga maareyn karaan qaadista faayruska. Eeg [Taloooyinka Dedaalka Badqabka ee Meheradaha oo Dhan](#) oo ku qoran [Ku Dedaala Badqabka ama Stay Safe MN](#).
2. **Diyaarinta wanaagsan ee meesha.** Meesha, wanaaggeeda, iyo adeegyada, sida raacidda, waa la diyaarin karaa haddii ay suuroobeyso in ay shaqaalaha iyo macaamiishu raacaan taloooyinka kala-fogaanshaha, iyo shaqaalaha in ay fuliyaan habraacyada nadaafadda iyo inaan a is-taaban. Dadka doomaha waa inay yareeyaan qaadista ama xiraan meesha/hawsha:
  - Guryaha doomaha, qolalka, ama meelaha xiran ee kale
  - Musqulaha
  - Xarumaha dhigidda iyo nadaafadda kalluunka
  - Xafiisyada iyo goobaha kulanka
  - Kireysiga/iibsiga qalabka madadaalada
  - Miisaska iyo kuraasta

3. **Xadeynta mugga.** Mugga la qaadi karo waa in la xadeeyo oo aan laga badin tirada dadka si badqabid leh ugu kala fogaan kara lix fiit, shaqaalaha iyo rakaabka. Haddii macaamiisha oo dhan ay isku guri ka soo jeedaan, doonta waxaa la buuxin karaa sida sharciga ah iyo intii ay qaadi karto.
4. **Raridda/Dejinta.** Habraacyada raridda iyo dejinta waa in la waafajiyo shuruudaha kala-fogaanshaha sida ku qoran talooyinka MDH iyo CDC.

## Maareynta sida ay u macaamilayaan dadka iyo macaamiisha

1. **Macaamilka macaamiisha.** Sida ugu fiican uguna macquulsan, waa in ay dadku internetka wax ku soo kala iibsadaan iyadoo lacagta la sii bixinayo dalbashada doonta, leysanka gobolka ee kalluumaysiga, khidmadaha, iyo wixii kale oo la kala iisanayo. Arrintaas ayaa yareyneysa macaamiisha iyo shaqaalaha toos isu taabanaya oo looma baahanayo saxiix, acag kala-qaadasho, iwm.
2. **Tababaridda shaqaalaha.** Shaqaalaha oo dhan waa in lagu tababaro habka COVID-19, sida gacmadhaqista joogtada ah ee fiican, habka qufac-hindhiska (sida, daboolidda qufaca iyo hindhisada), ujeeddada iyo tabaha loo xirto gafuur-xirka, nadaafadda meelaha dadku taabto, iyo sidoo kale talooyinka badqabidda ah ee kala-fogaanshaha MDH iyo CDC.
3. **Qalabka difaacidda shakhsiga ah.** Waa in shaqaalaha siiyo qalab difaacidda shakhsiga ah sida, gacma-gelisyo, caaga difaaca wejiga, gafuur-xir hadba wixii ku habboon shaqada la qabanayo.
4. **Raac shuruudaha gafuur-xirka Minnesota.** Laga bilaabo 25-kii Julaay, 2020, dadka Minnesota waxaa shuruud looga dhigay xirashada gafuur-xirka mar kasta oo ay ku jiraan gudaha meheradaha iyo goobaha korka ka xiran siduu dhigayo Amarka Wareegtada 20-81. Intaas waxaa sii dheer, shaqaalaha adeegga ee dibadda u soo baxaya waxaa shuruud ah in ay xirtaan gafuur-xir marka aysan u suuroobeyn in ay dadka kala fogaadaan.
  - Amarka Wareegtada ah waxaa ka reebban dadka aan gafuurkooda ama wejigooda waxba ku xiran karin caafimaadkooda jirka, dhimirka ama sabab kale awgeed. Waxaa kale oo jira marmar si ku meel gaar ah la isaga dhaafo in gafuurka wax lagu xirto ama meelo aan la iska rabin in gafuurka la xirto. Tusaale ahaan, dadku si ku meel gaar ah ayey gafuur-xirka isaga furi karaan marka ay dad badan oo ka fog wax tusayaan, markay wax cunayaan, ama marka ay la hadlayaan dadka dhegaha la' ama dadka dhegaha culus.
  - Gafuur-xirka wejiga waa wax si adag la isaga rabo, laakiin shuruud kuma aha dadka bannaanka u jooga ciyaaro iyo madadaalo marka aysan suuroobeyn ama ay dadka ku adag tahay kala-fogaanshaha.
  - Gafuur-xirka wejiga **LAGUMA beddelan karo kala-fogaanshaha.**
  - Wixii macluumaad dheeraad ah ka eego [Shuruudaha Gafuur-xirka Wejiga iyo Taloooyinka Amarka Wareegtada ah 20-81](#) iyo [Qalabka Difaacidda Shakhsiga ah ee MDH \(PPE\)](#).
5. **Macluumaadka joogtada ah.** Hawl-wadeennada waa in ay sameeyaan kuna dhaqaaqaan farriimo joogto ah in ay u diraan macaamiisha iyagoo u sheegaya kala-fogaanshaha, xiridda meesha, xadka doonta qaadi karto, iyo waxyaabaha laga filnayo habdhaqanka macaamiisha imaanaya. Hawl-

wadeennada waa in ay isticmaalaan farriimo ay dirayaan marka ay sameynayaan calaamadaha, ee ay macluumaadka meelaha ku dhejinayaan, ee ay farriimaha u dirayaan baraha internetka, ee ay farriimo u dirayaan macaamiisha, iyo xiriirka kale ee dadweynaha. Macluumaadyo laga heli karo caawimaad waxaa ka mid ah:

- [Macluumaadyada iyo Farriimaha MDH](#)
- [Macluumaadyada Xiriirka Dadweynaha ee CDC](#)

6. **Xusuuso kala-fogaanshaha.** Milkiilaha/wadaha waa in ay kala-fogaanshaha ku dhex sameeyaan meel kasta, sida guryaha yaryar, qolalka, goobaha yaryar, musqulaha iyo qolalka nasashada, oo waa in ay sameeyaan calaamado iyo habraacyada (sida, inaan la joojin markay buuxdo) inaan la qaadin marka aan la sameyn karin kala-fogaanshaha. Rakaabka iyo shaqaalaha waa inaysan marna isa siin oo aysan wadaagin xarigga kalluumeysiga haddii aan mar kasta si fiican loo nadiifin karin marka ay dantu kugu khasabto. Waxyaabaha kale sida maqaarinta iyo shabagga kalluumeysiga waa in si fiican loo kala fogeeyo.
7. **Calamaadaha.** Macluumaadka calaamadaha macaamiisha waa in lagu dhejiyo meelaha ku habboon, iyo in ay yihiin sida soo socota:
  - Kala-fogaansho ah lix fiit ama in ka badan oo dadka u dhaxeysa, gaar ahaan meelaha ay dadku ku wada kulmayaan.
  - Xadeynta mugga meelaha qaar doonta dhexdeeda (agagaarka musqulaha, guryaha yaryar, iwm.).
  - Habraacyada nadaafadda macaamiisha si ay dadka u raacaan ka hor iyo ka dib marka la isticmaalo goobaha iyo meelaha kale.
  - Talooyinka aasaasiga ah ee COVID-19, sida joogidda guriga marka uu qof xanuunsado, daboolidda qufaca iyo hindhisada, dhaqidida gacmaha mar kasta, xirashada marada gafuur-xirka ah iyo inaan la taaban wejiga.
8. **Baarista COVID-19.** Shaqaalaha waa in laga baaro COVID-19 ka hor inta aysan shaqadooda bilaabin. Baarista waa inay ku jiraan gebi ahaanba su'aalaha ay [MDH u diyaarisay Baarista Qoraalka ah ee Dadka iyo Shaqaalaha](#), oo waxaa laga daabacan karaa [barta internetka ee MDH](#) iyagoo ku qoran afafka Ingiriiska, Moong, Soomaali, iyo Isbaanish Shaqaalaha lagu arko calaamadaha COVID-19, ama kuwa sheega inay la nool yihiin qof laga helay COVID-19, waa in loo eego qoraalka arrintan ee CDC [Qofka Xanuunsan ama Daryeela Qof Kale](#) waxaa khasab ku ah joogidda guriga. Shaqaalaha waa inay akhristaan [talooyinka MDH](#) ee dhigaya marka ay shaqada ku noqon karaan. Waxaa shaqadan la iska rabaa in la sameeyo sharciyo lagu baaro dadka imaanaya, iyadoo la isticmaalayo su'aalo isku mid ah.

## Maareynta habraacyada nadaafadda

1. **Habraacyada nadaafadda.** Shaqaalaha doonta waa in ay sameeyaan habraacyo nadaafadeed oo ku saleysan talooyinka MDH iyo CDC. Si gaar ahaaneed, u tixraac [Talooyinka Gaarsiiska ah ee Maareeyayaasha iyo Milkiileyaasha Hoteellada ee MDH](#), [Talooyinka Nadiifinta iyo Jeermis-dilidda Dhismeyaasha](#) iyo [Macluumaadka Beeraha Nasashada iyo Hawlaha Madadaalada](#). Intaas waxaa sii dheer, wadeyaasha doomaha waa in:



- Si muuqata meelaha ha lagu dhejiyo macluumaad guud oo ku saabsan nadaafadda si ay macaamiishu u sii ogaadaan waxa ay filan karaan (sida, musqulaha in macaamiisha loo furo iyo in la nadiifiyo ## jeer maalin kasta).
  - In la xadeeyo wadaagidda qalabka inta ugu badan ee macquulka ah iyo in la hubiyo nadaafadda qalabka oo joogto ah. "Alaabada yaryar," sida jaakadda dabaasha ama dhib gaar ah ayaa lagala kulmi karaa. Fulinta habraac ah nadiifin fiican ama "in la xiro" muddo ah 72 saac ama in ka badan oo aan la isticmaaleyn si loo yareeyo inuusan faafin COVID-19.
  - Sameynta nadiifin iyo jeermis-dilid joogto ah ugu yaraan safar kasta iyo inta safarka lagu jiro saacad kasta meel laga helo aalkolada jeermiska (sida, miiska shaqada, qalabka, shaashadaha albaabbada la furayo meelaha la qabto, musqulaha).
  - Sida soo socota u diyaariya meelaha gacmaha lagu nadiifiyo:
    - **Gacma-dhaqista:** saabuun, biyo kulul, iyo waraaqo istaraasho ah oo la tuurayo.
    - **Aalkolada gacmaha:** waa inay ku jirto aalkolo gaareysa ugu yaraan 60% oo ay taallo meelaha aysan ka suuroobeyn ama aan laga heli karin dhaqista gacma.
2. **Qalabka gaarka ah.** Gebi ahaan qalabka gaarka ah sida shabaqa iyo biraha jallaabashada waa in ay qaban karaan shaqaalaha oo keliya, iyadoo la filayo in ay macaamiishu alaabta keensanayaan.
  3. **Kalluumeysi ama qalabka kale ee la wadaago.** Qalabka kalluumeysiga waa in la nadiifiyo mar kasta oo la isticmaalo. Wadaagidda waa in la yareeyo mar kasta oo ay suuroobeyso.
  4. **Jaakadaha dabaasha iyo alaabada fudud ee la midka ah.** Jaakadaha dabaasha iyo alaabada fudud ee la midka ah (sida, dharka roobka, barkinta kuraasta, iwm.) waa in la nadiifiyo mar kasta oo la isticmaalo. Ogow in ay qaar ka mid ah alaabada fudud u baahan karaan ilaa 72-saac mar kasta oo la isticmaalo. Eeg barta internetka ee [Olalaha Doon-wadashada Badqabidda leh](#) si aad macluumaad dheeraad ah uga hesho

## Talooyinka macaamiisha

Farriimo joogto ah ayaa macaamiisha ku caawin kara in ay qorshahooda si fiican u soo diyaariyaan. Shaqaalaha doomaha waa in ay hubsadaan in macaamiishu macluumaad helaan. Siyaabaha loo qeybinayo macluumaadka waxaa ka mid ah baraha bulshada, wararka idaacadaha, farriimo boostada internetka in macaamiisha loo diro, iyo calaamado lagu dhejiyo dhismaha, iyo waxyaabo kale.

Marka la qaadanayo doomo la kaxeysto, macaamiishu waa inay raacaay talooyinka soo socda:

1. **Qorshe sameyso.** Marka ay kuu suuroobi karto, dalab sii sameyso alaabtaada ku sii iibso internetka ama khadka taleefanka ka hor intaadan bixin. Lacagta in si kale loo sii bixiyo oo la yareeyo in gacmaha la isaga dhiibo ayey raacaan meelo badan si aan leyn loo gelin iyo si aan dadku si toos ah iskula macaamilin. Arrintan waa mid difaac u ah adiga, macaamiisha iyo shaqaalaha.
2. **Isku-filnow.** Xakameyn iyo isku-filnaansho macquul ah waa in la isu diyaariyo. Tusaale, soo qaado saabuuntaada, aalkolada jeermis-dilidda meelaha la taabto, gafuur-xir iyo aalkolada gacmaha. Ka feker inaad guriga ka soo qaadato qado, cunto fudud, iyo cabitaan.
3. **Adigu dadka ka fogow.** Rakaabka doonta saaran waa in ay kala fogaadaan ugu yaraan lix fiit dadka aan ku nooleyn ama ka imaan isku guri.
4. **Raac shuruudaha gafuur-xirka Minnesota.** Laga bilaabo 25-kii Julaay, 2020, dadka Minnesota waxaa shuruud looga dhigay xirashada gafuur-xirka mar kasta oo ay ku jiraan gudaha meheradaha iyo goobaha korka ka xiran siduu dhigayo Amarka Wareegtada 20-81. Intaas waxaa sii dheer, shaqaalaha adeegga ee dibadda u soo baxaya waxaa shuruud ah in ay xirtaan gafuur-xir marka aysan u suuroobeyn in ay dadka kala fogaadaan.
  - Amarka Wareegtada ah waxaa ka reebban dadka aan gafuurkooda ama wejigooda waxba ku xiran karin caafimaadkooda jirka, dhimirka ama sabab kale awgeed. Waxaa kale oo jira marmar si ku meel gaar ah la isaga dhafo in gafuurka wax lagu xirto ama meelo aan la iska rabin in gafuurka la xirto. Tusaale ahaan, dadku si ku meel gaar ah ayey gafuur-xirka isaga furi karaan marka ay dad badan oo ka fog wax tusayaan, markay wax cunayaan, ama marka ay la hadlayaan dadka dhegaha la' ama dadka dhegaha culus.
  - Gafuur-xirka wejiga waa wax si adag la isaga rabo, laakiin shuruud kuma aha dadka bannaanka u jooga ciyaaro iyo madadaalo marka aysan suuroobeyn ama ay dadka ku adag tahay kala-fogaanshaha.
  - Gafuur-xirka wejiga **LAGUMA beddelan karo kala-fogaanshaha.**
  - Wixii macluumaad dheeraad ah ka eego [Shuruudaha Gafuur-xirka Wejiga iyo Talooyinka Amarka Wareegtada ah 20-81](#) iyo [Qalabka Difaacidda Shakhsiga ah ee MDH \(PPE\)](#).
5. **Raac sharciyada.** Raac ilmaamaha shaqada, hadday qoran yihiin haddii afka lagaaga sheego, si aad ugu ilaaliso badqabidda naftaada iyo badqabidda dadka kale. Tilmaamahaas waxay u badan tahay inay ku jiraan amarro meelo gaar ah sida:
  - Habraacyada raridda iyo dejinta

- Sharciyada wadaagidda qalabka
- Talooyinka kala-fogaanshaha
- Sharciyada kale ee gaarka ku ah doomaha iyo wadeyaasha

#### 6. La soco akhbaarta.

- Booqo [Talooyinka Ku Dedaala Badqabka MN](#) iyo [kuwa MDH](#) oo kala soco macluumaad iyo fikrado aad ku caawin karto caafimaadka naftaada, qoyska, iyo tan dadweynaha.
- Booqo [Talooyinka Dedaalka Badqabidda Meelaha Madadaalada Bannaanka](#) oo kala soco wixii cusub oo khuseeya Talooyinka Madadaalada Bannaanka.

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## Macluumaadyo

Macluumaadyada iyo Waraaqaha MDH –

<http://www.health.state.mn.us/diseases/coronavirus/materials/index.html>

Akhbaarta Korona faayrus 2019 ee MDH – [www.health.state.mn.us/diseases/coronavirus/index.html](http://www.health.state.mn.us/diseases/coronavirus/index.html)

Macluumaadka Xiriirka Dadweynaha ee CDC – [www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html](http://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html)

Baarista Intarnetka ee Calaamadaha Hore ee Gobolka Minnesota – [mn.gov/covid19/for-minnesotans/if-sick/is-it-covid](http://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid)

Talooyinka ku Meelgaarka ah ee MDH ee Milkiileyaasha iyo Maamuleyaasha Hoteellada – [www.health.state.mn.us/diseases/coronavirus/lodgingcleaning.pdf](http://www.health.state.mn.us/diseases/coronavirus/lodgingcleaning.pdf)

Talooyinka Nadaafadda iyo Jeermis-dilidda Dhismeyaasha ee CDC – [www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html](http://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html)

Macluumaadka Meheradaha iyo Goobaha Shaqada ee CDC – [www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html)

Shabakadda Ololaha Doon-wadashada badqabidda leh – [safeboatingcampaign.com/news/covid-19-cleaning-and-storing-your-life-jacket/](http://safeboatingcampaign.com/news/covid-19-cleaning-and-storing-your-life-jacket/)

Talooyinka Madadaalada Bannaanka ee DNR iyo MDH – [dnr.state.mn.us/aboutdnr/covid-19-outdoor-recreation-guidelines.html](http://dnr.state.mn.us/aboutdnr/covid-19-outdoor-recreation-guidelines.html)

Wareegtooyinka Amarrada Guddoomiyaha Gobolka – [mn.gov/governor/news/executiveorders.jsp](http://mn.gov/governor/news/executiveorders.jsp)

Dedaalka Badqabidda ee Stay Safe MN – <https://staysafe.mn.gov/>

Macluumaadka Qofqof ahaaneed iyo Qoysaska – <https://staysafe.mn.gov/individuals-families/index.jsp>

Macluumaadka Meheradaha iyo Ururrada – <https://staysafe.mn.gov/industry-guidance/index.jsp>

Macluumaadka COVID-19 ee Ilaalada Xeebaha Mareykanka – [www.uscg.mil/coronavirus](http://www.uscg.mil/coronavirus)

Talooyinka Nadaafadda Jaakadaha Dabaasha ee Ururka Badqabidda Doon-wadashada –  
[safeboatingcampaign.com/news/covid-19-cleaning-and-storing-your-life-jacket/](https://safeboatingcampaign.com/news/covid-19-cleaning-and-storing-your-life-jacket/)



Minnesota Department of Natural Resources | [mndnr.gov](http://mndnr.gov) | 651-296-6157  
500 Lafayette Road, St. Paul, MN 55155

Kala Xiriir [info.dnr@state.mn.us](mailto:info.dnr@state.mn.us) ka soo codso qoraal ah nooc kale.

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