

Iska baarida COVID-19



Waa muhiim in lagu baaro haddii aad qabto astaamaha ama haddii aad la joogtay qof laga helay cudurka COVID-19.

Meesha aad ka helayso Baaritaanka	Qarashka	Sida la Isku Baaro
 <p>Dhakhtarkaaga caafimaadka ama daryeel bixiyaha ayaa aqbalaaya caymiskaaga.</p>	<p>Haddii aad qabto astaamaha ama haddii aad la joogtay qof laga helay cudurka COVID-19, baaritaankaagu waa lacag la'aan.</p>	<p>Wac dhakhtarkaaga ama lambarka kuyaala dhabarka danbe ee kaarkaaga caymiska.</p>
 <p>Baaritaanka ololaha ah ama la bixinaayo bilaq balan.</p>	<ul style="list-style-type: none">• Haddii aad leedahay caymis, shirkadaada caymiska ayaa laga doonayaa inay dabooشو qarashka baaritaanka. Marka hore wac haddii ay jiri karaan qarashaad kale.	
 <p>Xarunta caafimaadka bulshada, xarunta caafimaadka, ama farmashiye.</p>	<ul style="list-style-type: none">• Haddii aadan lahayn caymis, xarumo badan oo markaas adeegga bixiya, xarumaha caafimaadka bulshada, iyo xarumaha caafimaadka ayaa baxsha baaritaanno bilaash ah adoon lagaa rabin caymis. Adeeg bixiyaasha kale ayaa kaala shaqayn kara inaad hesho caawimaada qarashka baaritaankaaga.	<ul style="list-style-type: none">• Wac 2-1-1.• Booqo webseetka goobaha Baaritaanka ee Washington State Department of Health (Waxda Caafimaadka ee Gobalka Washington): doh.wa.gov/TestingLocations.

Booqo **DOH.WA.GOV/Coronavirus** si aad u hesho xog dheeraad ah. Si aad dukumiintigaan oo qaab kale u ah u dalbato, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimeel udir civil.rights@doh.wa.gov

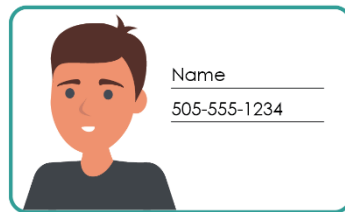
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Balantaada Baaritaanka

1 U imoow balantaada

Xarumaha ololaha baaritaanka iyo xarumaha caafimaadka bulshada ayaa ku waydiin doona:



- **Xogta aasaasiga ah**, sida magacaaga iyo meesha lagaala xariiraayo si ay natiijooyinka kuusoo diraan.
- **Aqoonsigaaga iyo kaarka caymiska.** Lagaama doonaayo inaad keento xogtaan, laakiin way kaa codsan doonaan.



Kuma waydiin **doonaan** aqoonsigaaga socdaalka. Xogtaada waxaa kaliya loo sheegayaa Department of Health (Waaxda Caafimaadka) ama waaxda caafimaadka ee deegaankaaga.

2 Isbaar.

Dhakhtarka ayaa kaa qaadaaya sanbal. Caadiyan, waxay dheecaan ka qaadayaan gudaha sankaaga ama adigga ayaa dheecaan ka qaadaaya sankaaga.

Sanbalkaaga ayaa intaas kadib loo dirayaa shaybaadh si loo baaro.



3 Joog guriga.

Xaqiiji inaad guriga joogto aadna ka fogaato dadka kale illaa aad ka ogaanayso natiijada baaritaankaaga.

