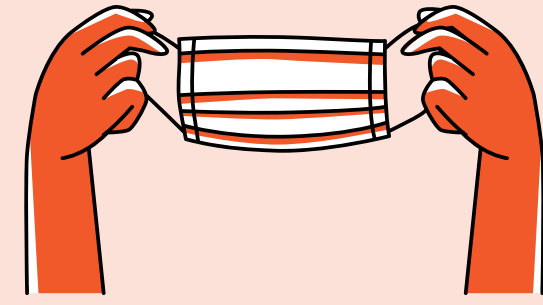


MAAMULKA ASTAAMAHAAGA COVID-19 EE GURIGAAGA

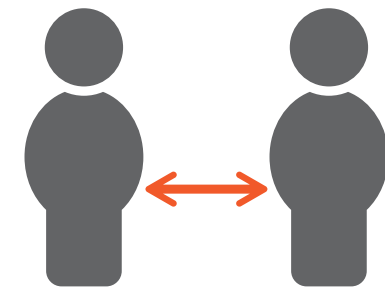
Haddii aad leedahay COVID-19 oo aad la nooshahay dadka kale, waxaa jira khatar sare oo aad ugu gudbin karto dadka gurigaaga jooga.

Si aad u ilaaliso gurigaaga, raac tilmaamahan haddii aad isku aragtay COVID-19 iyo / ama aad leedahay astaamo:

1 Ha xirto maaskaro qof kasta oo gurigaaga jooga mar walba.

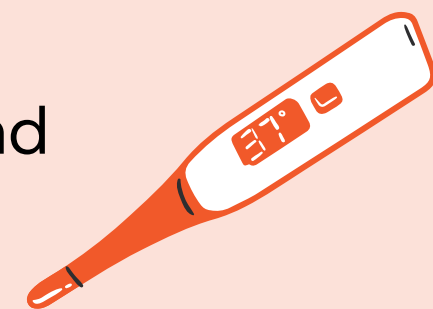


2 Joogtee masaafad jireed ugu yaraan 6 taako (2 mitir) mar walba.

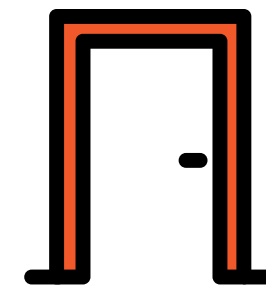


3 La soco astaamahaaga.

Haddii calaamadahaagu ka sii daraanyaan, wac daryeel caafimaad bixiyahaaga ama Xarunta Wicitaanka ee 'King County COVID-19' haddii aadan mid heysan.

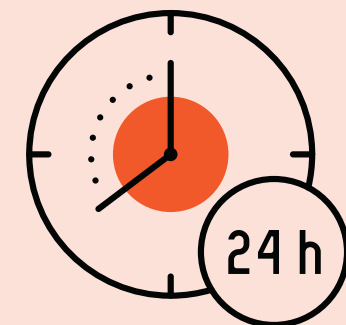


4 Joog qol cayiman oo ka fog reerkaaga sida ugu macquulsan.



5 Isticmaal meelaha la wadaago sida jikada ama musqusha waqtiyo kala duwan.

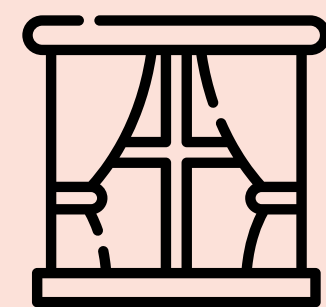
Had iyo jeer nadiifi sagxadaha isticmaal kasta ka dib. Dhaq ama masax maacuunta iyo sagxada dusheeda mar kasta oo la isticmaalo ka dib.



6 Ka fogow inaad la wadaagto waxyaabaha adiga kuu gaarka ah dadka aad la nooshahay, sida maacuunta, tuwaalada (shukumaanada), gogosha.



7 Fur dariishadaha si loo wanaajiyo hawo qaadashada iyo kordhinta qulqulka hawada, gaar ahaan haddii aad wadaagayso musqul.

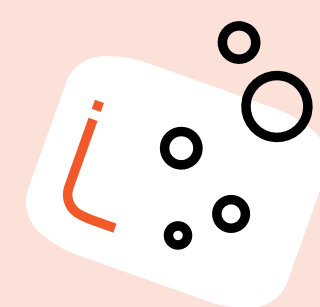


8 Nadiifi dhammaan meelaha la taabto inta badan isticmaalka ka dib, sida faseexadaha ama miisaska.



9 Joogtee nadaam nadaafadeed.

Ku dabool qufacaaga iyo hindhisada maro ama suxulkaaga gudhihiisa. Si joogto ah ugu dhaq gacmahaaga saabuun iyo biyo ama gacmo nadiifiye alkolo leh oo leh ugu yaraan 60% aalkolo.



January 11, 2021

Haddii aadan haysan bixiye daryeel caafimaad ama aad u baahan tahay caawimaad si aad uga fogaato reerkaaga, wac Xarunta Wicitaanka ee Degmada 'King County COVID-19: 206-477-3977. Turjumaanno ayaa diyaar ah.

Public Health
Seattle & King County

DARYEELKA DADKA KALE EE GURIGA EE QABA COVID-19

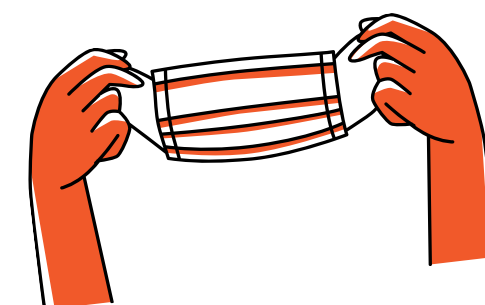
La noolaanshaha qof qaba COVID-19 waa mid ka mid ah goobaha ugu halista badan ee lagu helo COVID-19. Xitaa iyada oo la kala fogeeyo bulshada iyo waji xirashada, halista aad ugu jirto inaad hesho COVID-19 inta aad la nooshahay qof qaba COVID-19 aad ayuu uga sarreeyaa goobaha kale.. Haddii aad la nooshahay qof qaba COVID-19, waxaan kugula talineynaa inaad raacdo talaabooyinkan:

1 Hal qof ka dooro guriga dhexdiisa inuu noqdo daryeelaha guud.

Hubso in qofka qaba COVID-19 uu helo nasasho badan. U isticmaal dawada miiska farmashiyaha laga iibsado ee qandhada, cuna xanuun iyo raaxo la'aan guud. Raac tilmaamaha daryeel bixiyaha caafimaadka.

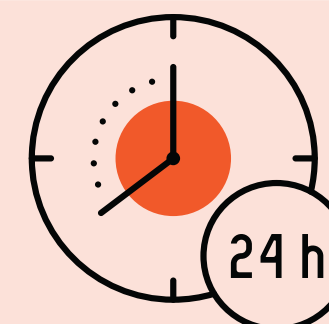
2 Xiro Maaskaro (Af-Xirka)

if you need to be around other people inside or outside of your home.

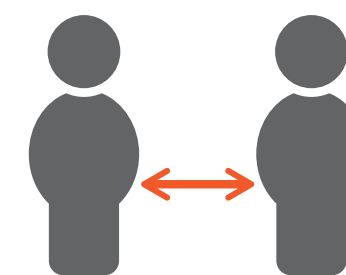


3 Isticmaal meelaha la wadaago sida jikada ama musqusha waqtiyo kala duwan.

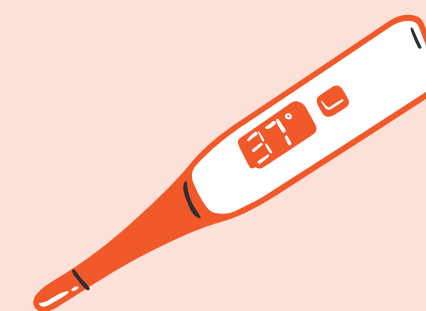
Had iyo jeer nadiifi sagxadaha isticmaal kasta ka dib. Dhaq ana masax maacuunta iyo sagxad dusha mar kasta oo la isticmaalo ka dib.



4 Qof kasta oo aan ahayn daryeelaha guud waa inuu ka fogaadaa qofka qaba COVID-19.



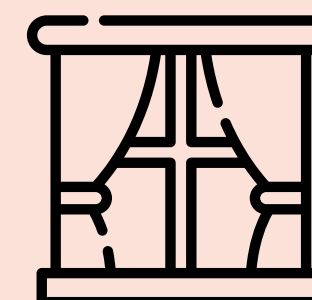
5 La soco astaamahaaga haddii ay dhacdo in aad qabtid COVID-19.



6 Ka fogow inaad la wadaagto waxyaabaha adiga kuu gaarka ah dadka aad la nooshahay, sida maacuunta, tuwaalada, gogosha.



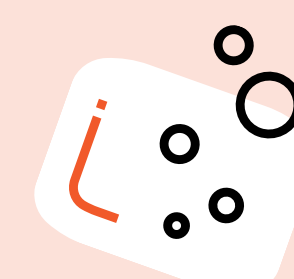
7 Fur dariishadaha si aad u hagaajiso hawo qaadashada iyo kordhinta qulqulka hawada, gaar ahaan haddii aad wadaagayso musqul.



8 Nadiifi dhammaan meelaha la taabto inta badan isticmaalka ka dib, sida faseexadaha albaabbada ama miisaska.

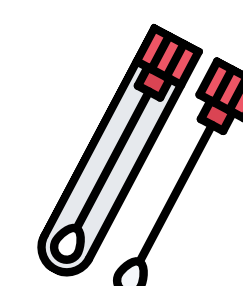


9 Joogtee nadaam nadaafadeedka. Si joogto ah ugu dhaq gacmahaaga saabuun iyo biyo ama gacmo nadiifiye alkolo leh oo leh ugu yaraan 60% aalkolo.



10 Iska baar COVID-19.

Karantiilintu waxay ka bilaabmaysaa maalinta ugu dambeysa ee qofka qaba COVID-19 ee reerkaaga uu dhammaystiro muddada go'doomintiisa.



Haddii aadan haysan daryeel bixiye ama aad u baahan tahay caawimaad si aad karantiil uga ahaato reerkaaga, wac Xarunta Wicitaanka ee Degmada 'King County COVID-19: 206-477-3977. Turjumaanno ayaa diyaar ah. Faahfaahin dheeri ah oo ku saabsan sida loo daryeelo dadka kale ee COVID-19 ee guriga, fadlan booqo kingcounty.gov/covid/somali

January 11, 2021

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