

Baarista COVID-19 ee wadada qarkeeda

Waxaannu bixinnaa baaritaanno lagu ogaanayo COVID-19 oo ballan kaliya lagu imanayo goobaheenna leh baarista wadada qarkeeda haddii aad:

• Leedahay astaamo ay ka mid yihiin:

- qufac
- xummad
- neef-yari
- madax xanuun
- murqo xanuun aan la faahfaahin karin
- cuno xanuun
- dhadhanka/Urinta oo la waayo
- shuban
- Uu ku soo gaadhay COVID-19

1. Waxaad u dhawaatay (6 fiit gudahooda in ka badan 15 daqiiqo) qof ay baaris ku caddaatay inuu qabo COVID-19 14kii cisho ee la soo dhaafay, ama

2. waxaa kula soo xiriiray wakaaladda caafimaadka dadweynaha sabab la xiriirta soo gaadhista.

Goobaha Allina Health ee bixinaya baarista wadada qarkeeda waa:

- Rugta Caafimaadka Allina ee Bloomington
- Rugta Caafimaadka Allina ee – Buffalo Crossroads
- Rugta Caafimaadka Allina ee Cambridge
- Rugta Caafimaadka Allina ee Coon Rapids
- Rugta Caafimaadka Allina ee Faribault
- Rugta Caafimaadka deg-degga ah ee Allina Hastings
- Rugta Caafimaadka Allina ee Maple Grove
- Rugta Caafimaadka Allina ee River Falls
- Rugta Caafimaadka Allina ee Shakopee
- Rugta Caafimaadka Allina ee Shoreview
- Machadka Penny George ee Caafimaadka iyo Bogsashada – Abbott Northwestern

Si aad u sameysato ballanta baarista wadada qarkeeda, wac 612-262-4145.

Haddii aad aaminsan tahay inaad qabi karto koronafayras, wax badan ka baro xulashooyinkaaga daryeelka.

Natiijooyinka baarista

Sida ugu dhaqso badan ood ku arki karto natiijooyinka baaristu waa adigoo gasha akoonkaaga Allina Health. Akoonkaan bilaashka ah ee khadka internetka waxay ka dhigeysaa mid ka sahlan sidii hore in dib loo eego natiijooyinka iyo in xiriir lala sameeyo rugta caafimaadkaaga, isbitaalka iyo daryeel bixiyaha. Sameyso akoon si aad u ogaatid dhammaan faa'iidooyinka akoonka Allina Health.

Waxaynu sameynaa dadaal kasta si natiijooyinka looga shaqeeyo sida ugu dhakhsaha badan, laakiin waxay qaadan kartaa usbuuc si aad u hesho natiijooyinka baarista.

Sideen ku heli karaa baarista in difaac jirku ka sameystay COVID-19?

Baarista in difaac jirku ka sameystay COVID-19 ayaa goor dhow waxaa ansixiyay Hay'adda Cuntada iyo Daawooyinka iyo Adeegyada Sheybaarka Allina Health.

Allina Health waxay hadda bixisaa baarista in difaac jirku ka sameystay COVID-19 (oo sidoo kale loo yaqaan serology) bukaannada isbitaalka yaala ee buuxiya tilmaamaha qaarkood. Intaa waxaa dheer, baarista in difaac jirku ka sameystay caabuqa ee rugta caafimaadka waxay tixgalin siinaysaa bukaannada:

- Leh astaamaha COVID-19 oo billowmay in ka badan 14 maalmood ka hor **iy**o:
- In jawaabta baarista COVID-19 horey u noqotay mid aan wax laga helin
- In aan waligeed horey looga baarin COVID-19

Haddii aad u maleyneyso inaad buuxisay shuruudahaan kor ku qoran, tallaabada ku xigta waa inaad ka ballansato booqasho maqal iyo muuqaal ah daryeel bixiyahaaga, kaasoo go'aan ka gaari doona inaad tahay qof ku habboon in baarista difaaca jirku ka sameystay caabuqa lagu sameeyo, isla markaana kuu sharxaya natiijooyinka baarista kadib markeey soo baxaan.

laakiin ma sheegi karaan haddii jirkaagu iska difaaci karo COVID-19.

Ka baro wax badan oo ku saabsan baarista in difaac jirku ka sameystay caabuqa Xarumaha Ka-Hortagga iyo Xakameynta Cudurrada boggooda baarista in difaac jirku ka sameystay caabuqa.

Baarista COVID-19 iyo kharashka daweynta

Allina Health ma aruurineyso khidmadda aad siineyso xarumaha caafimaadka iyo qeybta aad bixineysid inta aan la gaarin ceymiska caafimaadka ee baarista lagu ogaanayo cudurka COVID-19. Loo shaqeeyayaasha iyo caymisyada caafimaadka waxaa looga baahan yahay inay bixiyaan lacagta baarista lagu ogaanayo cudurka COVID-19 iyo adeegyada la xiriira. Waxaa lagugu dhiiri gelinayaa inaad la xiriirto shirkaddaada caymiska caafimaadka si aad uga ogaato waxyaabaha gaarka ah ee ku saabsan su'aalaha qarashka jeebkaaga aad ka bixineysid iyo kharashyada dheeriga ah ee imaan kara waqtiga adeegga. Bukaannada wax kharash ah lagama qaadi doono baarista cudurka COVID-19 haddii aysan lahayn caymis caafimaad ama aysan awoodin bixinta.