

Iftiiminta COVID-19 ee ka katimid RHCP

Lasocodka xaaladda (ilaa hada April 2, 2020)

Kiisaska kawtiga Olmsted waa 66

Kiisaska gobolka Maanasooto waa 742

Kiisaska Ameerika oo dhan waa 213,144

(lifaaqa waaxda caafimaadka ee DCD da)

Faafidda jooji

Reer MN guryaha jooga laga bilaabo Maarso 27th ilaa Abriil 10th

Guriga joog in aad wax muhiim ah doonanaysid maahane sida; adeeg, gaas, dhar-dhaqaal, kaydka, ama arin caafimaad oo deg deg ah. Waxaa kaloo laidinku boorinayaa nashaadaadka dibadda.

- Waxaad aadikartaa socod ama baaskiil kaxaysta idinkoo dhawr qof ah ama qoyskaaga israaca
- Parkgaga dadweynaha oo dhan ee Rochester wey xiranyihiin
- Kala durugga bulshada laga rabo waa inaad (ilaaliso in aad qofka kale u jirsato ilaa 6 tilaabo) sidaasna samee markaad joogto banaanka oo aad nashaadaadka dibada qaadanayso

Jawaabta su,aalahaaga

1. Maxay tahay daawada cudurka COVID-19?

- Majirto daaweyn ama daawo loo helay cudurka COVID-19, hasa yeeshee, calaamadihiisa inta badan waxaa loo qaadankaraa daawooyinka sida acetaminophen (Tylenol) sida qandhada (xummadda) iyo kor xanuunka
- Waxaa jira daawooyin aad u badan oo baaritaan ku socdo iyo tijaabooyin wali lagawado aduunka oo dhan.

2. Ma loo hayaa COVID-19 wax talaal ah?

- Maya. Waqti xaadirkaan majirto wax talaal ah oo looga hortagi karo COVID-19. Cilmi baarayaashu waxay ku dadaalayaan in ay raadiyaan ama abuuraa talaalo
- Sida ugu wanaagsan oo looga hortagi karo cudurkaan waa in aad ka fogaato ama iska ilaaliso siyaabaha lagu kala qaado.

Adiga, iyo dadka xaafadduba, waxaad katihiiin xagahore joojinta COVID-19. Ku dadaal nadaafadda gacmaha, mayrista (dhaqitaanka) iyo tirtiridda jeermiska lagu dhilo. Ilaalinta kala durugga bulsha. guriganah jog.



COVID-19

STAY HOME
MINNESOTA

