

# WAXAAN KA DIFAACAYNAA QOYSASKEENA CUDURKA

# COVID-19



## Si aan uga falcelino tilmaanta Public Health (Waaxda Caafimaadka Dadwaynaha), waxaan:

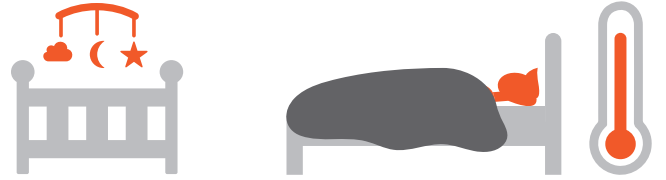
- ✓ Baaraynaa daryeelayaasha iyo carruurta maalin kasta si aan uga baarno qandho, qufac, iyo neefta oo ku yaraata.



Wax Calaamada kale ah:

- Qarqaryo ama dhaxan
- Muruq xanuun
- Cune xanuun ama dhuun xanuun
- Ur ama Dhadhan la'aan.

- ✓ Xaqiijinaynaa in daryeelayaasha xanuunsan ay guriga joogaan.



- ✓ Xaqiijinaynaa in carruurta iyo daryeelayaashu ay si joogta ah u dhaqaan gacmahoda.



- ✓ Inaan daawayno aana nadiifino meelaha sida joogto ah.



## Fadlan gacan naga sii difaaca bulshadeena:

- Baar heerkulka ilmahaaga maalin kasta.
- Ku hay carruurta guriga hadday xanuunsan yihiin.



- Ha galin daryeelka Carruurta haddii aad jiran tahay.



Public Health  
Seattle & King County

