

Laga bilaabo 3/1/2022 sharciga xaqiijinta tallaalka ee King County ma jiri doono.

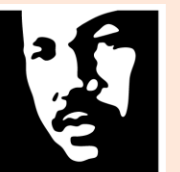


Taa macnaheedu waa maxay?

Dadku uma baahnaan doonaan in ay tusaan caddeynta tallaalka, ama baaritaan COVID-19 oo waxba laga helin, si ay u galaan makhaayadaha iyo baararka, dhacdooyinka ciyaareed ee gudaha iyo meelaha, ama dhacdooyinka bannaanka.



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Maxuu sharcigaan u dhamaanayaa?

Heerarka infekshanka COVID-19 iyo isbitaal-jiifinta hoos bey u dhacayaan

Dad badan baa hadda tallaalan oo ka difaacan COVID-19

Ilaa markii sharcigaan la hirgeliyay, tirada dadka si buuxda u tallaalan waxay ka siyaaday 68% ee tootalka mushtamaca ilaa hadda oo ay tahay 80% qiyaastii

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Sara-u-kaca Omicron wuxuu sidookale u badan yahay inuu keeno difaaca Cudurka ee bulshada, ugu yaraan mudada gaaban.

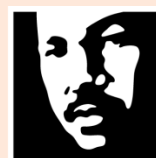


Maxuu sharcigaan u dhamaanayaa?

Iska-caabinta cudurka bulshada waa markii dad ku filan ee meel ku nool ay difaac u yeeshan cudur faafa, ayadooy ku adkaado caabuqu inuu u gudbo qof ilaa qof.



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Waxaan u mahadcelinaynaa ganacsiyada King County iyo dadweynaha in ay u hogaansameen sharcigeena xaqiijinta tallaalka waana ka mahadnaqeynaa dadaalladiina sii socda si lagu yareeyo faafka.

Ganacsiyada, waa u muhiim:

- Sii wad hormarinta qulqulka/socodka hawada
- Taageer tallaalka shaqaalaha
- Dhiirigeli shaqaalaha in ay guriga joogaan markii xanuun jiro
- Dhaqangeli shuruucda maaskarada gudaha

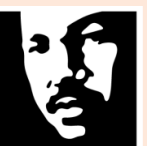


Ganacsiyada iyo hey'aduhu waxay wali dooran karaan inay hirgiliyaan siyaasadaha cadeynta tallaalka oo ay iyagu leeyihiin.



Shaqsiyaadka, waa u muhiim:

- Qaado tallaalka iyo xoojisada markii loo qalmo
- Ka fogow gudaha meelaha dadka badan qulqulka hawaduna ku yar tahay
- Isticmaal maaskaro tayo sare leh, si fiicanna u le'eg
- Ka dheerow dadka kale hadaad xanuunsantahay





Shaqsiyaadka, waa u
muhiim:

Iska karantiil dadka kale
hadaadan dhameystiran
tallaalkaagii lana
kulantay qof qaba
COVID-19

Isbaar markay
macquultahay hadaad
leedahay calaamado ama
la kulantay COVID-19

Qaado tillaabooyin
dheeraad ah oo taxadar
hadii jir-difaacaagu liito

