Oregon Health Authority

QAYBTA CAAFIMAADKA DADWEYNAHA

Ka fogow taabashada wajigaaga

Dhaq facmahaaga in badan

Ku qufuc curcurkaaga

Ka fogow 3 illaa 6 fuud dadka kale

Madareemey saa jiro? Guriga joog

# Hagidda Makhaayadaha Cuntada ee Oregon ee Amarka Caafimaadka Dadwaynaha 20-12

Dalabyada la qaadanayo, la geynayo ama wadada laga qaadanayo

## Baararka & makhaayadaha cuntada

**Macaamiishu waa inay sugaan iyagoo ugu yaraan uu midba midka kale u jira 6 fuud.**

# Ku dhaqan tallaabooyinka caafimaad ee fiican

Dhaq facmahaaga in badan

Dabool qufacaaga iyo hindhisadaada

Ha taaban wejigaaga

Nadiifi sagxadaha in badan

Markaad bugto guriga joog

Ka fogow dadka buka

**Si aad wax badan u ogaato, booqo healthoregon.org/coronavirus ama wac 211.**

Su'aalahan Badanaa la Iswaydiiyo waxa laga soo xigtay Waaxda Caafimaadka Dadwaynaha & Agabyada Bay'ada ee Colorado.

Oregon Health Authority
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Waxaad ku heli kartaa dokumentigan luuqado kale, far waawayn, farta indhoolaha ama qaabka aad doorbidayso. Kala xiriir Qaybta Caafimaadka Dadweynaha 971-673-0977. Waannu qabanaa dhammaan wicitaanada gudbinta ama waxaad wici kartaa 711.



OHA 2293C Somali (04/03/2020)