# SHURUUDAHA GOOBTA SHAQADA INTA LAGU JIRO COVID-19

## Guriga joog haddii aad leedahay mid ka mid ah calaamadahan:

Qandho ama Neefsashada oo yaraata ama Qufac

**Calaamado kale**

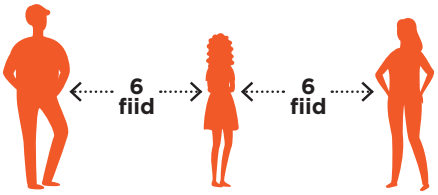
- Qarqaryo
- Murqo xanuun
- Madax xanuun
- Cune xanuun
- Dhadhanka ama urka oo kaataga
- Lalabbo ama matag
- Shuban

## Dhaq gacmahaaga had iyo jeer

Adeegso saabuun iyo biyo ugu yaraan 20 ilbiriqsi. Haddii aan la heli karin, isticmaal gacmo nadiifiye.

## Xiro daboolka wajiga adoo ku shaqeynaya 6 fiid guduhooda dadka kale.

Maaskarada waa inay dabooshaa kaliya hoosta buundada sankaaga ilaa garka hoostiisa.




Ka ilaali ugu yaraan 6 fiid kuwa kale sida ugu macquulsan.

Nadiifi oo mari alcoholka nadiifiyaha sagxadaha si joogto ah.

Dabool qufaca iyo hindhisada oo iska ilaali taabashada wejigaaga.

Public Health
Seattle & King County

☑ Weydii shaqaalaha inay akhriyaan xaashidan macluumaadka.