

## Liiska Hubinta Caafimaadka Ardayda Guriga ee BPS

### Baaritaanka Caafimaadka ee Maalinlaha ah

Qoysaska DDB waa inay la socdaan calaamadaha carrurtooda ee COVID-19 maalin kasta kahor dugsiga. Calaamadaha qaarkood ee COVID-19 waxay la mid yihiin hargabka ama hargabka xun; fadlan ha u qaadanin in ay tahay xaalad kale. Markaad shakiso, **guriga joog** oo wac daryeel bixiyahaaga koowaad. ILAMAHAAGU WAA IN UU GURIGA JOOGAA haddii ilmahaaga ama qofkasta oo guriga jooga uu qabo mid ka mid ah astaamaha hoos ku taxan:

- Qandho (100.0°F ama ka sareysa oo aan lahayn daawo qandhada yareysa), qarqaryo, ama qarqaryo gariir
- Qufac
- Neefsashada oo ku adkaata ama neefsashada oo yaraata
- Waayis dhadhan cusub ama ur la'aan
- Cuna xanuun
- Madax xanuun
- Muruq xanuun ama jir xanuun
- Lallabo, matag, ama shuban
- Daal
- Ciriiriga sanko ama sanko oo dareera

AMA

- **Arday kasta oo xiriir dhow la yeeshey qof qaba COVID-19** waa inuu guriga ku maqnaadaa oo karantiil la siiyaa 10 maalmood laga bilaabo taariikhda isdhexgalka ugu dambeeya ee qofkaas.
- **Haddii aad dhawaan u safartay meel ka baxsan Massachusetts:** fadlan dib u eeg amarka hadda jira ee la xiriira socdaalka gobolka ka baxsan (hoose). Cunugaada waxaa laga rabaa inuu karantiil galo mudo 10 maalmood ah - marka laga reebo xaalada
  - arday, jira 11 iyo ka weyn, oo leh natiijo diidmo ah COVID-19 natiijada imtixaanka oo aan la qaadin wax aan ka badnayn 3 maalmood ka hor imaatinkiisa Massachusetts
  - arday, 10 jir iyo wixii kayar ah, oo waalidka / masuulka masuulka ka ah natiijada imtixaanka COVID-19 ee laqaaday uguhoreyn 3 maalmood kahor imaatinkaaga Massachusetts.



- **DHAMMAAN ardayda** waa in la karantiilo ama la buuxiyo sharciga tijaabada ee 3-da maalmood ah haddii laga soo noqonayo safarka caalamiga ah.

#### **Haddii cunigaaga leeyahay astaamo:**

- waa inay ku ekaadaan guriga oo ay ku qiimeeyaan daryeel bixiyahooda aasaasiga ah si ay uga fikiraan baaritaanka COVID-19.
- waalidiinta / dadka ardayda masuulka ka ah waa inay ku soo wargeliyaan maqnaanshaha maamulka dugsiga iyo kalkaalisada caafimaadka ee iskuulka, iyadoo tixgelinaya haddii maqnaanshuhu la xiriiro COVID-19.
- ku wargeli kalkaalisada caafimaadka talooyinka bixiyaha caafimaadka, qoraal ahaan, ka hor inta aanad ku noqon dugsiga.

#### **Habka Imtixaanka**

- Wac dhakhtarka daryeelka aasaasiga ah ee ilmahaaga, xarunta caafimaadka bulshada ee deegaanka, ama goobta baaritaanka COVID-19 ee deegaankaaga. Liiska goobaha imtixaanka ee guud ahaan Massachusetts ayaa laga heli karaa **[mass.gov/info-details/about-covid-19-testing](https://www.mass.gov/info-details/about-covid-19-testing)** iyo goobaha tijaabada ee magaalada Boston oo dhan waxaa laga heli karaa **[boston.gov/departments/public-health-commission/map-covid-19-testing-sites](https://www.boston.gov/departments/public-health-commission/map-covid-19-testing-sites)**. Goobaha qaarkood waxay u baahan karaan baaris hore, gudbin, iyo / ama ballan.
- Wac kalkaalisada caafimaadka ee ilmahaaga si aad u hesho caawimaad.

#### **Socdaal Gobol ama Dal Dibad ah**

Dhammaan safarrayaasha imanaya Massachusetts - oo ay ku jiraan dadka deggan Massachusetts ee ku soo noqonaya waddankooda - waxaa looga baahan yahay inay is karatiilan muddo 10 maalmood ah. Waxaa jira waxyaabo ka reeban **[Xayiraadaha socdaalka ee Guddoomiyaha \(https://www.mass.gov/info-details/covid-19-travel-order\)](https://www.mass.gov/info-details/covid-19-travel-order)**; dadka safarka ah ee ka socda liistada yar ee gobolada ku dhow ama ku dhow ee imanaya Massachusetts waa laga dhaafay amarkan oo uma baahna karantiil muddo 10 maalmood ah. Fadlan sidoo kale tixraac **[Siyaasadda Safarka Magaalada Boston \(https://docs.google.com/document/d/1c1d0l8Vett9bcg6qiaJRpKReMWqjZsJB9tuv5WP-bC4/edit?usp=sharing\)](https://docs.google.com/document/d/1c1d0l8Vett9bcg6qiaJRpKReMWqjZsJB9tuv5WP-bC4/edit?usp=sharing)**.