

[Date]

[Patient Name:]

Waraaqdaan waxay cadayn qoran u tahay in lagaa baaray cudurka COVID-19. Natiijadaadu waxay ahayd mid **xaqiiqo ah**. Tani waxay ka dhigan tahay inaad qabto COVID-19 (korona fayras).

### **Sidee ayaan u difaaci karaa dadka kale?**

Haddii aad qabto astaamo, **guriga joog kana dheeroow dadka kale** (takoor naftaada) ilaa:

- Wax qandho aadan **qabin**—adoon qaadan wax daawo qandho jabin ah—muddo 1 maalin ah (24 saacadood). *Iyo...*  
Astaamaha kale aad ka bogsatay. Tusaale, aad ka roonaato qufaca ama neef yaraanta. *Iyo...*
- Ugu yaraan 10 maalin laga joogo ilaa markii astaamahaagu ay bilowdeen. (Haddii uu dhakhtar kuu sheegay inaad leedahay nidaamka difaaca jirka oo daciif ah, sug 20 maalmood.)

Haddii aanad lahayn astaamaha xanuunka:

Guriga joog oo ka dheeroow dadka kale (iskarantiil) ilaa ugu yaraan 10 maalmood ay kasoo wareegaan tan iyo markii koobaad ee lagaa helay cudurka COVID-19. Haddii nidaamka difaaca jirkaagu liito, fadlan takoor naftaada muddo 20 maalmood ah.

Inta lagu jiro waqtigaan:

- Hakasoo bixin qolkaaga, xataa xilliyada cuntada. Isticmaal musqushaada gaarka ah haddii aad awoodo.
- Ka fogow dadka kale ee gurigaaga jooga. Lama oggola hab siin, shumina ama gacan qaadis. Lama oggola soo booqdayaasha.
- Ha aadin shaqo, dugsi ama meel kale toona.
- Nadiifi meelaha "aadka loo taabtaabto" si joogto ah (gacanta albaabka, qaanadaha, gacanada, iwm.). Adeegso buufinta nadaafada ee guriga ama istiraashada. Waxaad ka heli doontaa liiska buuxa ee agabka wax lagu nadiifiyo bogga internetka ee EPA [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19).
- Ku dabool afkaaga iyo sankaaga maaskaro ama gafuur xir kale si aad uga dheeraato faafinta jeermisyada.
- Ku dhaq gacmahaaga iyo wajigaaga saabuun iyo biyo.
- Daryeeleyaasha kooxahan waxay halis ugu jiraan jirro daran sababta oo ah COVID-19:
  - Dadka da'doodu tahay 65 iyo kasii weyn
  - Dadka ku nool guriga xanaanada ama xarumaha daryeelka ee muddada dheer
  - Dadka qaba xanuunada aadka u xun (xanuunada sanbabada, wadnaha, kansarka, sonkoroowga, kalida, beerka, daciifnimada difaaca jirka)

- Dadka difaacooda jirku ciladaysan yahay (uu liito nidaamka difaaca jirkoodu), oo ay ku jiraan dadka:
  - Qaata daawada kansarka
  - Cuna daawada daciifisa difaaca jirka, sida corticosteroids
  - Lagu tallaalay dhuuxa ama unug jirka kamid ah
  - Qaba cillad dhanka difaaca jirka ah
  - Qaba cudurka HIV ama AIDS oo aan si fiican loo maareyn
  - Aadka u buuran (cabirka cufka jirka oo ah 40 ama ka sareeya)
  - Aadka sigaarka u caba
- Daryeelayaashu waa inay xidhaan gacmo-gashiyo markay dhaqayaan weelasha, ka shaqaynayaan dharka iyo markay nadiifinayaan qolalka jiifka iyo musqulaha.
- Dhaq oo qalaji dharka wasaqda ah adigoo feejignaan gaar ah sameynaya. Ha hurgufin maryaha wasaqda ah oo adeegso biyaha ugu diiran ee aad awoodo.
- Haddii difaacaaga jirku liito, kala hadal dhakhtarkaaga wixii tallaabooyin kale ah ee ay tahay inaad qaado.
- Si aad u hesho tilmaamo dheeraad ah, booqo [www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-somali.pdf](http://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-somali.pdf).

Waa inaad ku laaban shaqada ilaa aad ka buuxiso tilmaamaha kore ee dhamaynta ku go'doonsanaanta gurigaaga. Uma baahnid in dib lagugu baaro COVID-19 ka hor intaadan shaqada ku noqon — daraasaduhu waxay muujinayaan inaad faafin doonin fayraska haddii ay ugu yaraan tahay 10 maalmood tan iyo markii astaamahaadu bilaabmeen (ama 20 maalmood, haddii aad leedahay nidaam difaac liita ah).

*Dadka loo shaqeeyo:* Dukumiintigaan waa ogaysiiska rasmiga ah ee tilmaamaha caafimaadka ee shaqaalihina ku laabanaaya shaqada. Waa qasab inay buuxshaan shuruudaha kore kahor intaysan ku laaban shaqada si toos ah.

### **Sidee ayaan u daryeeli karaa naftayda?**

1. **Nasiino badan qaado. Cabitaan badan cab**(haddii uu dhakhtar kuu sheegay inaad cabin mooyee),
2. **Cun Tylenol (acetaminophen) si aad qandhada iskaga jabiso.** Haddii aad qabto cudurada beerka ama kalyaha, ka codso dhakhtarka qoyskaaga haddii aad cuni karto Tylenol iyo in kale.

Qaado midkood:

- 650 mg (laba kaniin oo midkiiba yahay 325 mg) 4 ilaa 6 dii saacba mar, *ama...*
- 1,000 mg (laba kaniin oo midkiiba yahay 500 mg) 8 dii saacba mar markay u baahdaan.
- **Xusuusin:** Ha qaadan wax ka badan 3,000 mg maalin gudaheed. Acetaminophen waxa laga helaa daawooyin badan (kuwa dhakhtarku qoro iyo daawooyinka

farmasiga lagasoo gato, labadaba). Akhri dhammaan tilaamaha ku dul qoran daawada si aad u hubiso inaad daawada isku badin.

Carruurta, ka fiiri dhalada Tylenol si aad u oggaato qadarka saxda ah ee la siinaayo (adoo ku salaynaaya da'da ilmaha ama miisaankiisa).

3. **Haddii aad qabto dhibaatooyin kale oo caafimaad (sida kansarka, wadne xanuun, tallaalka xubin jirka ah ama xanuunka kalyaha oo aad u daran):** Wac rugta caafimaadka haddii aanad kasoo reyn 2-da maalmood ee xiga.
4. **Ogoow markaad wacayso 911:** Xaalada degdega ah ee leh calaamadaha khatarta ah waxaa kamid ah:
  - Dhibaato kaa haysata neefsiga ama neefta oo kugu adkaata
  - Xanuun ama cadaadis kaa saaran xabadka oo aan kaa ba'ayn
  - Inaad dareento wareer aadan waligaa horay u dareemin, ama inaad awoodi waydo inaad kacdo
  - Bishimo ama waji midab buluug ah leh

#### **Xageen ka heli karaa macluumaad dheeri ah?**

- M Health Fairview: [www.mhealthfairview.org/covid19/](http://www.mhealthfairview.org/covid19/)
- Aasaasiyaadka Korona Fayras: <https://www.health.state.mn.us/diseases/coronavirus/materials/somali.html>
- Waxa la Sameeyo Haddii Aad Xanuunsan tahay: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-somali.pdf>
- Soo-afjarida Karantiilka Guriga: [www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html)
- Daryeelida Qof qaba Cudurka COVID-19: [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html)
- Tijaabooyinka caafimaad ee University of Minnesota (daraasado cilmi baaris COVID-19 ah): [clinicalaffairs.umn.edu/umn-clinical-trials](http://clinicalaffairs.umn.edu/umn-clinical-trials)

## **English Translation**

This letter provides a written record that you were tested for COVID-19. Your result was **positive**. This means you have COVID-19 (coronavirus).

### **How can I protect others?**

If you have symptoms, **stay home and away from others** (self-isolate) until:

- You've had **no fever**—and no medicine that reduces fever—for 1 full day (24 hours).  
*And...*

- Your other symptoms have gotten better. For example, your cough or breathing has improved. *And...*
- At least 10 days have passed since your symptoms started. (If you've been told by a doctor that you have a weak immune system, wait 20 days.)

If you don't have symptoms: Stay home and away from others (self-isolate) until at least 10 days have passed since your first positive COVID-19 test. If you have a weak immune system, please self-isolate for 20 days.

During this time:

- Stay in your own room, including for meals. Use your own bathroom if you can.
- Stay away from others in your home. No hugging, kissing or shaking hands. No visitors.
- Don't go to work, school or anywhere else.
- Clean "high touch" surfaces often (doorknobs, counters, handles, etc.). Use a household cleaning spray or wipes. You'll find a full list on the EPA website at [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2).
- Cover your mouth and nose with a mask or other face covering to avoid spreading germs.
- Wash your hands and face often with soap and water.
- Caregivers in these groups are at risk for severe illness due to COVID-19:
  - People 65 years and older
  - People who live in a nursing home or long-term care facility
  - People with chronic disease (lung, heart, cancer, diabetes, kidney, liver, immunologic)
  - People who have a weakened immune system, including those who:
    - Are in cancer treatment
    - Take medicine that weakens the immune system, such as corticosteroids
    - Had a bone marrow or organ transplant
    - Have an immune deficiency
    - Have poorly controlled HIV or AIDS
    - Are obese (body mass index of 40 or higher)
    - Smoke regularly
- Caregivers should wear gloves while washing dishes, handling laundry and cleaning bedrooms and bathrooms.
- Wash and dry laundry with special caution. Don't shake dirty laundry, and use the warmest water setting you can.
- If you have a weakened immune system, ask your doctor about other actions you should take.
- For more tips, go to [www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf](http://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf).

You should not go back to work until you meet the guidelines above for ending your home isolation. You don't need to be retested for COVID-19 before going back to work—studies show that you won't spread the virus if it's been at least 10 days since your symptoms started (or 20

days, if you have a weak immune system).

*Employers:* This document serves as formal notice of your employee's medical guidelines for going back to work. They must meet the above guidelines before going back to work in person.

### **How can I take care of myself?**

**1. Get lots of rest. Drink extra fluids** (unless a doctor has told you not to).

**2. Take Tylenol (acetaminophen) for fever or pain.** If you have liver or kidney problems, ask your family doctor if it's okay to take Tylenol.

Take either:

- 650 mg (two 325 mg pills) every 4 to 6 hours, *or*...
- 1,000 mg (two 500 mg pills) every 8 hours as needed.
- **Note:** Don't take more than 3,000 mg in one day. Acetaminophen is found in many medicines (both prescribed and over-the-counter medicines). Read all labels to be sure you don't take too much.

For children, check the Tylenol bottle for the right dose (based on their age or weight).

**3. If you have other health problems (like cancer, heart failure, an organ transplant or severe kidney disease):** Call your specialty clinic if you don't feel better in the next 2 days.

**4. Know when to call 911:** Emergency warning signs include:

- Trouble breathing or shortness of breath
- Pain or pressure in the chest that doesn't go away
- Feeling confused like you haven't felt before, or not being able to wake up
- Bluish-colored lips or face

### **Where can I get more information?**

- M Health Fairview: [www.mhealthfairview.org/covid19/](http://www.mhealthfairview.org/covid19/)
- Coronavirus Basics: [www.health.state.mn.us/diseases/coronavirus/basics.html](http://www.health.state.mn.us/diseases/coronavirus/basics.html)
- What to Do If You're Sick: [www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html)
- Ending Home Isolation: [www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html)
- Caring for Someone with COVID-19: [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html)
- University of Minnesota clinical trials (COVID-19 research studies): [clinicalaffairs.umn.edu/umn-clinical-trials](http://clinicalaffairs.umn.edu/umn-clinical-trials)