

# Markaad jirantahay

Qaybta la heli karo: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



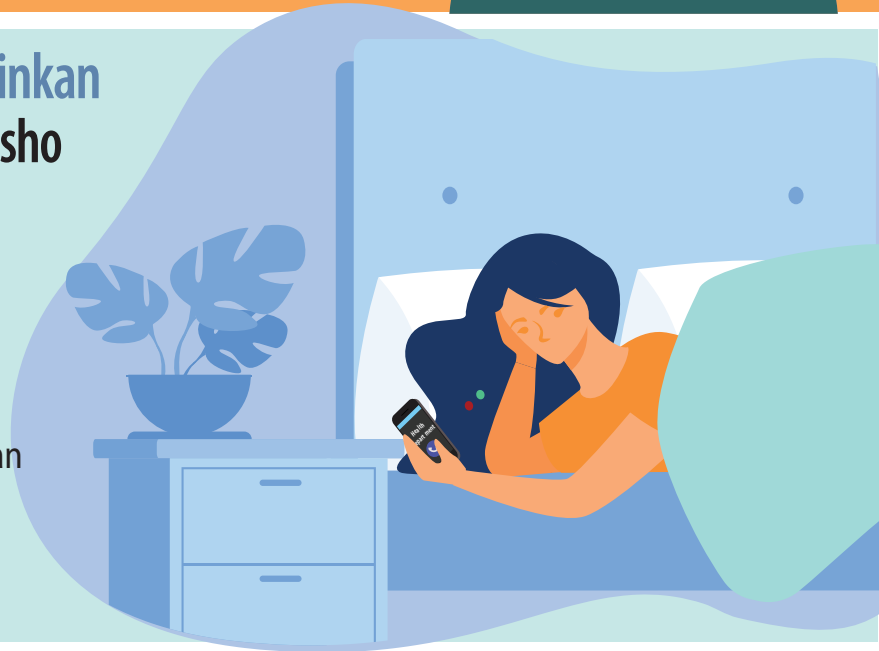
## Si looga hortago faafitaanka COVID-19

- Xiro maaskaro.
- Ka fogow dadka kale ugu yaraan 6 fuudh.
- Dhaq In badan gacmahaaga in badan.
- Dabool qufacaaga iyo hindhisadaada.
- Nadiifi dhammaan meelaha taabashadu ku badan taha maalin kasta.



## Haddii aad jiran tahay raac talaabooyinkan Joog guriga marka laga reebo inaad hesho daryeel caafimaad

- Xiro maaskaro.
- Ka fogow dadka kale ugu yaraan 6 fuudh.
- Dhaq In badan gacmahaaga in badan.
- Dabool qufacaaga iyo hindhisadaada.
- Nadiifi dhammaan meelaha taabashadu ku badan taha maalin kasta.



## Gooni uga bax dadka kale iyo xayawaanka gurigaaga jooga

- Sii joog qol gaar ah intii suurtagal ah.
- Ka fogow dadka kale iyo xayawaanka guriga jooga.
- Haddii ay suurtagal tahay, waa inaad isticmaashaa mid gooni ah.
- Haddii aad u baahan tahay inaad la joogto dadka kale ama xayawaanka guriga gudhiisa ama dibaddiisa, xiro maaskaro.



# Markaad jirantahay



## Ha la wadaagin wax shakhsi ahaaneed walxaha guryaha ku jira

Ha la wadaagin suxuunta, kalaasyada wax lagu cabo, koobabka, maacuunta wax lagu cuno, shukumaanada, ama gogosha dadka kale gurigaaga.



## La soco astaamahaaga

Astaamaha COVID-19 waxaa ka mid ah qandho, qufac, ama neefta oo ku qabata iyo waxyaabo kale oo badan.

Raac tilmaamaha ka socda adiga bixiyaha xanaanada caafimaadka iyo deegaanka waaxda caafimaadka.



## Marka aad raadsanaysid Adeegga Caafimaad ee Degdegga ah

### Haddii qofka uu lehyahay

- Neefsashada oo dhib ah.
- Xanuun joogto ah ama cadaadis laabta ah.
- Awood la'aanta in la toosiyo ama la soo jeedo.
- Maqaarka leh midabka baraxa, midabka qalinka ah ama midab buluug ah, bushimaha, ama ciddiyaha korkooda, waxay ku xiran tahay midabka maqaarka.



Raadso daryeel caafimaad oo degdeg ah. Wac 911 ama Horay u wac xarunta gurmada deg-degga ah Ogeysii howlwadeenka inaad daryeel u rabto qof qabo ama qabi karo COVID-19.