

Talooyinka Caafimaadka Dadweynaha:

Ka dib tallaalka COVID-19

Waad ku mahadsan tahay in aad is tallaashay oo aad ka caawisay bulshadeenna inay hal tallaabo u soo dhowaadaan si looga gudbo cudurkan faafa. **Ilaa aad si buuxda u tallaalantahay mooyee (2 isbuuc kadib irbaddii feynalka), waa muhiim dadka kale in la ilaaliyo. Dad badan, oo ay ka midyihiin caruurta, ma tallaalna weli. Tillaabooyinka waxay ilaalin doonaan bulshadeena.**

1. **Ku xiro maro afka.** Ku xiro afka 2 maro oo isdul saaran. Hubso in uu **dharku jilicsan yahay.**
2. **Ka fogow ugu yaraan 6 fiid dadka kale fagaaraha.**
3. **In badan gacmaha dhaqo.**
4. **Ka Fogow meelaha dadka Badan.isgu yimadan.**
5. **Raac Hagaha Socdaalka ee CDC:** bit.ly/Covid-Travel
6. **Haddii aad la kulanto COVID-19,** ka hubi hagaha karantiikal iyo baaritaanka ah si aad u ogaato haddii aad karantiil u baahantahay: kingcounty.gov/covid/quarantine/somali
7. **Haddii dib aad qabto Fyruska,** raac tilmaamaha is go'doominta: kingcounty.gov/covid/quarantine/somali
8. **Raac wixii khuseeya goobaha shaqo ama hagitaan dugsiga**



Si buuxda ma u tallaalantahay? Waxaa bilaabi kartaa sameynta waxyaalo badan markale kuwaasoo istaagay sababtoo ah cudurka safmarkaa! Eeg bogga xiga.

Xusuusin ku saabsan tallaalada COVID-19:

- **Waxaa laga yaabaa inaad yeelato waxyeellooyin qaarkood,** kuwaas oo ah astaamo caadi ah oo muujinaya in jirkaagu dhisayo difaac. Wac daryeel caafimaad bixiyahaaga haddii aad isku aragto waxyeellooyin kale oo ku dhibaya ama kaa tagaya.
- **Haddii aad isku aragto cadaanyo daran oo tallaalka ah, wac 9-1-1 ama aad cisbitaalka kuugu dhow.**
- **Jadwal u samee durniinka labaad.** Haddii aad qaadanayso tallaalka 2aad, ballan ka sameyso durniinka labaad ee ballanta tallaalkaaga ka dib markaad hesho durniinka koowaad. Waxaad ubaahantahay labada qaadasho in lagaa ilaaliyo COVID-19.
- **Kahortaga tallaalku ma aha mid degdeg ah.** Waxaa si buuxda lagu tallaalay 2 toddobaad kadib tallaalka hal-qaadasho ah ama 2 toddobaad kadib qiyaasta labaad ee taxanaha labaad ee tallaalka ah.
- Wixii macluumaad dheeraad ah, booqo kingcounty.gov/covid/vaccine/somali

Markaad si buuxda isu tallaasho

Waxaa lagu tixgeliyaa inaad si buuxda isu tallaashay:

- 2 toddobaad kadib qiyaasta labaad ee taxanaha tallaalka 2-da ah (sida Moderna ama Pfizer)
- 2 toddobaad kadib tallaalka hal-qaadasho ah (sida Johnson & Johnson)

Haddii ay ka yarayd wax ka yar 2 toddobaad tallaalkaaga, ama haddii aad weli u baahan tahay inaad hesho talaalka labaad, **AAD** ma hesatid ilaalin buuxda. Sii wad inaad qaaddo dhammaan tallaabooyinka taxadarka leh ee ka-hortagga illaa aad si buuxda isu tallaasho.

Dadka si buuxda u tallaalan waa in ay ogaadaan waxyaalaha soo socda:

- Qofkasta, xattaa haday si buuxda u tallaalanyihiin, waa inay ku xirtaan af-xir meelaha qaar, oo ay ka midyihiin iskoollada iyo xannaanada ilmaha, goobaha caafimaadka, adeegga dadka guri la'aantaa, xabsiyada iyo gaadiidka dadweynaha.
- Xitaa dadka la tallaalay waa inay wajiga xirtaan meelaha dadweynaha ee gudaha ah iyo goobaha bannaanka ee dadku ku badan yihiin si looga hortago faafitaanka COVID-19.
- Ganacsi kasta waa waajibin karaa af-xir – marka mid hayso.
- Raac hagitaanka meesha shaqadaada. Loo-shaqeeyeyaashu waxay codsan karaan ama waajibin karaan caddeyn tallaal.
- Iska eeg calaamadaha COVID-19, khaasatan hadaad agjoogtay qof xanuunsan. Haddii aad isku aragto calaamadaha COVID-19, is-baar oo joog guriga kana fogow dadka kale.
- Haddii aad u dhawaatay qof qaba COVID-19, 3 maalmood ama in kabadan kadib iska soo baar COVID-19, ka fogow dadka kale oo la soco calaamadaha 2 toddobaad. Waxaa laga yaabaa inaad u baahnayn inaad is karantiisho, haddii aadan lahayn astaamo. Xaqiijin ahaan, ka fiiri halkaan hagitaanka karantiilka: kingcounty.gov/covid/quarantine/somali

Waxaan wali baraneynaa sida ugu wanaagsan ee tallaalku uga hortago faafitaanka COVID-19 iyo akhbaaraha cusub si aad ula socoto. Halkan ka eeg tilmaamaha ugu dambeeyay ee CDC ee dadka si buuxda loo tallaalay halkan : bit.ly/fully-vaccinated