

# WAXAAN KA ILAALINAYNA MACAAMIISHEENA COVID-19



## Iyada oo laga jawaabayo jiheynta Caafimaadka Dadweynaha, annaga:

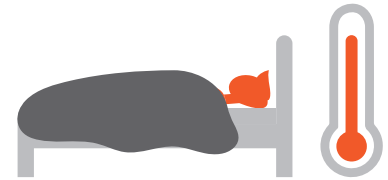
- Waxaan ka baaraynaa shaqaalaha maalin kasta qandho, qufac, iyo neefsashada oo ku yaraata.



**Iyo wax calaamada oo kale, sida:**

- qarqaryo ama dhaxan
- muruq xanuunn
- cune xanuun ama dhuun xanuun
- ur ama dhadhan la'aan

- Hubsanaynaa in shaqaalaha xanuunsan ay guriga joogaan.



- Diyaarinaynaa meel gacmaha lagu dhaqdo iyo gacmo nadiifiye.

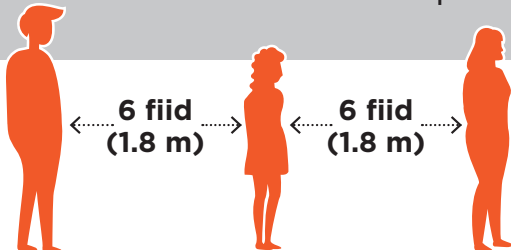


- Nadiifinaynaa sagxadaha si joogto ah.



## Fadlan nagu caawi ilaalinta bulshadeena:

- Weydii hadii aad ubaahan tahay in lagu tilmaamo mushqusha ama gacmo nadiifiye.
- Ha isla wadaagina maacuunta.
- Kala istaaga ugu yaraan 6 fiid (1.8 m) intaad sugayso inaad dalbato ama aad dalabka soo qaadatid.



- Ilaali kuwa halista weyn ku jira (dadka waayeelka ah iyo kuwa qaba xaalado caafimaad) adoo joogaya gurigaaga haddii aad jiran tahay.



**Public Health**  
Seattle & King County

