**Qorshaha u Diyaargarowga COVID-19 ee Loogu Talagalay Lifeworks Services Fiscal**

**Shaqaalaha**

1. **Nadaafada iyo xakameynta isha**

* Wakhtiyada gacmo-dhaqistu waxay noqon doonaan ugu yaraan bilowga iyo dhammaadka wakhti-shaqeedka shaqaalaha, kadib marka uu ka yimaado goob dadweyne, kahor iyo kadib wax cunidda, kadib adeegsiga musqusha, kadib iska siiminta duufka, qufaca, ama hindhisada.<https://www.health.state.mn.us/people/cyc/cycbgeneng.pdf>
* Iska ilaali inaad indhahaaga, sankaaga, iyo afkaaga ku taabatid gacmo aan la dhaqin.
* Ka qeybgalayaasha iyo shaqaalahu waa inay ugu yaraan 20 ilbiriqsi ku dhaqaan gacmahooda saabuun iyo biyo. Haddii saabuun iyo biyo aan la heli karin, adeegso gacmo nadiifiye ugu yaraan 60% ka sameysan alkoolo[.https://www.health.state.mn.us/people/handhygiene/how/howto.pdf](https://www.health.state.mn.us/people/handhygiene/how/howto.pdf)
* Maareyayaasha Taageeradu waa inay xaqiijiyaan in goobaha gacmo-dhaqistu iyo/ama gacmo nadiifiyuhu diyaar yihiin si habboonna u keydsan yihiin.
* Waxa lagu talliyay in shukumaanada warqada ah la adeegsado si loo qalajiyo gacmaha waana in qashin-qub la dhigaa albaabka qolka maydhashada si shukumaanka warqada ah loogu tuuro marka la adeegsanayo albaabka.
* Sida uu dhigayo <https://www.leg.state.mn.us/archive/execorders/20-81.pdf>Ammarka Sare 20-81,ee Badhasaabku, dadka reer Minnesota waxa looga baahanyay inay xidhaan weji daboole dhammaan hawlaha dhismayaasha gudahooda iyo goobaha dadweynaha, haddii aad keligaa tahay mooyee. Tan waxa ku jira shaqaalaha gala guriga qofka ama lagu qoro hoy iyadoo ujeedadu tahay shaqadooda. Waxa jira su'aalo badan oo la xiriira amarkan, liinkigani wuxuu bixinayaa jawaabaha su'aalaha inta badan la isweydiiyo. <https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html>

1. **Nadiifinta iyo jeermis-dilidda**

* Raac hagida MDH iyo CDC ee u nadiifinta iyo jeermis ka dilida goobtaada si joogto ah, khaasatan goobaha la wadaago [https://www.cdc.gov/coronavirus/2019-ncov/communitv/disinfecting-building-facility.html](https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html)
* Xaqiiji in si joogto ah loo nadiifiyo jeermiskana looga dilo meelaha inta badan la taabto sida gacmaha albaabada, badhanada laydhka laga shido, biraha kaabadaha ee la qabsado, miisaska iyo kuraasta, taleefanada, kiiboodhada, iyo agabka kale ee la wadaago.

1. **Imaatinka iyo tagista**

* Shaqaalaha ayaa iskood isaga eegi doona aastaamaha COVID-19 kahor inta aysan bilaabin wakhti-shaqeed kasta. Shaqaalaha ma imaan doonaan shaqada, way ka fogaan dadka kale, waxaanay la xiriiri doonaan dhakhtarkooda haddii ay leeyihiin mid kamid ah astaamahan:

o Qandho la cabiray oo ah 100.4 F. ama haddii uu qofku daremayo qandho  
o Qadhqadhyo  
o Qufac cusub  
o Neef qabatin   
o Cune xanuun cusub   
o Murqo xanuun cusub   
o Madax xanuun   
o Dhadhan ama ur lumin cusub

* Haddii Maareeyaha Taageeradu uu qoondeeyay albaab loogu talagalay galitaanka/bixitaanka kaas oo ay doorbidi lahayeen inay shaqaalahu adeegsadaan, shaqaalahu waxay adeegsan doonaan albaabkaas galitaanka/bixitaanka.

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1. **Baaritaanka iyo xeerarka loogu talagalay shaqaalaha muujinaya calaamadaha ama astaamaha COVID-19**

* Shaqaalaha ayaa iskood isaga eegi doona aastaamaha kahor inta aysan bilaabin wakhti-shaqeed kasta. Shaqaalaha ma imaan doonaan shaqada, way ka fogaan dadka kale, waxaanay la xiriiri doonaan dhakhtarkooda haddii ay leeyihiin mid kamid ah astaamahan:

o Qandho la cabiray oo ah 100.4 F. ama haddii uu qofku daremayo qandho  
o Qadhqadhyo  
o Qufac cusub  
o Neef qabatin   
o Cune xanuun cusub   
o Murqo xanuun cusub   
o Madax xanuun   
o Dhadhan ama ur lumin cusub

* Calaamadaha iyo astaamaha jirrada COVID-19 waxa laga heli karaa halkan:[:](https://www.health.state.mn.us/diseases/coronavirus/materials/isitcovid.pdf) <https://www.health.state.mn.us/diseases/coronavirus/materials/isitcovid.pdf>
* Codsiyada qaabilaada ee shakhsiyaadka "halista sare leh" ayaa dib loo eegi doonaa waxaana go'aansan doona Maareeyaha Taageerada iyo LIfeworks.
* Haddii qof shaqaale ahi uu qabo, looga shakisan yahay inuu qabo COVID-19, ama uu ka ag dhawaaday qof laga helay cudurka, waa inay si degdeg ah u ogeysiiyaan Marie Rutz, Maamulaha Waaxda Maareynta Shaqaalaha (651) 365-3723 si loogu hoggaansamo hagida MDH iyo CDC ama shuruudaha soo sheegida. Shaqaalaha waxa lagu soocaa shaqaalaha "Heerka 1".
* Haddii qof shaqaale ah oo dhawaan shaqeynayay laga helo COVID-19, talada, wada-xiriirka iyo tilmaamaha MDH ayaa la raaci doonaa iyadoon aqoonsiga qofka loo shaacin dadka aan loo oggolaan inay macluumaadkaas helaan.
* Waxa lagu dhiirrigelinayaa Maareeyayaasha Taageerada inay diyaarsadaan qorshaha shaqaalaha keydka ah haddiiba xubin shaqaalaha kamid ahi uu xanuunsado inta lagu jiro wakhti-shaqoodkooda.

1. **Baaritaanka iyo xeerarka loogu talagalay dadka adeegyada hela ee muujinaya calaamadaha ama astaamaha COVID-19**

* Ka eeg Ka Qeybgalayaasha astaamaha jirrada, kuwaas oo ay ku jiraan adeegsiga qalabka baaritaanka caafimaad sida kan[:](https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf) [https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf.](https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)
* Calaamadaha iyo astaamaha jirrada COVID-19 waxa laga heli karaa halkan:[:](https://www.health.state.mn.us/diseases/coronavirus/materials/isitcovid.pdf) <https://www.health.state.mn.us/diseases/coronavirus/materials/isitcovid.pdf>
* Haddii Ka Qeybgalahu uu qabo ama looga shakisan yahay inuu qabo COVID-19 Maareeyaha Taageeradu waa inuu si degdeg ah u ogeysiiyaa Marie Rutz, Maamulaha Waaxda Maareynta Shaqaalaha (651) 365-3723 si loogu hoggaansamo shuruudaha soo sheegida ee MDH.
* Haddii shaqaalahu dhawaan la shaqeeyeen Ka Qeybgale laga helay COVID-19, tallooyinka, macluumaadka iyo tilmaamaha MDH ayaa la raaci doonaa iyadoon aqoonsiga qofka loo shaacin dadka aan loo oggolaan inay helaan macluumaadkaas.

1. **Kala-fogaanshaha bulshada ee maalintii oo dhan.**

* Kordhi masaafada la isku jirsado, talada MDH iyo CDC waa inay 6-cagood isu jirsadaan shaqaalaha iyo Ka Qeybgalayaashu markasta oo ay suurogal tahay.

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**7. Diyaarinta cuntada**

* Dhaq gacmahaaga kahor inta aanad diyaarin, qeybin, ama cunin cuntooyinka.
* Haddii cuntada loo qeybiyo qaabka-qoyska, saxan ku rid cunto kasta marka aad qeybinaysid si dad badani aysan u isticmaalin weel qeybin oo isku mid ah.

1. **Hawo-siinta**

* Ku dedaal badinta qadarka hawada ee gudaha lasoo gelinayo, yaree hawo-wareega oo xaqiiji in nidaamyada hawo-siinta si sax loo adeegsado loona dayactiro.

1. **Wada-xiriirka iyo tababarka**

* Shaqaalaha waxa la siin doonaa nuqulka Qorshaha Diyaargarowga.
* Qorshahan waxa lasoo dhigi doonaa bogga internetka ee Lifeworks si shaqaalaha, Maareeyayaasha Taageerada, iyo Ka Qeybgalayaashu ay u helaan.
* Lifeworks waxay qorshahan u diyaarin doontaa ka qeybgalayaasha marka ay codsadaan, haddii ay habboon tahayna waalidiintooda, mas'uuliyiintooda sharciga ah, ama shaqaalahooda kiiska, markii la codsado.
* LMS ayaa la adeegsan donaa si loo tababaro shaqaalaha u baahan tababar.

Qorshahan Diyaargarowgu waxa rukhsadeeyay maamulka Lifeworks Services. Waxaa loo cusbooneysiin doonaa sida loogu baahdo.

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