

Baaritaanka Antiboodhiga ee COVID-19 (Korona fayras)

Antibody Testing for COVID-19 (Coronavirus)

At this time, a positive antibody test does not mean that you have protection from the virus. You may still become sick from the virus or be infected again even with a positive test.

Antibody testing is mainly being used to find people who may be able to donate plasma to help those who are very sick with COVID-19.

It can take up to 7 days to get the test results back.

What a positive test may mean

There are many new antibody tests for COVID-19, but **we do not yet fully know what the results of these tests mean.** A positive test may mean you:

Waqti xaadirkan, baaritaan lagugu sameeyey oo sheegaya inaad qabtid antiboodhiga macnaheedu maahan inaad ka ilaashan/difaacan tahay fayraska. Waxaad wali la bukoon kartaa fayraska ama mar labaad kugu dhici kara fayraska xitaa haddii baaritaanka lagaaga helay antiboodhiga.

Baaritaanka antiboodhiga waxaa badanaa loo isticmaalaa in lagu raadiyo dadka laga yaabo inay deeqi-bixin ka samayn karaan 'plasma' si loogu caawiyo dadka sida aadka ah ula xanuunsan COVID-19.

Waxay qaadan kartaa illaa 7 maalmood in natiijada baaritaanka la soo celiyo.

Waa maxay micnaheeda haddii baaritaanka lagaaga helo antiboodhiga

Waxaa jira baaritaano lagu sameeyay antiboodhiyeed oo badan oo looga talagalay COVID-19, laakiin **wali si buuxda uma naqaana waxa ay la macna yihiin natiijooyinka baaritanadaan.** Baadhitaanka togan wuxuu la macna noqon karaa in adiga:



- Were infected with COVID-19
- Were infected with a different coronavirus
- Just happen to have an antibody that reacts to the test, called a false positive test. Your antibody is not related to you being exposed to coronavirus.

Positive antibody tests must be reported

We are required to report the names of people with positive antibody tests to local health departments. You will be contacted by the health department after your results are reported.

Negative antibody test results are not reported.

What a negative test may mean

Because we are still learning about this virus and these new tests, we do not fully know what the negative test results mean either.

If you test negative, you likely have not had a severe COVID-19 or other coronavirus infection. A mild infection from any coronavirus may not cause enough antibodies to form to show as a positive test. It also may take a couple of weeks or longer for your body to form antibodies if you did have a recent coronavirus infection.

- Uu kugu soo dhacay COVID-19
- Uu kugu soo dhacay korona fayras kale
- Aad iska leedahay uun antiboodhiga soo la falgala baaritaanka, oo loo yaqaano baaritaanka togan ee beenta ah. Antiboodhigaaga lama xiriiro in aad adiga qaaday cudurka korona fayras.

Baadhitaannada antiboodhiga ee togan waa in warbixin laga soo gudbiyaa

Waxaa nalooga baahan yahay inaan waaxaha caafimaadka deegaanka u gudbino magacyada dadka qaba baaritaanada antiboodhiga ee togan. Waxaa kula soo xiriiri doona waaxda caafimaadka ka dib marka natiijadaada loo gudbiyo.

Natiijooyinka baaritaanka antiboodhiga ee taban waxlagama gudbinayo

Waa maxay micnaheeda haddii baaritaanka lagaaga waayo antiboodhiga

Maadaama aan wali baranayno fayraskan iyo baaritaanadaan cusub, si buuxda uma naqaano waxa ay la macna tahay haddii lagaa helo natiijooyinka baaritaanka antiboodhiga ee taban.

Haddii lagaa waayo antiboodhiga, waxaa suurtagal ah inaad qaadin cudurka COVID-19 oo daran ama infekshin kale oo korona fayras ah. Infekshan fudud oo ka yimaadda korona fayras kasta ma sababi karo in jirka u sameeyo unugyada difaaca jirka kuwaas oo gaarsiin kara in baaritaanka uu noqdo mid togan. Waxay sidoo kale qaadani kartaa dhowr toddobaad ama in ka badan si jirkaaga si uu u sameeyo unugyada difaaca jirka (antiboodhiga) haddii aad dhowaan uu kugu dhacay cudurka korona fayras.

No matter what your test result is, positive or negative, you need to protect yourself and others from the spread of this virus.

Prevent the spread of COVID-19

To protect yourself and others from the spread of this virus, take these precautions:

Wash your hands well and often with soap and water.

- Wet your hands with clean water and apply soap.
- Rub the soap on your hands to get a bubbly lather.
- Scrub the lather over the backs and fronts of your hands and fingers, between your fingers, and under your nails for at least 20 seconds.
- Rinse with clean water and dry with a clean towel.



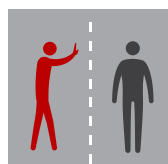
Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Be sure to wash your hands:

- After blowing your nose, sneezing or coughing
- After using the bathroom
- Before eating or preparing food

You can apply lotion to your hands after washing.

Keep at least 6 feet away from other people. Limit contact with people who do not live with you.



Wax kasta oo ay natiijada baaritaankaagu noqoto, ha ahaato mid togan ama mid taban, waxaad u baahan tahay inaad naftaada iyo dadka kale ka ilaaliso faafitaanka fayraskaan.

Ka hortag faafidda cudurka COVID-19

Si aad uga ilaaliso naftaada iyo dadka kale faafitaanka fayraskan, sameey taxaddaradaan:

Had iyo jeer gacmahaaga si fiican ugu dhaq saabuun iyo biyo.

- Gacmahaaga ku qoy biyo nadiif ah oo mari saabuun.
- Saabuunta gacmahaaga mari si xumbo ay ugu samaysanto.
- Ku xoq xumbada qeybta kore iyo gudaha ee gacmahaaga iyo farahaaga, inta u dhexeysa farahaaga, iyo cidiyahaaga hoostooda ugu yaraan 20 ilbiriqsi.
- Ku mayr biyo nadiif ah oo ku qalaji shukumaan nadiif ah.

Isticmaal gacmo nadiifiye aalkahool leh oo ka kooban ugu yaraan 60% aalkolo ah haddii saabuun iyo biyo aan la heli karin.

Xaqiiji inaad dhaqdo gacmahaaga:

- Ka dib markaad ka duufsato sanka, hindhisto ama qufacdo
- Ka dib markaad isticmaasho suuliga
- Kahor inta aadan wax cunin ama diyaarinin cuntada

Waad gacmahaaga marin kartaa kiriim kadib marka aad maydho.

Ka fogoow dadka kale ugu yaraan 6 fiit.

Yaree xiriirka/u dhawaanshaha dadka aan kula deganeyn.

Wear a face mask when you are around other people, especially if you are going into a store or other public places.



Xiro maaskarada wajiga marka aad la joogtid dadka kale, khaasatan marka aad aadaysid dukaamada ama goobo kale oo dadweyne joogaan.

Avoid touching your face.

Iska ilaali taabashada wajigaaga.

Stay home if you are sick.

Guriga joog haddii aad xanuunsan tahay.

Clean and disinfect high-touch surfaces in your household at least every day. This includes door knobs, tables, countertops, light switches, handles, keyboards, phones, remotes, touch screens, toilets, faucets and sinks.



Nadiifi oo jeermiga ka dil meelaha inta badan la taabto ee gurigaaga dhexdiisa ah ugu yeraan maalin kasta. Meelahaas waxaa ka mid ah gacantaa, da albaabka, miisaska, miiska cuntada, badhanka nalka, gacanka, boodhka kumbiyuutarka, taleefannada, rimuutyada, shaashadaha, musqulaha, tubooyinka iyo weelasha alaabta lagu dhaqo.

Most household disinfectants should be effective, such as Lysol, Clorox or similar store brand products. Follow the instructions on the container.

Badanaa jeermis-dileyaasha laga isticmaalo guryaha waa inay ahaadaan kuwo wax ku ool ah, sida Lysol, Clorox ama badeecooyinka la midka ah ee lagu iibiyo dukaamada. Raac tilmaamaha ku qoran weelka.

If you are sick

If you are sick, stay home. Contact your doctor for more direction if you have any signs of illness such as:

- Cough
- Fever
- Chills
- Headache
- Sore throat
- Muscle or body aches
- Loss of smell or taste
- Nausea
- Diarrhea
- Vomiting
- Pain
- Shortness of breath or trouble breathing

Hadii aad xanuunsan tahay

Haddii aad xannuunsato, guriga joog. Kala xiriir dhaqtarkaaga wixii tilmaamo dheeraad ah haddii aad qabto astaamo cudur sida:

- Qufaca
- Qandhada
- Qarqarka
- Madax xanuun
- Dhuun xanuun
- Xanuun murqaha ama jirka ah
- Dareenka wax urinta ama dhadhanka oo luma
- Lalabbo
- Shuban
- Mataga
- Xanuun
- Neefsashada oo yaraata ama neefsashada oo dhib noqota

Antibody tests does not mean you have a “passport” or are immune or protected from getting COVID-19. You should still follow precautions from the CDC, state and local departments of health and your employer.

Baadhitaannada antiboodhiga macnahiisu maahan inaad haysato "Baasaboor" ama inaad ka difaacan/ilaashan tahay inuu kugu dhaco COVID-19. Waa inaad wali raacdaa taxaddarrada CDC, waaxaha caafimaadka ee gobolka iyo deegaanka iyo loo shaqeeyahaaga.