



IGU HAY GURIGA HADII

Qandho ayaa I heyso



Heerkul 100.4 ° F ama ka sareeya, qufac, neefta oo ku yaraata ama neefsashada oo dhib noqota, dhaxan, murqo xanuun, madax xanuun, sanko oo duuqsan ama buuqsan, cuna xanuun, luminta cusub ee dhadhanka ama urka, ama astaamo kale oo jirro cusub ah oo aan lala xiriirin karin xaalad hore u soo martay (sida xasaasiyad xilliyeed)

Shuban baa I haya



- 2 saxaro jilicson oo biya ah in ka badan inta caadiga ee ilmaha 24 saacadood; AMA
- Dhiig kasta ama dheecaan saxaro ku jirta

Aniga si fiican ma dareensani



Si aan caadi ahayn u daalan, xirfada dhaqdhaqaaq oo yar, midab is badel, cunto xumo, murugeysan, ama ooyin badan aan caadi ahayn

Waxaan leeyahay, finan, nabro. Injir, canbaar, isnadaamis



- Finan jirka ah (oo aan la xiriirin falcelinka xasaasiyada, u xirista daybarka ama kuleylka)
- Nabraha ama dhaawacyada afka furan oo dheecaamaaya
- Nabarada afka ooy la socdaan dhareer
- Injir madaxa, canbaarta, iyo isnadaamiska aan la daaweyn

Waan matagaa



2 ama inka badan 24 saacadood

Xadka xadka ayaa hoos loo dhigay calaamadaha cusubna waxaa lagu daray si ay jaan qaadaan talooyinka CDC inta lagu guda jiro afo-mareenka COVID-19.

Su'aalaha ku saabsan goorta ilmahaagu kufilan yahay inuu ku laabto daryeelka ilmaha? Tixraac: Code Washington Administrative Code (WAC) oo loogu talagalay Daryeelka Caruurta iyo Barnaamijyada Waxbarshada Hore 110-300-0205 ee shuruudaha ka saarida jirrada oo dhan AMA hagida CDC ee Waxa la Sameeyo Hadaad leedahay COVID-19 at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/>



Public Health 
Seattle & King County

Barnaamijka Daryeelka Caruurta

2008_10155m_COVID-19-keep-me-home-Poster-Somali.ai Updated August 2020.