

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. **Xitaa tallaalka kadib, waa muhiim inaad ilaaliso kuwa kale. Dadka badankood, oo ay ku jiraan carruurta, weli lama tallaalin. Tallaabooyinkani waxay badbaadin 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 Fogoow 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 loo tallaalay? Waxaad bilaabi kartaa inaad sameyso waxyaabo mar kale si u istaago cudurka faafaya awgiis! Arag 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.

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.

Markaad si buuxda isu tallaasho, waxaad:

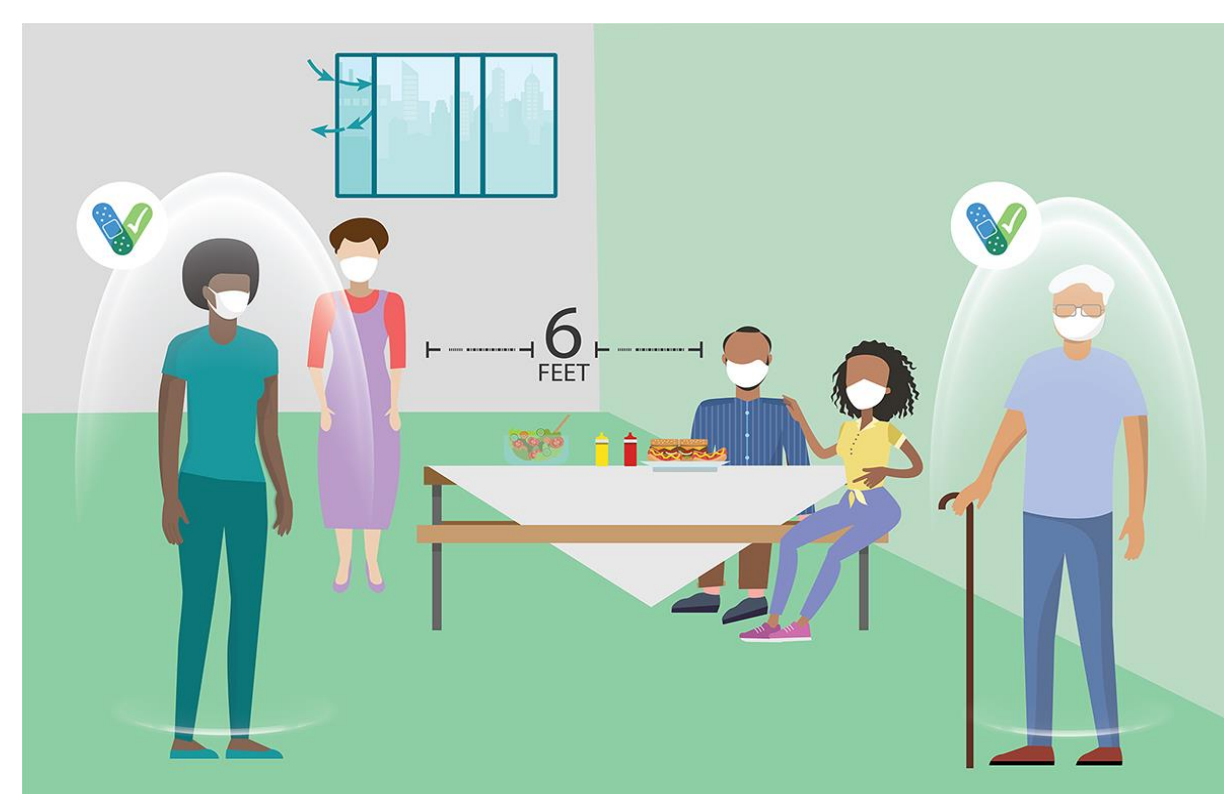
- Guriga isgu imaan kartaan dadka sida buuxa loo talaalay iyadoo aan afka la xiraneyn
- Isu imaatanka guriga gudahiisa iyada oon afka la xiran oo u uku jiro qof aan la tallaalin oo aan ka badnayn xubin qoyska ah. Gudaha guriga ha isgu imaanina adiga oo aan wajiga daboolan haddii dadkaas midkood, ama qof kasta oo ay la nool yihiin, uu leeyahay halista waxaa sii kordhaya jirro daran oo ka timaadda COVID-19
- Haddii aad la kulantay qof la ogyahay in uu ku dhacay COVID-19, waxay u badan tahay inaad u baahnayn inaad karantiil ahaato haddii aad qaaddo, illaa aad astaamo leedahay mooyee. Si aad u hubiso, ka hubi hagidda karantiil halkan:

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



Ku soo ururida gudaha guriga dadka kale ee si buuxda isu tallaalay, adigoo aan afka daboolan



Afka xiro marka guriga gudahiisa ay kula jogaaan laba qof ama in ka badan oo xubnaha qoyska oo aan la tallaalin