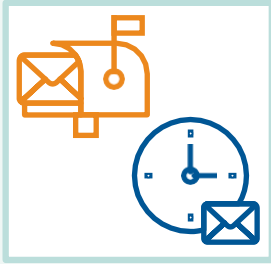




Xaashida Xaqiiqaha COVID-19 ee loogu talagalay Shaqaalaha Doorashada

Markaad tahay shaqaalaha doorashada Oregon, waxaad habeeynaysaa waraaqaha codbixinta ee ku imanaya baqshad xiran oo boostada lagu soo diray ama ay codbixiyayaashu ku rideen sanduuqa rasmiga ah. Baqshadaha ayaa leh shaabad/goob xirid oo dhegdhegayso oo laga yaabo in soo diruhu uu carabka ku qooyay. Walaacyada laga qabo COVID-19 awgood, Maamulka Caafimaadka Oregon wuxuu ku talinayaa



Baqshadaha leh goob xirid oo dhegdhegayso oo carabka lagu qooyay kuna soo dhaca boostada ayaa halis weyn u lahayn shaqaalaha doorashada.

Gudaha xafiisyada doorashada, dhammaan shaqaalaha waxaa looga baahanyahay inay xirtaan maaskaro, xittaa markii xubnaha bulshada aysan xaadir aheyn.

- Waqti ayaa laga joogaa tan iyo markii baqshadaha codbixinta carabka lagu qoyn jiray, balse baqshadaha waxay soo maraan mashiino fara badan oo leh isqabqabsi, kuleyl iyo qulqul hawo. Arrimahani waxay gacan ka geystaan dhimashada fayruuska, sida laga soo xigtay Adeegga Boostada Maraykanka.
- Sug sadex saacadood ka hor furitaanka waraaqaha codbixinta markii uu qofku keeno ama laga soo qaado sanduuqyada lagu rido.



Si joogto ah ugu dhaq gacmaha saabuun iyo biyo ugu yaraan 20 ilbiriqsi , gaar ahaan kadib markaad taabato baqshadaha, walxaha kale ama sagxadaha.

Nadiifi oo jeermiska ka dil walxaha iyo sagxadaha aad inta badan taabato.

Si joogto ah ugu dhaqan kala fogaanshaha jireed haddii aad dad kale kala shaqeyneysid goob ama aad u dhawdahay dadweynaha.

- Ka fogow ugu yaraan lix fuud shaqaalaha kale ee doorashada iyo dadweynaha mar alla markay suurtagal tahay.
- Guddi kasta ee doorasho wuxuu lahaan doonaa kooxo labo-labo ah oo ay tahay inay kala fogaanshaha jireed ku dhaqmaan ilaa iyo intii suurtagal ah. Dhammaan kooxaha waa inay ugu yaraan lix fuud ka fogaadaan kooxaha kale.
- Xadid booqdayaasha aan daruuriga ahayn. Ha jir-taaban shaqaalaha ama codbixiyayaasha.
- Xasuuso, gobolka Oregon wuxuu xisaabiyay in kabdan 1 milyan oo codbixino ah oo laga dhiibtay gudaha Oregon intii lagu gudajiray Doorashadii yareyd ee Maayo, gobolkana ma ogo qof uu fayraska ka soo gaaray waraaqaha codbixinta.

