

Jooji Faafidda Jeermisyada

Gacan ka gayso kahortagga faafidda cudurrada neefmareenka sida COVID-19.



Ka fogow ugu yaraan 6 cag (qiyaastii dhere 2 gacmood ah) dadka kale.



Ku dabool qufacaaga ama hindhisadaada tiish, kadibna tiishka ku tuur qashinka oo dhaq gacmahaaga.



Marka aad dadwaynaha dhex joogto, ku xiro marada wejiga sankaa iyo afkaaga.



Ha taaban indhahaaga, sankaa, iyo afkaaga.



Si joogto ah u nadiifi oo u jeermis-dil sheeyaasha iyo sagxadaha.



Joog guriga markaad xanuusan tahay, marka laga reebo inaad raadsaneyso daryeel caafimaad.



Ku dhaq gacmahaaga inta badan saabuun iyo biyo ugu yaraan 20 il-biriqsi.



cdc.gov/coronavirus