

Hagaha COVID-19 ee Dugsi ku Laabashada & Xannaanada Ilmaha

Waxa ay qoysasku u
baahanyihiin in ay
ogaadaan

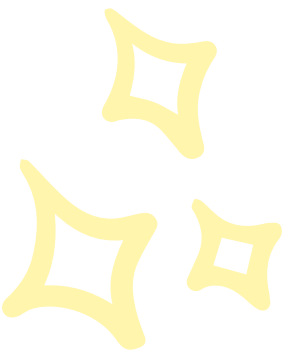
Public Health
Seattle & King County



Sabteembar 2022

Waxaan rabnaa caruurteenu in ay nabad qabaan dugsigana ku faraxsanaadaan

Dugsi ku laabasho waxay ka dhigantahay caruurta in ay waqti badan ku qaadan doonaan gudaha meeshaasoo ay sahlantahay in jeermiska la faafiyo sida hargabka caadigaa, influenza iyo COVID-19. Sanadkaan hagitaanka badqabka ee COVID-19 wuxuu caawin karaa yareynta faafida jeermiska iyo xanuunka.



Ballan ka sameyso dhaqtarkaaga ama daryeel-bixiyahaaga caafimaadka.

Si ilmahaagu ugu qaataan tallaallada COVID-19 sidii loogu talagalay, ballan ka qabso dhaqtarka ilmahaaga ama daryeel-bixiyahaaga caafimaadka ama booqo

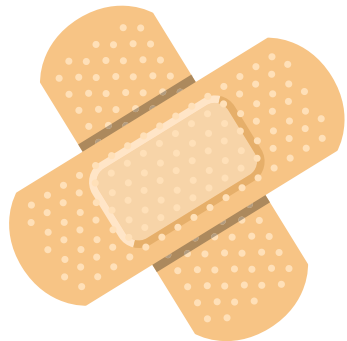
kingcounty.gov/vaccine/somali



Kiliinigyo tallaal oo bilaash ah gudaha King County

Caruurtu waxay ka heli karaan tallaallada COVID-19 iyo tallaallada iskoolka looga baahanyahay kiliinigyo tallaal oo bilaash ah. Waa BILAASH! Looma baahna ceymis ama caddeyn sharci-haysasho. Goobaha, booqo:

kingcounty.gov/FindaClinic



Dugsiyada iyo Xannaanada Ilmahu waxay ka dalban karaan in aad maaskaro xirato.

Cunuggaaga boorsada dugsigu u geli maaskaro si fiican u le'eg. Xirashada maaskaro tayo sare leh waxay weli tahay gaashaan muhiim u ah xaddeynta faafida COVID-19 (iyo xanuunno kale).



Xirashada maaskaro waxay gacan ka geysataa caafimaad-qabka caruurta iyo macalimiinta

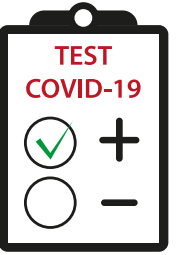
Dadka jir difaacoodu liito, aan tallaalneyn, ama xanuunsanayn waa in ay xirtaan maaskaro si ay naftooda iyo kuwa kale u ilaaliyaan markii gudaha la joogo.



Waxa la sameeyo haddii adiga ama ilmahaaga COVID-19 laga helo

Guriga joog oo is-karantiil ugu yaraan 5 maalmood.

Waxaad u baahnaa doontaa in aad guriga joogtid 5 bari, xattaa haddii aad markale isbaarto oo waxba iska weydo inta lagu jiro waqtigaas.



Waad ku laaban kartaa shaqada, iskoolka ama xarunta xanaanada caruurta hadii aadan qabin wax astaama ah maalinka 5aad.

Haddii baaritaankaaga wax laga helo, sii wad iskarantiilka 5 bari oo kale



Waxa la sameeyo haddii adiga ama ilmahaaga COVID-19 laga helo (sii socda)

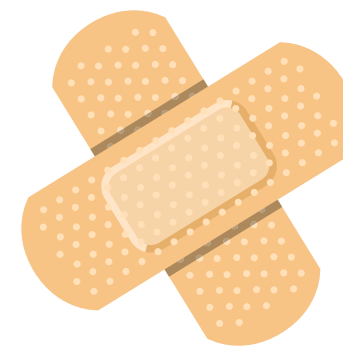
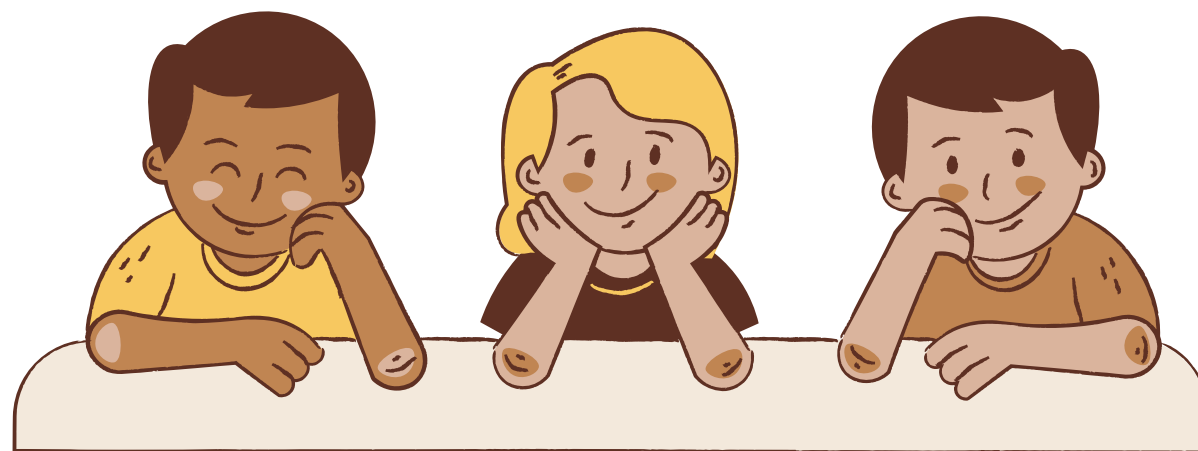
Sii xiro maaskaro si fiican kuu le'eg markaad dad kale ag-joogetid muddo 10 maalmood ah, ama 11 maalmood markii la ag-jooogo dadka khatarta sare ugu jira COVID-19.

Markii ardeyda iyo caruurta kasoo noqdaan 5 maalmood oo is-karantiil ah, waa in ay xirtaan maaskaro si fiican u le'eg laga bilaabo maalinta 6 ilaa 10.

Ardayda way isbaari karaan ka hor inta aysan ku laaban iskoolka ama xarunta xanaanada caruurta, hadii ay suurtagal tahay.

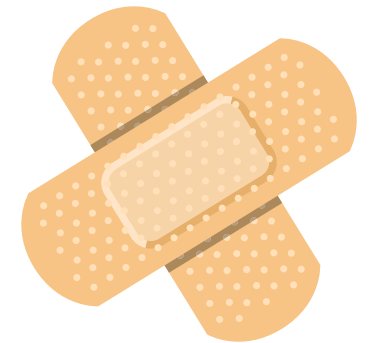
Tallaallada COVID-19 weli waa difaaca ugu fiican

Tallaalladu waxay caawiyaan ka ilaalinta caruurta Isbitaal-jiifinta iyo xanuunka daran ee COVID-19. Tallaalka hadda waa u diyaar caruurta jira 6 bilood ama ka weyn. Irbadaha xoojinta sidookale waa u diyaar caruurta jira 5 sano ama ka weyn.



Waa ku mahadsantahay caawinta dugsigu inuu badbaado ahaado!

Tillaabooyinkaan kahortagga ee COVID-19 waxay sidookale ilaaliyaan xubnaha qoyska, macalimiinta, iyo asxaabta dugsiga. Waan ognahay in aysan fududeyn la socoshada hagitaan isbed-bedelaya. Waa ku mahadsantahay kulli intaas aad qabato!





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