

Liiska Tilmaamaha COVID-19 ee Loogu Talagalay Qoysaska iyo Shakhsiyaadka

5-ta Wax ee Aad sameyn Karto Si Aad ugu Diyaargarowdo COVID-19

Agaasimaha Ohio Department of Health Amy Acton, M.D., MPH, ayaa si adag ugu tallinaysa in dhamaan qoysaska iyo shakhsiyaadku ay si degdeg ah u qaadaan tallaabooyinkan:

- Si* Qoysasku waa inay lahaadaan qorshe waxka qabasho oo aqoonsada baahiyaha shakhsiga ee ay tahay in la buuxiyo haddii loo baahdo 14-ka cisho ee karantiilka. Tan waxa kamid ah cuntada, daawooyinka la qoro, daawooyinka aan la qorin sida kuwa caawiya hargabka iyo durayga ee munaasibka ah, iyo waxyaalaha kale ee ay xubnaha qoysku u baahan karaan si loogu taageero jir ahaan iyo shucuur ahaanba marka ay jirran yihiin. Haddii aad daryeelaysid awoow ama ayeey ama dadka waayeelka ah, la soco calaamadaha sida adkaanshaha neefsiga, wareerka, ama cadaadiska laabta.
- Si* Qoysasku waa inay ogaadaan qorshayaasha ururada (dugsiyada, shaqada, iwm.) bulshadaada, waana inay leeyihiin qorshayaasha xanaano carruur oo labaad haddii ay xarumaha xanaanada carruurta ama dugsiyadu ay xidhanaadaan muddo dheer. Waalidiintu waa inay sidoo kale qoondeeyaan qol kamid ah gurigooda oo loo adeegsan karo in lagu karantiilo haddii xubin qoyska kamid ahi xanuunsado.
- Si* Kala soco xaalada deegaanka ee COVID-19 saraakiisha caafimaadka iyo ilaha kale ee lagu kalsoonaan karo sida bogga internetka ee Centers for Disease Control and Prevention (CDC) www.cdc.gov/coronavirus ama bogga internetka ee ODH www.coronavirus.ohio.gov.
- Si* Haddii aad ka shakisan tahay in lagu qaadsiiyay COVID-19 sababtoo ah waxaad u safartay Shiinaha ama waxaad ag joogtay dadka laga yaabo in la qaadsiiyay iyo/ama muujinaya calaamadaha, la xiriir dhakhtarkaaga una sheeg in lagu qaadsiiyay COVID-19 kahor inta aanad booqan xarunta caafimaadka. Tani waxay ka caawin doontaa xafiiska dhakhtarka inuu qaado tallaabooyinka feejignaanta si uu uga ilaaliyo inay dadka kale qaadaan.
- Si* Hooyooyinka naas-nuujinaya ee qaba COVID-19 shaybaar lagu xaqiijiyay ama laga baarayo COVID-19 waa inay kala tashadaan xubnaha qoyska iyo dhakhaatiirta haddii ay rabaan inay sii wadaan naas-nuujinta. Haddii ay sii wadaan, qaad dhammaan feejignaanta suurogalka ah, oo ay ku jiraan maydhista gacmaha, bamka naaska iyo/ama qeybaha musaasada kahor iyo kadib adeegsi kasta waana inay xidhaan maasgaro (face mask) marka ay naas-nuujinayaan ilmaha. Tixgeli inaad hesho qof aan jirranayn oo caanaha naaska lagasoo saaray quudiya dhallaanka.

Wixii macluumaad intaa dheer, booqo: coronavirus.ohio.gov

Si aad jawaabo ugu hesho su'aalahaaga COVID-19, wac 1-833-4ASKODH (1-833-427-5634).

Ilo dheeraad ah:

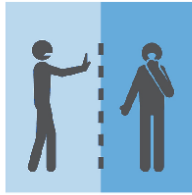
Ilaha loogu talagalay qoysaska: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>.

Diyaarinta gurigaaga: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>

Tallooyinka nadiifinta ee ay bixisay CDC: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>



JOOG GURIGA
MARKA AAD
JIRRAN TAHAY



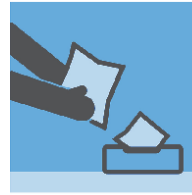
HA TAABAN
DADKA JIRRAN



QAADO HURDO KUGU
FILAN OO CUN
CUNTOOYIN ISU-
DHEELITIRAN



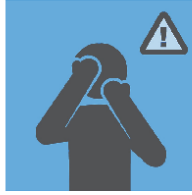
SI JOOGTO GACMAHA
UGU MAYDH BIYO IYO
SAABUUN (20
ILBIRIQSI AMA WAX
KA BADAN)



KU QALAJI GACMAHA
TUWAAL NADIIF AH
AMA HAWADA KU
QALAJI GACMAHAAGA



KU DABOOL AFKAAGA
SOOFTI AMA
SUXULKAAGA MARKA
AAD QUFACAYSO AMA
HINDHISAYSO



HAKU TAABAN
INDHAHAAGA,
SANKAAGA, AMA
AFKAAGA GACMO
AAN NADIIF AHAYN
AMA KADIB MARKA
AAD TAABATO MEEL



SI JOOGTO AH U
NADIIFI OO
JEERMISKA KA DIL
MEELAHA "INTA
BADAN LA TAABTO"



WAC KAHOR INTA
AANAD BOOQAN
DHAKHTARKAAGA



SAMEE DHAQANADA
NADAAFADA EE
WANAAGSAN

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