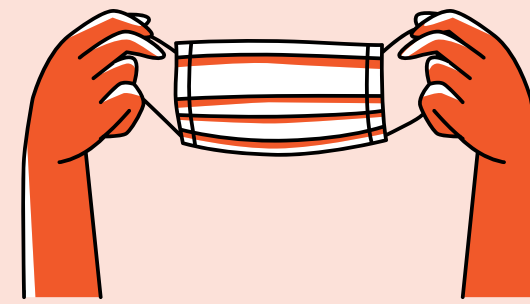


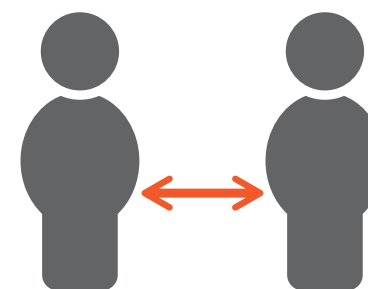
# MALLATTOOWWAN COVID-19 MANATTI TO'ACHUU

Yoo COVID-19 qabaattaniif namoota biraa wajjin jiraattan, namoota mana kessan jiraatanitti carraan dabarsuu guddaadha. Mana keessan tiksuuuf, yoo COVID-19 akka qabaattan qorannoon mirkanaayee fi/ykn mallattoowwan qabaattan gorsoota kana hordofaa:

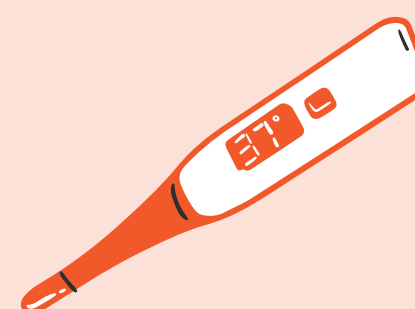
**1** Mana keessan keessa yoo nama kamuu biraatti dhiyaattan yeroo maraa haguuggii uffadhaa.



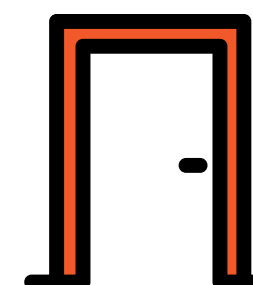
**2** Fageenya qaamaa yoo xiqqaate faana 6 (meteroota 2) yeroo maraa eegaa.



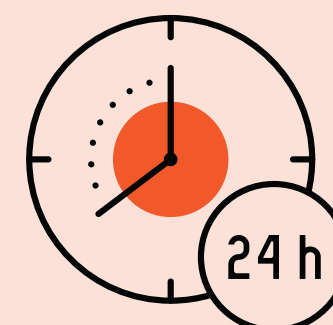
**3** Bakkeewwan waliin qoodattan kan akka kushiinaa ykn mana dhiqannaa yeroo adda addaa fayyadamaa. Gubbaa meeshota erga fayyadamtanii booda yeroo maraa qulqulleessa. Meeshota nyaataa fi gubbaa erga fayyadamtanii booda dhiqaa.



**4** Tamsaassii qilleensaa fi sochii qilleensaa foyyessuuf foddaa banaa keessayyuu mana dhiqannaa yoo qoodattan.



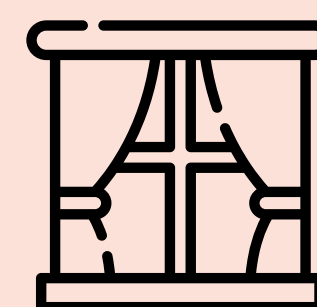
**5** Gubbaa meeshota yeroo baay'ee xuqaman maraa kan akka qabannoo balbalaa ykn baankoonii erga fayyadamtanii booda qulqulleessa.



**6** Namoota waliin jiraattan wajjin meeshota dhuunfaa kan akka meeshota nyaataa, fookaa, ucuu siree qooddachuu dhiisaa.



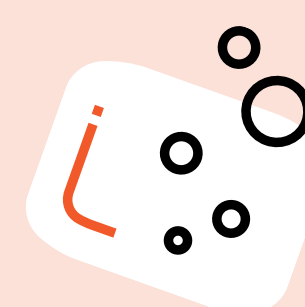
**7** Mallattoowwan keessan to'adhaa. Yoo mallattoowwan keessan ammaatan hakima keessanii ykn yoo qabaachuu baattan Gidu Galeessa Waamicha COVID-19 King Kaawuntiif bilibilaa.



**8** Amma danda'ametti kutaa isinii ramadame keessa turaa maatii keessan irraayyis fagaadhaa.



**9** Yeroo mara qulqullina keessan eegaa. Qufaa fi axishoo keessan sooftidhan ykn keessa ciqilee keessaniitin haguugaa. Harka keessan irra dedeebi'aatii bishaanif saamunaadhan ykn sanitaayizarii harkaa alkoolirratti hundaaye yoo xiqate alkoolii 60% qabuun dhiqadhaa.



January 11, 2021

Yoo hakima qabaachuu baattan ykn maatii keessan irraa adda bayuuf gargaarsa barbaaddan, Gidu Galeessa Waamicha COVID-19 King Kaawuntiif bilibilaa: 206-477-3977. Turjjumaanni ni jira.

Public Health  
Seattle & King County

# NAMOOTA BIRAA COVID-19 QABAN MANATTI KUNUUNSUU

Nama COVID-19 qabu wajjin jiraachun COVID-19 dhaan qabamuudhaf wantota haalan nama saaxilan keessaa isa tokko. Fageenya hawaassummaa fi uffannaa haguuggii gaaridhaan illee carraan COVID-19 dhaan qabamuu yoo nama COVID-19 dhaan qabame wajjin oggaa jiraattan haalota biraarraa baay'ee olka'aa dha. Yoo nama COVID-19 qabu wajjin jiraattan, tarkanfiwwan kanaa akka hordofamu gorsina:

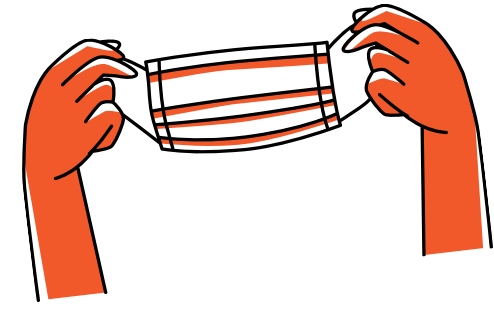
1

## Mana keessaa nama tokko kunuunsaa ijoo taasisaatii filadhaa.

Namni COVID-19 qabu boqonnaa baay'ee akka argatu mirkaneessaa. Ho'a qama, dhukkubbii qonqoo, fi walumagalatti isinitti yoo toluu baate qorichoota ajaja hakimaatin ala bitaman fayyadamaa. Ajajoota hakima isaanii hordofaa.

2

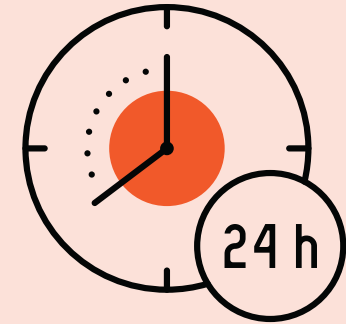
Yoo namoota biraa bira mana keessan keessatti ykn alatti ta'u barbaaddan haguuggii uuffadhaa.



3

## Bakkeewwan waliin qoodattan kan akka kushiinaa ykn mana dhiqannaa yeroo adda addaa fayyadamaa.

Gubbaa meeshota erga fayyadamtanii booda yeroo maraa qulqulleessa. Meeshota nyaataa fi gubbaa erga fayyadamtanii booda dhiqaa.



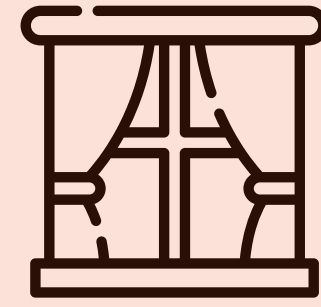
4

Gubbaa meeshota yeroo baay'ee xuqaman maraa kan akka qabannoo balbalaa ykn baankoonii erga fayyadamtanii booda qulqulleessa.



5

Tamsaassii qilleensaa fi sochii qilleensaa foyyessuuf foddaa banaa keessayyuu mana dhiqannaa yoo qoodattan.



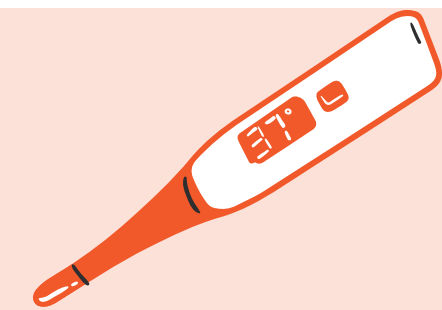
6

Namoota waliin jiraattan wajjin meeshota dhuunfaa kan akka meeshota nyaataa, fookaa, ucuu siree qoodachuu dhiisaa.



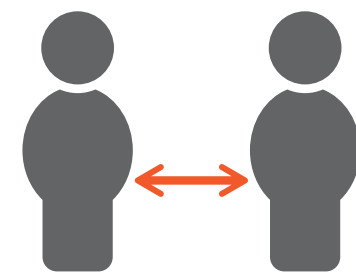
7

Mallattoowwan keessan to'adhaa ayoo tasa COVID-19 dhaan qabamtan.



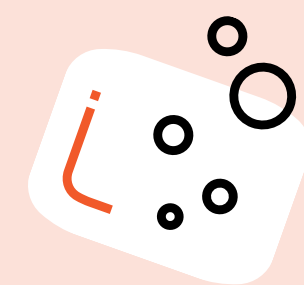
8

Namni kunuunsaa ijoo hin taane nama isa COVID-19 qabu irraa fageenya qamaa eeguu qaba.



9

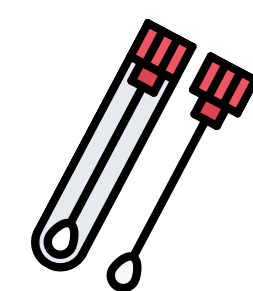
Yeroo mara qulqullina keessan eegaa. Harka keessan irra dedeebi'aatii bishaanif saamunaadhan ykn sanitaayizarii harkaa alkoolirratti hundaaye yoo xiqate alkoolii 60% qabuun dhiqadhaa.



10

## COVID-19 fi qoratamaa.

Guyyaa dhumaa namni mana keessanii COVID-19n qabaman yeroo adda bayuu isanii xumuuranii jalqabee qobaa kaayamuu jalqabaa.



January 11, 2021

Yoo hakima qabaachuu baattan ykn maatii keessan irraa qobaa kaayamuuf gargaarsa barbaaddan, Gidu Galeessa Waamicha COVID-19 King Kaawuntiif bilibilaa: 206-477-3977. Turjjumaanni ni jira. Namoota biraa COVID-19 qaban manatti akkaataa itti kunuunsan irratti maloota dabalataatif, maaloo [www.kingcounty.gov/covid/self-care](http://www.kingcounty.gov/covid/self-care) ilaalaa (weebsaayitiin Ingiliffa qofaan jira).

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