

# MA QABTAA COVID-19? MA U BAAHAN TAHAY TAAGEERO?



Miyaan u baahanahay  
baaritaanka COVID-19?

- Ma u **baylahday** COVID-19?
- Ma leedahay **astaamo**?
- Eeg **tilmaamaha onlaynka ah ee Maine**

**Xasuusnaw inaad is ilaaliso!** Xiro afaab, dadka ka fogow, oo dhaq gacmahaaga ama isticmaal gacmo-nadiifiye



**Isbaar!**

- Ha lagugu baaro meesha dadka lagu baaro ama cusbitaal
- Waxa **waajib ah** inaad isgo'doomiso ama iskarantiisho ilaa inta aad helayso natiijooyinkaaga
- Haddii aad u baahan tahay taageero si aad guriga u joogto, codso in lagu gudbiyo **Daryeelka Bulshada ee Adeegyada Taageerada Bulsheed**
- Goobta baaritaanka ayaa ku soo wici ama farriin kuu soo diri si ay natiijadaada kuugu sheegto



**Ka waran haddii cudurka laga iga helo?**

- Maine CDC ayaa kula soo hadli kuna waydiin doonta:
  - **Halkee** caabugu kaa helay?
  - Ma leedahay **astaamo**?
  - Waa ayo cidda aad **isku dhawaateen?**
- Waxay wici doonaan ciddii aad isku dhawaateen si ay u ogaadaan haddii ay astaamo leeyihiin una baahan yihiin karantiil ama go'doomin.
- Waxa waajib ah inaad isgo'doomiso, ayey Maine CDC kuu sheegi doontaa mudada ay noqonayso
- Waxay kaa caawin inaad hesho **Daryeelka Bulshada ee Adeegyada Taageerada Bulsheed**



**Daryeelka Bulshada ee Adeegyada Taageerada Bulsheed**

Waxaad waydiin kartaa **hoggaamiyaha bulshadaada, dhakhtarka, bixiyaha daryeelka caafimaad, adeegaha bulsheed, kaalkaaliyaha caafimaadka dugsig, AMA Maine CDC** taageero inaad isgo'doomiso ama iskarantiisho.

**Tixraac adigoo adeegsanaya iimeyl [@DHHS.covidsocialsupport@maine.gov](mailto:@DHHS.covidsocialsupport@maine.gov) ama adeegsanaya [foomkan onlaynka ah](#)**



# ADEEGYADA TAAGEERADA DARYEELKA BULSHADA EE COVID-19



**Waa maxay  
Taageerooyinka  
Bulsheed ee  
Daryeelka  
Bulshada?**

Taageerooyinka Bulsheed ee Daryeelka Bulshada waa adeegyo ay cid kasta oo u baahan caawimo inay iskarantiisho ama isgo'doomiso ay heli karto. Adeegyada waxa bixiya ururrada bulshada deegaanka waxaana kamid ah:

- **Cuntada (bagaashka/cuntada karsan/cunto u gaynta)**
- **Adeegyada isku xirka dhaqamada iyo luuqadda**
- **Kahortagga iyo gudbinaha caafimaad**
- **Gaadiidka aadaya xarumaha baaritaanka, xarumaha daryeelka caafimaadka iyo gabbaadyada**
- **Qaadista saadka iyo daawooyinka**
- **Adeegyada caafimaadka dhimirka**
- **Guryeyn/gabbaad badbaado ah muddada lagu jiro go'doomin ama karantiil**
- **Ku xirmidda adeegyo taageero badan**



**Goorma ayaan  
heli karaa  
taageero?**

- Waxaad leedahay **astaamaha** COVID-19 AMA
- Waxaad **sugaysaa** natiijooyinkaaga baaritaanka AMA
- Waxa lagaa **helay COVID-19** AMA
- Waxaad **u dhawaatay** qof qaba caabuqa COVID-19



**Sidee ayaan u  
heli karaa  
adeegyadan?**

- **Hoggaamiyaha bulshadaada, dhakhtarka, bixiyaha daryeelka caafimaad, adeegaha bulsheed, kaalkaaliyaha caafimaadka dugsiga, AMA Maine CDC** waxay kuu gudbin karaan taageero inaad hesho
- Marka aad oggolaato, waxay ku samayn karaan gudbinta iimeyl ay u diraan **DHHS.covidsocialsupports@maine.gov** ama buuxinta **foomkan onlaynka ah**

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