

TILMAAMAHA BADBAADADA EE KANIISADA

Adeegyada la bixiya iyadoo guriga la jooga waa habka ugu badbaado badan ee lagu yareeyo faafitaanka COVID-19

Haddii loo baahdo in la siiyo qofka adeegyo shaqsiyadeed:

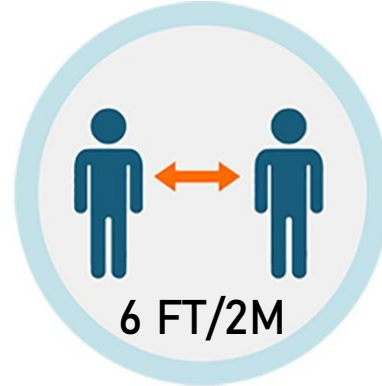
- Bannaanka ayaa ka ammaan badan gudaha
- Adeegyada gaagaaban ayaa ka amni badan adeegyada dheer dheer
- Hadba dadka sida ay u kala yarihiin, ayaa u badbaado badan yihiin
- Hagaaji hawo-socodka iyo qulqulka hawada markaad gudaha ku jirto *
- Ka soo qaad in qof qaba COVID-19 uu joogo



Xidho maskaaridda wajiga (oo ay ku jiraan wadaaddada, shaqaalaha iyo booqdayaasha)



Gacmaha si joogto ah ugu dhaq saabuun iyo biyo



Ku celceli kala fogaanta bulshada (ugu yaraan lix fuudh)



Guriga joog haddii aad leedahay astaamo u eg COVID ama aad soo gaadhay



Caruurta ka yar 10 sano waa inay guriga joogaan



Ka fogow salaanta gacanta



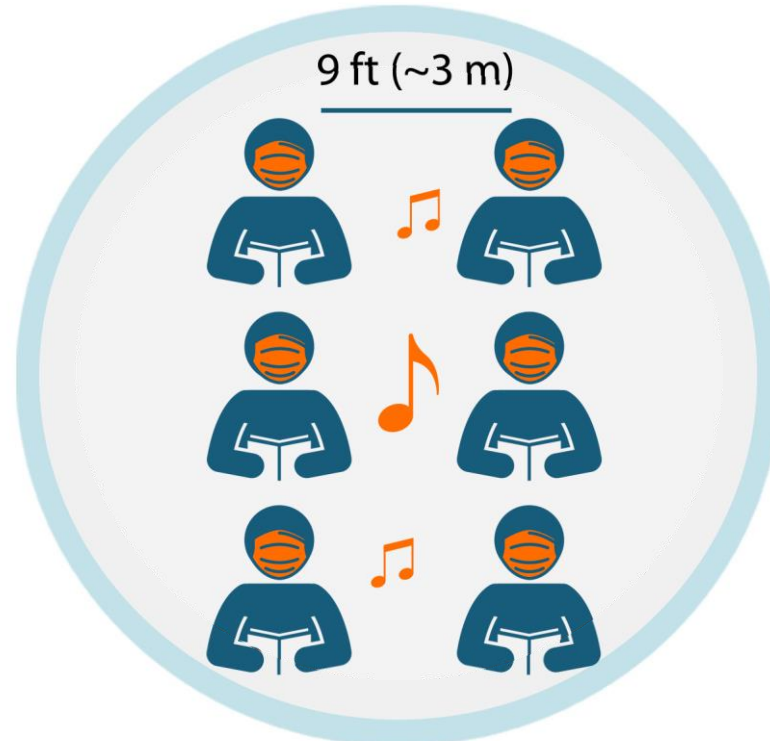
Ka fogow ciriiriga



Waayeelka 60+ waa inuu ku tukadaa guriga



Ka fogow wadaagista sahayda ama walxaha dhaqanka (Soo qaado aqrintaada, u isticmaal weel hal mar ah adeega kiristiyaanka. Nadiifi walxaha la wadaago.)



Heestu waa khatar sare waxaana loo ogolyahay xayiraad. (Wixii faahfaahin ah ee buuxa, booqo: kingcounty.gov/covid/faith)



Ka bax kaniisadda isla marka adeegyada laga baxo

February 11, 2021

* La tasho kuleylka, hawo qaadashada, iyo khabiirka qaboojiyaha