

WAXAAN KA ILAALINAYNA MACAAMIISHEENA

COVID-19



Iyada oo laga jawaabayo jiheynta Caafimaadka Dadweynaha, annaga:

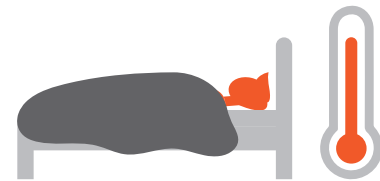
- ✓ Laga baaro shaqaalaha maalin kasta qandho, qufac, iyo neefsashada oo yaraata.



Wax Calaamada kale ah:

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

- ✓ Hubso in shaqaalaha xanuunsan ay guriga joogaan.



- ✓ Gacmaha dhaqo oo mari nadiifiye gacmeed haddii aad heli karto.



- ✓ Nadiifi oo nadiifi sagxadaha si joogto ah.



Fadlan naga caawi in aad ilaaliso bulshadayada:

- Guriga joog haddii aad xanuunsan tahay.
- Ka durug bulshada masafo inta aad bakhaarka joogto (laba gacmood dhererkood ee qofka kale ee dukameysanaya).

- Adeegso “in aad lacagta ku bixiso adigoo dhagsiinay taabka” haddii ay suurtagal tahay si loo xaddido maaraynta lacagta.



Public Health
Seattle & King County

