

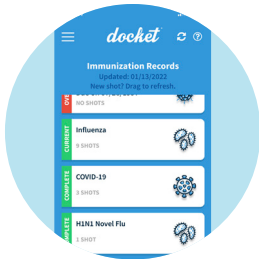
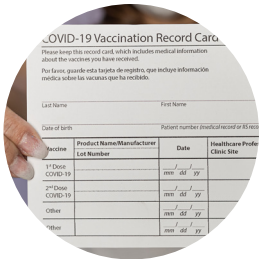
Sidee ayaa lagu cadeeyaa in aad talaalan tahay ama sheybaarku u cadeeyaa

Waa mid laga doonayo macaamiisha da'doodu tahay 5 jir iyo ka weyn ee goobaha lagu cunteeyo.

CADEYNTA TALAALKA

Cadeynta la ogol yahay

- Kaarda CDC ee talaalka
- Diiwaanka Caafimaadka bukaanka
- Barnaamijka Telefoonk
- Kaarka talaalka ee dibadda Mareykanka*
- Barnaamijka qolo sadexaad ee hay'adaha dawladdu ogolaadeen.
- Sawirka kaarka talaalka ama muuqaalka shaashahada waa la ogol yahay.



Waa in aad heysataa:

- Talaalka labada jeer ah ee Moderna and Pfizer
- Talaalka halka mar ah ee J & J
- Taariikhda qaadashada talaalka waa in ay noqotaa ugu yaraan laba todobaad ka hor
- Xoojiyaha lagaagama baahna
- Macaamiisha lagama doonayo in ay heystaan aqoonsi sawir leh.

*Liiska noocyada talaalka ee la ogol yahay waxa aad ka heli kartaan [minneapolis.gov/testing-vaccine](https://www.minneapolis.gov/testing-vaccine)

CADEYNTA IN AAN LAGAA HELIN CUDURKA

Cadeynta la ogol yahay

- Warqad daabacan ama elektaroonig ah oo muujineysa natijada sheybaarka ee in aan lagaa helin cudurk
- Sawirka cadeynta ama muuqaalka shaashaha da waa la ogol yahay
- Natijada sheybaarka ee PCR iyo antigen labadaba waa la ogol yahaya



Waa in aad heysataa:

- Natijada baaritaanka oo sadex maalmood gudahood ah
- Natijada sheybaarka in aan lagaa helin cudurka
- Bariaatnka cudurka ee guriga lagu sameeyo lama ogola

SU'AAL AMA FAALO?

La soo xiriir Minneapolis 311

[minneapolis.gov](https://www.minneapolis.gov)