

WAXAAN DEGANYASHEENA KA ILAALINAYNA COVID-19

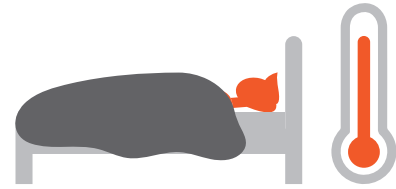


Iyada oo laga jawaabayo jiheynta Caafimaadka Dadweynaha, annaga waxaan:

- ✓ Ka baaraynaa shaqaalaha maalin kasta qandho, qufac, iyo neefsashada oo gaaban.



- ✓ Hubsonaynaa in shaqaalaha jiran ay guriga joogaan.



- ✓ U ogolanenaa booqdeyaasha bixinaya adeegyada muhiimka oo keli ah.



- ✓ Si joogta ah u nadiifinaynaa sagxadaha.



Soo-booqdeyaasha, fadlan nagu caawiya in aad ilaalisaan bulshadeena:

- Ha soo galin haddii aad jiran tahay ama aad u dhawaatay dad kale oo qaba COVID-19.
- Inaad ganacsi muhiim ah la leedahay deganeyaasha aan sugi Karin ama inaad adeega ku qaban karin taleefanka ama khadka tooska ah moyee, ha galin.
- Haddii ay qasab kugu tahay inaad gasho, istaag ugu yaraan 6 fiid meel ka baxsan dadka kale mar alla markii ay suuragal tahay.
- Yaree dhaqdhaqaaqaaga dhismaha dhexdiisa hana istcimaalin meelaha la wadaago.



Public Health
Seattle & King County

