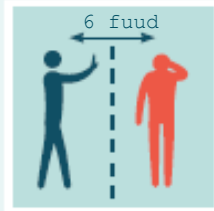
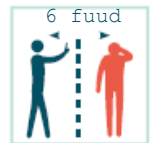


# Kala Fogaanshaha Jireed: Jirso Masaafu si aad uga Hortagto COVID-19



**Kala fogaanshaha jireed, sidoo kale loo yaqaan kala fogaanta bulshada, waxaa loola jeedaa inaad iska ilaaliso taabashada dadka, marka laga reebo kuwa kula deggan.** Kala fogaanshaha jireed waa mid ka mid ah qaababka ugu fiican ee loo yareeyo fiditaanka cudurka COVID-19. Waa mid mas'uuliyad naga wada saaraan inaan gacan ka geysano joojinta faafitaanka cudurka COVID-19.

- **Joog Guriga Badbaadi Noolasha.** Habka ugu fiican ee caafimaadqab loo ahaado loogana hortago faafitaanka cudurka COVID-19 waa in lagu nagaado guriga. Sidoo kale waa inaad ku xaddidaa waxyaabaha aad ka qabato meel ka baxsan gurigaaga waxa aad ku qasbantahay **inaad** qabato. Tusaalooyinka waxyaabaha aad ku qasban tahay inaad sameyso, waa dukaameysiga cuntada ama soo qaadashada daawooyinka. Amarka Gubanatooraha ma oggolaanayo isu-imaadyada yimaado kuwaasoo dadku aysan ka kala fogaan karin 6 fuut. Sidoo kale, amarku ma oggolaanayo munaasabadaha bulshada iyo ganacsiga aan muhiimka ahayn kuwaasoo dadku ay taabasho dhow yeeshaan.
- **Haddii ay qasab kugu tahay inaad gurigaaga uga baxdo hawlo muhiim ah,** waa inaad:
  - » Isku jirtaan 6 fuut adiga iyo dadka kale oo dhan.
  - » Dhaq ama jeermiska ka dil gacmahaaga kadib taabashada sagxad kasta.
  - » Ha taaban wajigaaga, marka laga reebo kadib markaad dhaqdo ama nadiifiso gacmahaaga.
  - » Ka fogow kooxaha oo taabashada dadka kale.
  - » Xiro maro aad sanku yo afka ku daboosho si aad dadka kale u ilaaliso haddii aadan joogtayn karayn kala fogaanshaha 6 fuut ah. Sidaas samee, xiitaa haddii aad caafimaad qab dareemayso oo ayna wax calaamado ah kaa muuqan.
    - Ha ka saarin maro sanku iyo afka carruurta da' ahaan ka yar 2 jir, cid kasta oo neefsigu ku adag yahay ama cidda aan daboolka iskood isaga furi karin.



- **Ku nagow guriga markaad xanuunsantahay.**

Ku nagow guriga oo la tasho dhakhtarkaaga ama rugta caafimaadkaaga haddii aad la jirrantahay mid ka mid ah astaamahaan:

- » Qandho 100° ama ka sareysa
- » Qufaca



» Neef-qabasho

Haddii aad u baahantahay in lagaa caawiyo inaad hesho rug caafimaad, wac 211.

- **U jirso masaafu. Yaree fiditaanka.** Wixii macluumaad dheeraad ah oo ku saabsan ka-fogaanshaha bulshada iyo ka jawaab-celinta korona fayras ee Oregon, booqo [www.healthoregon.org/coronavirus](http://www.healthoregon.org/coronavirus).



QEYBTA CAAFIMAADKA  
BULSHADA

**Helida:** Qof kastaa wuxuu xaq u leeyahay inuu wax ka ogaado uuna adeegsado barnaamijyada iyo adeegyada Maamulka Caafimaadka ee Oregon (OHA). OHA wuxuu bixiyaa caawimaad bilaash ah. Tusaalooyinka caawimaadka bilaashka ah ee OHA ay bixin karto qaarkood waa: turjumayaasha luqadda dhegoolaha iyo luqadda hadalka, agabyo qoraal ah oo ku qoran luqado kale, farta indhoolaha, far waaweyn, maqal iyo qaabab kale. Haddii aad u baahan tahay caawimaad ama aad su'aalo qabtid, fadlan kala xiriir Mavel Morales lambarka 1-844-882-7889, 711

TTY, [OHA.ADAModifications@dhsosha.state.or.us](mailto:OHA.ADAModifications@dhsosha.state.or.us).

OHA 2268 Somali (4/9/2020)