

Talooyin ku saabsan Halloween

9/24/20

Markaad qorsheyneyso howlaha Halloween, raac waxyaabaha aasaasiga u ah ka-hortagga COVID: yaree xiriirka dhow ee lala yeelanayo dadka ka baxsan reerkaaga, xaddid qodobbada taabashada, iyo ku celcelinta nadaafadda gacmaha.

Dhagar-ama-daweyn

Trick-or-treatment waxay kordhin kartaa faafitaanka COVID. Khayaanada-ama-dah-albaab-ila-daaweyn waxay u badan tahay inay dadka ku soo dhoweyso xiriir dhow, gaar ahaan haddii dadku isugu soo ururaan oo ay ku urursan yihiin albaabbada, **abarmantiyada** iyo socodka isla markaana aysan xirneyn waxyaabaha wajiga laga daboolayo. **In kasta oo COVID-19 uu ku sii faafayo bulshadeena, Caafimaadka Dadweynaha wuxuu dhiirrigelinayaa xulashooyinka kale.**

Haddii aad ka fekereyso khiyaano ama-daweyn, halkan waxaa ku yaal waxyaabo ay tahay inaad tixgeliso:

- **Iska yaree khatarta sida aad u bixinayso daaweynta.** Tusaale ahaan:
 - Isticmaal cajalad si aad u calaamadeyso goobaha sugitaanka ee 6 fiid u jira (2 mitir) jidka albaabka lagaaga tago.
 - Nacnac meel fog ka sii, sida:
 - nacnac hoos ugu dhaadhici tuubo warqad duuban ah boorsooyinkooda khiyaanada-ama-daweynta ah
 - Shakhsi ahaan duub baakadaha macmacaanka wanaagsan oo ku saf banaanka u ah qoysaska si ay u qabsadaan una tagaan.
 - Xiro maaskaro markii aad ka jawaabeeyso albaabka khiyaanooyinka-ama-daweeyeyaasha
- **Xiro waji dabool si xoog leh u daboolaya sanko iyo afka oo qayb ka ah dharka Halloween.** Iska ilaali maaskaro caag ah oo godad leh. Hubso inay carruurta xirtaan waji-daboolkooda markay khiyaano ama-daweynayaan.
- **Hubso in qof walbaa joogo ugu yaraan lix fiit (2 mitir) marka laga reebo kuwa kale.** Haddii aadan fogaan karin masaafada jireed, iska ilaali howlaha sida khiyaanada-ama-daweynta ama aadista balastar bocor badan.
- **Si fiican u dhaq gacmahaaga markaad guriga gaarto.** Qaado nadiifiye gacmeed si carruurta u nadiifin karaan gacmahooda inta khiyaano ama-daweyn ah.
- **Meel u dhig nacnac kasta oo aad ku soo ururisay bannaanka gurigaaga 24 saacadood ka hor inta aadan carruurta u oggolaan inay la tacaalaan.** Horey u soo iibso nacnac si carruurtaadu u cuni karaan isla maalintaas.

Hawlaha kale ee Halloween

Waxaan kugula talineynaa xulashooyinkan nabdoon. Haddii aad yeelato wax kulan bulsheed ah, ku sii hayso wax yar oo waqti gaaban ah (dadka yar iyo waqtiga gaagaabanba, way ka ammaan badan yihiin).

Hawlaha halista yar ugu jira COVID-19 waxaa ka mid ah:

- Bananka xafadaha ama abarmantiyada ku abaabul dhoolatus dharka xaafadda ah oo leh kala fogaansho bulsho.
- Qurxi deyrka, abarmantiyadaada ama xaafadaada.
- Ku qabso xaflad dhar dhar ah khadka tooska ah.
- Nacnac ku dhaafso qoysaska aad taqaanid adigoo nacnac uga soo dhacaya albaabkooda
- Ku dhex qari nacnac gurigaaga carruurtaadu inay helaan.
- Samee xaflad yar oo bannaanka ah oo dharka lagu qurxiyo halkaas oo dadka ka kala yimid qoysas kala duwan ay deggaan ugu yaraan 6 fiid (2 mitir) oo ay xirtaan maaskarada.
- La samee habeen filim cabsi leh ama xaflad farshaxan Halloween ah qoyska.

Dhallinyarada iyo dadka waaweyn:

- Ka fogow xafladaha guryaha lagu caweeyo iyo baararka, halkaas oo halisteeda ugu sareysa ay ku fido COVID.
- Ka dhig wax kulan ah wax yar, bannaanka markay suurtagal tahay ama meelaha hawo wanaagsan leh.
- Ku dar maaskaro daboolaya sankaa iyo afkaaga si adag dharkaaga.

Wixii macluumaad dheeraad ah: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween

Shiino: <https://chinese.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Fiyatnaamiis: <https://vietnamese.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Koriyan: <https://korean.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>