

WIXII LA SAMEYN LAHAA BARITAANKA COVID-19 KA DABADEED



MAXEY TAHAY IN AAD SAMEYSO KADIB MARKAAD ISKA BAADHO COVID-19?

Goobta aad baaritaanka aad ka gashay ayaa kuu sheegi doonta in aad qabto COVID-19. Mararka qaarkood waa in aad dhowr maalmood sugtaa. Waa in aad sameysaa waxyaabahaas inta aad sugeyso in aad ogaato natiijada.

- Guriga joog oo ka fogow 6 fiit dadka kale, xitaa gurigaaga gudahiisa
- Xiro marada afka lagu daboolo marka dadkale kula jogaan
- Xoog u nadiifi meelaha dushooda la taabto



- Ka taxaddar haddii aad la nooshahay qof halis sare ugu jira inuu bukoodo (kaas oo qabo dhibaatooyin kale oo caafimaad ama ka weyn 60 sanno)
- Dhaqo gacmahaaga had iyo jeer
- Weydiiso qof inuu dukaanka wax kaaga soo iibiyo ama gurigaaga kuugu keeno



Haddii baaritaankaagu muujiyo in aad qabto COVID-19, waxaad u baahnaan doontaa in aad sii waddo sameynta waxyaalahan ilaa aad ka bogsooneyso.

Haddii baaritaankaagu muujiyo IN AADAN QABIN COVID-19

Hadday suurogal tahay, guriga sii joog oo ka fogow dadka kale muddo 14 maalmood ah maxaa yeelay weli waad jiran kartaa.

Haddii aad joogi kari weyso guriga, sii wad in aad iska hubiso calaamadaha, xiro maradao dabooшо wejiga, in badana dhaq gacmahaaga, oo ka fogow 6 fiit dadka kale.

Haddii aad la nooshahay qof qaba COVID-19, guriga joog inta badan ee suurtagalka ah muddo 14 maalmood laga bilaabo markii qofkaasi soo kabsaday, xitaa haddii aadan qabin COVID-19.

Haddii baaritaankaagu muujiyo INAAD QABTID COVID-19

Sii wad inaad ka fogaato dadka kale illaa aad ka fiicnaato.

Isticmaal qol iyo musqul gaar ah, hadday suurogal tahay. Haddaysan ahayn, ka fagoow ugu yaraan 6 fiit dadka kale markaad hurudo ama wada hadleysaan. Uma baahnid in aad ka fogaatid dadka kale ee gurigaaga jooga ee qaba COVID-19.

MA U BAAHAN TAHAY CAAWIMAAD AMA MEEL AAD JOOGTO?

Wac Xarunta Wicitaanka ee King County COVID-19 taleefankoodu yahay 206-477-3977, 8 da aroornimo ilaa 10 ka habeenimo, haddii aad qabtid wax su'aalo ah oo ku saabsan joogitaanka gurigaaga, haddii aad ubaahan tahay meel aamin ah oo aad kaga fogaatid dadka kale, ama haddii aad ubaahantahay caawimaad waxyaabaha sida adeega dukaanka. Xarunta Wicitaanku waxay haystaan turjubaano.

MUDO INTEE LE'EG AYAAD U BAAHANTAHAY IN AAD GURIGAAGA SII? JOOGTO?

Isniin	Talaado	Arbaco	Khamiis	Jimce	Sabti	Axad
Qandho oo bilaabmatay	0	1	2	3	4	5
	6	7	8	9	10	11

Qandho oo dhamaaday

Xaaladda dadku way kala duwan tahay. Mudada ay tahay in aad guriga joogtid waxay ku xirantahay mudada aad calaamadaha qabtid.

Waxaad la joogi kartaa dadka kale ka dib:

- 24 sacadood oo aan lahayn qandho IYO
- 10 maalmood laga soo bilaabo markii astaamuhu muuqdeen* IYO
- Calaamadaha kale ayaa soo fiicnaaden

*Haddii aad qabtid jirro daran, fadlan raac tilmaamaha dhakhtarkaaga