



[Date]

[Patient Name:]

Waraaqdani waa cadayn qoraal ah oo sheegaysa in lagaa baaray cudurka COVID-19 (koroona-fayras). Natiijadaadu **ma aysan caddeyn**. Tan macnaheedu waa ma **garanaynoin** natiijadaadu tahay mid togan ama taban. Tani waxay ku dhacdaa tiro yar oo kamid ah bukaanada la baaro. Natiijadan macnaheedu **maaha** inaad in badan ama in yar u dhawdahay inaad noqoto mid laga helo cudurka mustaqbalka.

Astaamaha COVID-19 waxa kamid ah qufac, xumad iyo neefsashada oo adkaata. Astaamaha kale waxa kamid noqon kara madax xanuun, jir xanuun (lafo-garaac), qarqaryo, cune xanuun, san cabudhsan ama duuf leh, daal badan, shuban (saxaro jilican), lumida dhadhanka ama urta, calool xanuun iyo lallabo ama matag (inaad xanuun ka dareento calooshaada ama aad matagto).

Maxaan sameeyaa?

Haddii **aanad** lahayn astaamaha laakiin lagugu amray inaad isbaarto, waa inaad la xiriirtaa xarunta kaa codsatay in lagu baaro. Weydii haddii ay tahay inaad isbaarto markale. Haddii aad wali u baahantay in lagu baaro, waxay dib u dejin doonaan wakhtiga baaritaanka ama waxaad wici kartaa 612-336-2690.

Haddii lagu baaray sababtoo ah waxaad qabtaa ama qabtay astaamaha COVID-19:

1. Wac 612-336-2690 si aad u dejiso wakhtiga baaritaan kale.
2. **Kasoo qaad inaad qabto fayraska.** Joog guriga oo ka fagow dadka kale (is-karantiil) ilaa iyo inta:
 - Ay kaa tagayso **xumadu**—isla markaana aanad qaadan daawo yareysa xumada—1 maalin oo dhameystiran (24 saacadood) **Iyo...**
 - Aad ka bogsatid astaamaha kale. Tusaale, aad ka roonaato qufaca ama neef qabatinka. **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.)
3. Inta lagu jiro waqtigan:
 - Hakasoo bixin qolkaaga, xataa xilliyada cuntada. Isticmaal musqushaada gaarka ah haddii aad awoodo.
 - Ka fogow dadka kale ee gurigaaga jooga. Lama oggola hab siin, shumin ama gacan qaadis. Lama oggola martida.
 - Ha aadin shaqo, dugsi ama meel kale toona.
 - U nadiifi meelaha "aadka loo taabtaabto" si joogto ah (meesha albaabka la qabto, marfishyada, gacmaha albaabada, iwm.). Adeegso buufinta nadaafada ee guriga ama istiraashada. Waxaad ka heli doontaa liiska buuxa ee agabka wax lagu nadiifiyo





bogga internerka ee EPA www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

- Ku dabool afkaaga iyo sankaa af-saab ama gafuur xir kale si aad uga dheeraato faafinta jeermisyada.
- Ku dhaq sida badan gacmahaaga iyo wajigaaga saabuun iyo biyo.
- Daryeeyaasha kooxahani waxay halis ugu jiraan jirro daran COVID-19 dartii:
 - Dadka da'doodu tahay 65 iyo kasii weyn
 - Dadka ku nool guriga xanaanada ama xarumaha daryeelka ee muddada dheer
 - Dadka qaba xanuunada aadka u jiidama (xanuunada sanbabada, wadnaha, kansarka, sonkorowga, kelyaha, beerka, daciifnimada difaaca jirka)
 - Dadka nidaamkooda difaaca jirku liito, oo ay ku jiraan dadka:
 - Qaata daawada kansarka
 - Cuna daawada daciifisa nidaamka 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 wasakhda 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 <https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-somali.pdf>

Waa inaad ku laaban shaqada ilaa aad buuxiso tilmaamaha kore ee dhamaynta is-karantiilka gurigaaga. Waa inaad buuxisaa tilmaamahan oo ay la socdaan wixii tilmaamo kale ah ee ay cidda aad u shaqaysaa ku siiyaan.

Dadka loo shaqeeyo: Dukumiintigani waa ogeysiiska rasmiga ah ee tilmaamaha caafimaadka ee shaqaalihiiina ku laabanaaya shaqada. Waa qasab inay buuxshaan shuruudaha kore kahor intaysan ugu 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. Qaado Tylenol (acetaminophen) si aad qandhada ama xanuunka 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 aan dhakhtarku qorin, 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 rugtaada 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:
 - Neefsashada oo adkaata ama neef qabatin
 - 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

Xagee ayaan ka heli karaa macluumaad dheeri ah?

- M Health Fairview: 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





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- Daryeelida Qof qaba Cudurka COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-somali.pdf>
- Tijaabooyinka caafimaad ee University of Minnesota (daraasadaha cilmi-baarista COVID-19): clinicalaffairs.umn.edu/umn-clinical-trials

English Translation

This letter is a written record that you were tested for COVID-19 (coronavirus). Your result was **inconclusive**. This means we **don't** know if you have a positive or negative result. This happens in a small number of patients who get tested. This result does **not** mean you are more or less likely to have a positive test in the future.

Symptoms of COVID-19 include cough, fever and breathing trouble. Other symptoms may include headaches, body aches, chills, sore throat, stuffy or runny nose, feeling very tired, diarrhea (loose poop), loss of taste or smell, belly pain, and nausea or vomiting (feeling sick to your stomach or throwing up).

What should I do?

If you **didn't** have symptoms but were told to be tested, you should contact the location that asked you to be tested. Ask them if you need to be tested again. If you still need to be tested, they will either re-schedule the test or you can call 612-336-2690.

If you were tested because you have or had COVID-19 symptoms:

4. Call 612-336-2690 to schedule another test.
5. **Assume you have the virus.** 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.)
6. 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.
- 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.

You should not go back to work until you meet the guidelines above for ending your home isolation. You should meet these along with any other guidelines that your employer has.

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?

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





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- 6. 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).

- 7. 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.

- 8. 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/
- Coronavirus Basics: 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
- Ending Home Isolation: 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
- University of Minnesota clinical trials (COVID-19 research studies): clinicalaffairs.umn.edu/umn-clinical-trials

