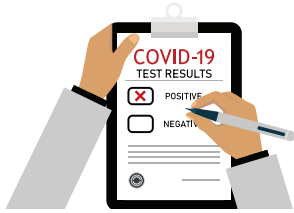


Sidee la isuugu karantiinaa ama meel la isugu xiraa kaligaa



Haddii lagaa helay cudurka COVID-19, ama qof aad ku dhawaatay qof qaba cudurka - waxaa suurogal ah in laguu sheegay in aad meel isku soo xirto ama is karantiisho si aadan dadka kale cudurka u gaarsiin.

**Isolate
Quarantine**



“Gooni meel isugu xir ” iyo “karantiin” waxa ay labaduba u taagan yihiin in aad guriga joogto oo dadka kale aad ka fogaato.



Isolate



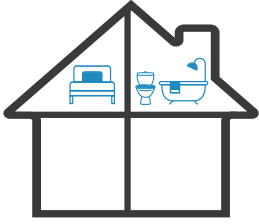
“Gooni meel isugu xirid” waa dadka uu ku dhaco COVID-19”.



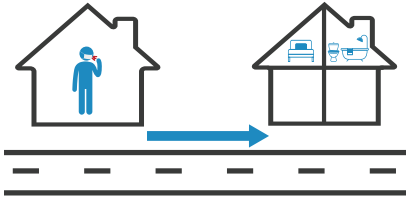
Quarantine

“Karatiin” waa dadka xiriir dhow la lahaa qof uu ku dhacay COVID-19.

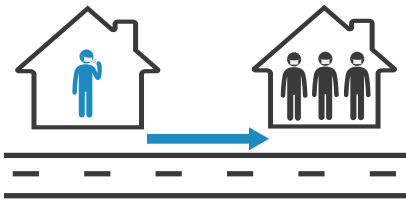
Haddii aad gooni meel isugu xirto ama iskarantiisho waxa aad sameyneysaa waa isku mid.



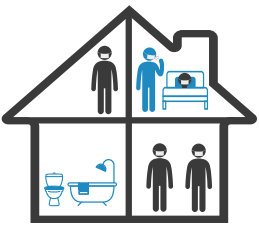
Si aad u badbaadiso dadka kula nool, seexo qol gaar ah oo isticmaal suuli gaar kuu ah haddii aad awoodo.



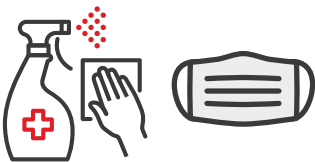
Haddii aad heli karin qol iyo suuli kuu gaar ah, isku day in aad si ku meel gaar ah ula degto qaraabada ama saaaxiibada kuu heli kara qol iyo suuli kuu gaar ah.



Ama dadka kale ee guriga kugula nool si ku meel gaar ah ugu guuraan qaraabada ama saaxiibada oo aad guriga ku harto.



Haddii adiga iyo qoyskaaga ay dhacdo in aad guriga wada joogtaan ama aad qolka ama suuliga wadaagtaan, mar kasta nadiifi dhamaan meelaha taabashadu ku badan tahay oo xiro af dabool.



Si aad u hesho maluumaad dheeraad ah soo booqo Bogga internetka ee Magaalada.
www.minneapolis.gov/coronavirus.