



Liiska Hubinta Safarka Hajj iyo Umrah

Socdaalku wuxuu kordhinayaa fursadaha aad ku qaadi karto kuna faafin karto cudurada sida COVID-19, jadeecada, duray ama ifilo iyo minijaatis. **Ha safrin haddii aad jiran tahay.** U isticmaal liiska hubinta hage ahaan si aad si badbaado leh ugu safarto Makko, Sucuudi Carabiya.

Kahor safarka

- Hubi in ay kuu dhamaystiran yihiin tallaaladaada safarka lagaagabaahanyahay oo ay ku jiraan COVID-19, jadeecada, duray ama ifilo iyo minijaatis. Weydii bixiyaha daryeelka caafimaadkaaga tallaalada kale ee aad u baahan karto kahor intaan safrin. Wixii macluumaad ah ama agab oo ku saabsan tallaal, booqo [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) iyo [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).
- Ogsoonow shuruudaha caafimaadka ee lagaa rabo markaad Sacuudi Carabiya aad tagaysid. Ka qaado xogta [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) and [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).

Hubso inaad qaadato:

- ✓ Maaskaro tayo sare leh, si fiican kuu le'eg oo loogu talagalay qof kasta oo la safraya kooxdaada.
- ✓ Cidda lala xiriiyayo haddii ay dhacdo xaalad deg deg ah.
- ✓ Nadiifiyaha gacanta lagu qaato.
- ✓ Daawooyinka lagu qoray iyo daawooyinka kale ee aad banaanka ka gadan karto kuwaas oo aad u baahnaan karto.
- ✓ Baaritaanada degdega ah ee COVID-19. Waxaad ka heli kartaa qalabka baaritaanada guriga lagu sameeyo xafiiska IANA's ee Minneapolis (3355 Hiawatha Ave #202) laga bilaabo 9 a.m. subaxnimo ilaa 3 p.m. galabnimo. Booqo [IANA \(www.ianaonline.org\)](http://www.ianaonline.org) ama wac 612-874-0655.

Inta safarka lagu jiro

- Caabuqa ku dhaca qeybta sare ee hawa mareenada waa kuwa caadi ka ah xajka. CDC waxay ku talinaysaa inaad gacmaha u dhaqdo si joogta ah, inaad xirato maaskaro iyo inaad ku dadaasho kala fogaanshaha sida ugu macquulsan intaad ku jirto safarkaaga.
- Si loo yareeyo khatarta kugu imaan karta, xiro maaskaro masaajidda iyo meelaha kale ee bulshada dhexdeeda ah, gaar ahaan meelaha dadka ku badan yahay, sida bannaanka.
- Haddii aad leedahay qufac ama calaamado kale oo neefsashada ah, isku day inaad iska baartid COVID-19. Haddii lagaa helo COVID-19, xiro maaskaro, ha safrin, raacna talobixinta caafimaadka ee goobaha maxaliga ee ku saabsan muddada ay tahay in aad ka fogaato dadka kale.
- Haddii aad la xanuunsan tahay qandho, madax-xanuun, lallabbo, matag, ama calaamado kale, la xiriir dhakhtarka isla markiiba; ha dib ridin inaad hesho daryeel caafimaad haddii aad jiran tahay.

Kadib safarka

- Haddi aad jiratay safarka kadib, aad isbitaalka una sheeg dhakhtarka inaad dhawaan u safartay Sacuudi Carabiya. Iyaga ayaa go'aan ka gaaraya in lagaa baaro cudurada safarka laga qaado iyo in kale.

