



Imala Umraa fi Haajif wantoota guuttamu qaban

Imalli carraa dhukkuboota kanneen akka COVID-19, gifira, infiluweenzaa, fi maninjaaytesiin qabamuu babal'isuu danda'a. **Yoo isin dhukkube hin imalinaan.** Yoo gara Makkaa, Sa'udi Arabiyaa deemuu yaaddan, qajeelfama kanatti fayadamaa.

Imala dura

- Imaluun duraatti talaallii COVID-19, gifira, infiluweenzaa, fi maninjaytesii fudhachuu keessan mirkaneeffadhaa. Akkasumas, talaalliin biraa kan isin barbaachisu yoo jiraate ogeessa fayyaa keessan gaafadhaa. Talaallii eessaa akka argattan beekuuf liinkii armaan gadiitti fayadamaa: [Where to Get Vaccinated \(www.health.state.mn.us/people/immunize/basics/vaxfinder.html\)](http://www.health.state.mn.us/people/immunize/basics/vaxfinder.html) fi [International Travel Health Clinics Serving Minnesota Residents \(www.health.state.mn.us/people/immunize/basics/travel/yfclinic.html\)](http://www.health.state.mn.us/people/immunize/basics/travel/yfclinic.html).
- Ulaagalee fayyaa yeroo ammaa mootummaan Sa'udi Arabiyaa gaafatu beekun barbaachisaadha. Odeeffannoo dabalataaf [Hajj and Umrah Health Requirements | The Embassy of the Kingdom of Saudi Arabia \(www.saudiembassy.net/hajj-and-umrah-health-requirements\)](http://www.saudiembassy.net/hajj-and-umrah-health-requirements) fi [Saudi Arabia: Hajj & Umrah Pilgrimages | CDC Yellow Book 2024 \(wwwnc.cdc.gov/travel/yellowbook/2024/itineraries/saudi-arabia-hajj-and-umrah-pilgrimages\)](http://wwwnc.cdc.gov/travel/yellowbook/2024/itineraries/saudi-arabia-hajj-and-umrah-pilgrimages).

Qabaachuu keessan mirkaanefadha:

- ✓ Haguuggii fuulaa qulqullina olaanaa qabu, kan akka gaariitti isiinita tahu uffachu fi namni garee kessan kessaa hunduu fayyadamuu mirkanefadha.
- ✓ Odeeffannoo quunnamtii hatattamaa.
- ✓ Sanitaayizarii harkatti qabatani imaluudhaan fayyadamuu.
- ✓ Yoo tari nu barbaachise qorichoota ajaja ogeessa fayyaatiin kennamuufi qorichoota ajaja ogeessa fayyaa malee bitamuu danda'u qabachuu.
- ✓ Qorannoo ariifataa COVID-19. Meeshaa dhibee COVID manatti laallataniin biiruu [IOHPA irraa ni argattu \(https://IOHPA.org\)](https://IOHPA.org) Mini'apolis (3638 Central Ave).

Yeroo imalaatti

- Infekshiniin sirna hargansuu hajjii irratti baay'inaan mul'ata. Gorsa CDC hordofuudhaan yeroo imala kessanii hunda harka dhiqachuu, haguuggii fuulaa uffachuu, fi yoo danda'ame yeroo deemsaatti fageenya ofii eeggachuun barbaachisaadha.
- Carraa dhibeen qabamuu diqqeessuf, Masjiida fi iddoowwan namnii walitti qabamanitti maaskii (haguuggii fuulaa) godhadha. Keesumaa bakka namoonni itti baay'atanitti (alattis yoo ta'e) haguuggii fuulaa godhachuun ni gorfama.
- Yoo qufaa yokiin malattoo dofofaa qabaatte, dhibee COVID-19 laallammi. Yoo COVID-19 sirraatti muldhate, maaskii (haguuggii fuulaa) godhadhu, hin imalin, yeroo hagamiif akka nama biraa irraa fagaachuu qabdu gorsa waajjira fayyaa naannoo keetii hordof.
- Yoo mallattoo dhukkubbii kan akka oowwa qaamaa dabaluu, dhukkubbii mataa, miira hammeenna (nyaata si jibisiisuu), haqqisuu (digdiga) yokiin malattoo biraa kan si yaadchisu yoo ufirraatti argite dafii mana yaalaa hakima kee bira deemi. Yoo si dhukube yaalii argachuuf hin turin.

Imala booda

- Yoo imalaan booda sidhukkube, mana yaalaa dhaqii akka dhiheenya kana gara Sa'udi Arabiyaa deemte deebite ogeessa fayyaati himi. Ogeessi fayyaa dhibee imala waliin walqabatan qorachuun barbaachisaa ta'uu fi dhiisuu isaa murteessuf si gargaaruu danda'u.

