

# TILLAABOYINKA LAGU YARAYNAAYO KHATARTA



# COVID-19

Si aan uga falcelino tilmaanta Public Health (Waaxda Caafimaadka Dadwaynaha), qaado tillaabooyinka:

- ✓ Baar daryeelayaasha maalin kasta si aan uga baarno qandho, qufac, iyo neefta oo ku yaraata.



**Wax calaamada kale ah:**

- qarqaryo ama dhaxan
- muruq xanuun
- cune xanuun ama dhuun xanuun
- ur ama dhadhan la'aan.

- ✓ U dir shaqaalaha jiran guriga.



- ✓ U fasax shaqaalaha khatarta wayn ku jira inay guriga joogaan (dadka ka wayn 60 jir, haweenka uurka leh, kuwa qaba xaaladaha caafimaadka).

- ✓ Diyaari alaabta gacanta lagu dhaqo iyo nadiifiyaasha.



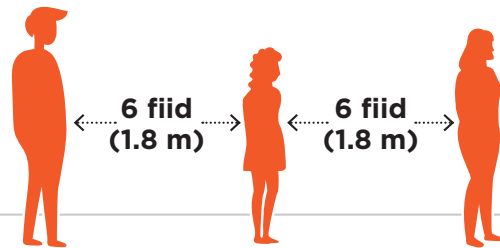
- ✓ Daawee oo nadiifi meelaha si joogto ah.



- ✓ Ku Xadid 10 daqiiqo gudohood xiriirka waji ka waji.



- ✓ Xasuusi macmiisha inay kala istaagaan ugu yaraan 6 fiid inta ay sugayaan dalabka ama ay ka soo qaadanaya dalab kooda.



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Public Health  
Seattle & King County



- ✓ Usheeg shaqaalaha inay akhriyaan xogtaan.