

Raadi Goobaha Ka-tijaabinta

Xeerka CARES ayaa u baahan in ka-tijaabinta cudurka COVID-19 la caymiyo bilaa qiime-wadaag. Kani wuxuu khuseysaa dhammaan caynsanaanta caymiska caafimaadka Minnesota. Waa muhiim in la ogaado inay tani khuseyso imtixaanka ka-tijaabinta kaliya, kharasha booqashooyinka xafiiska kuma jiraan Xeerka CARES. Sidayaasha caymiska ayay qaarkood oggolaadeen in laga dhaafo qiimo-wadaagga markay tahay booqashooyinka loo tago la-macaamilayaashooda arrinta la xiriirta ka-tijaabinta COVID-19 – waxa muhiim ah inaad ka hubiso caymiskaaga caafimaadka si aad u ogaato waxa caynsan iyo waxa kuwa ku jira la-macaamilayaashooda.

Haddii aad su'aalo ka qabto caynsanaanta caymiskaaga caafimaad wac shirkadda caymiskaaga kahor intaan lagaa tijaabin. Waxaad ku heli kartaa macluumaad dheeraad ah oo ku saabsan caymiska caafimaadka luqado kale [Ilaah lagu Helo Daryeel Caafimaad oo Qiimo-Jaban ama Helitaanka Caymiska Caafimaadka \(https://www.health.state.mn.us/diseases/coronavirus/materials/lowcost.html\)](https://www.health.state.mn.us/diseases/coronavirus/materials/lowcost.html).

Meesha aad ka helayso baaritaanka

Qariiradda hoose ayaa ku siinaysa goobta, nooca baaritaanka, iyo macluumaadka saacadaha xarumaha caafimaad ee baxsha baaritaanka. Fadlan akhri tilmaamaha ku aaddan goob kasta **kahor** intaadan meeshaas aadin.

Waxda Caafimaadka Minnesota waxay kaashanaysaa bulshooyinka si loo baxsho baaritaanka COVID-19 oo ammaan ah laguna bixinaayo isla goobta oo laga samaynaayo meelaha caabuqu ku faafay, ay ku badanayaan dadka cudurku soo rito, ama caqabadaha kale ku qaba helitaanka xarumaha baaritaanka ee horay u jiray. Booqo bogagga soo socda si aad u hesho macluumaad dheeraad ah:

- [Baaritaanka Bulshada ee COVID-19 \(www.health.state.mn.us/diseases/coronavirus/testsites/\)](http://www.health.state.mn.us/diseases/coronavirus/testsites/) oo aad ka helayso goobaha iyo taariikhyada goobaha cusub ee baaritaanka loogu samaynaayo bulshada.
- [Baaritaanka Calyada ee COVID-19 ee Bulshada \(www.health.state.mn.us/diseases/coronavirus/testsites/saliva.html\)](http://www.health.state.mn.us/diseases/coronavirus/testsites/saliva.html) waa dookh kale oo baaritaanka COVID ka ah oo ay heli karaan dadka reer Minnesota.

Maxaan Ogaadaa Kahor Intaan Aadin?

Goobaha ka-tijaabinta ayaa loo qorsheeyay inay adiga iyo shaqaalaha daryeelka caafimaadku aad ku badbaaddaan. Mararka qaarkood waxaad ku jir kartaa baabuurkaaga. Goobaha kale ayaa kuu baari doona kahor intaadan gudaha iman. Goobo badan ayaa u baahan doona ballan kahor intaadan iman si loo hubiyo inay kaa qaadeen macluumaadkaaga kula xiriirka iyo caymiskaagaba.

RAADI GOOBAHA KA-TIJAABINTA

Fadlan u fiirso tilmaamaha u gaarka ah goob kasta kahor intaadan tagin.

Si aad u ogaato goobta ka-tijaabinta kuugu dhow ee bulshadaada, ka eeg khariidadda ku dul taal [Hel Goobaha Ka-tijaabinta \(https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/\)](https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/).



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