



Tallooyinka Dib-u-furidda Caafimaadka Bulshada ee Bulshada Guud

Qaab-dhismeedka Gofanatoore Kate Brown ee loogu talloagalay dib-u-furista Oregon waxay ka caawineysaa dadka reer Oregon inay dib u bilaabaan nolosha bulshada iyo ganacsiga iyagoo joogteynayo bulshooyin caafimaadan. Qaab-dhismeedka wuxuu tilmaamayaa tallaabooyinka ah in dadka reer Oregon ay qaadaan si horay ugu socdaan si badbaado ah.

Madaama uu gobolku dib u furmayo, waxaa muhiim ah in la xusuusto halisyada. Waa inaan dhamaanteen sameynaa inta karaankeena ah si aan u ilaalino nafsadeena iyo dadka kaleba. Haddii aan dhamaanteen raacno tallaabooyinka, waxaan gacan ka geysaneynaa badbaadinta nolosha asxaabteena, deriskeena, saaxiibadeena, iyo xubnaha qoyskeena.

Tallaabooyinka looga illaalinayo nafsadeena iyo dadka kale COVID-19:

- Joog guriga haddii aad xanuunsan tahay.
- Si looga fogaado gaarista COVID-19, haddii aad halis ugu jirtid jirooyin daran (dadka ka weyn 65 sanno jirka ama qaba xaaladaha caafimaadka daran) waa inaad guriga joogtaa guriga xitaa haddii aad caafimaad dareentid.
- Haddii aad isku aragtid astaamaha cudurka (tusaale ahaan, qufaca, qandhada, neefashada oo yaraata) adigoo joogo goob bulsheed, fadlan ku noqo guriga oo is-gooniyeel isla markiiba.
- La xiriir daryeel caafimaad bixiyahaaga haddii aad u baahato daryeel caafimaad.
- Ku dhaqan nadaafadda wanaagsan ee gacmaha adigoo si joogto ah u dhaqayo gacmahaaga ugu yaraan 20 ilbiriqsi ama adigoo isticmaalayo jeermisdilaha gacmaha ee leh boqolkiiba 60-95% aalkolo.
- Ku dabool qufacaaga/hindhistaada curcurkaaga ama ama istiraasho. Haddii aad isticmaashid istiraasho, isla markiiba ku tuur istiraashada qashin qubka oo dhaq gacmahaaga.
- Ka fogow taabashada wajigaaga.
- Joogtee ka fogaanshaha jireed ee ugu yaraan ah lix (6) fiit oo u dhaxeeyso adiga iyo dadka aadan la nooleyn.
- Isticmaal maro, xaashi ama daboolada wajiga la tuuri karo oo lagu dabooli karo wajiga markaad joogto goob dadweyne. Sida Oregon ay dib u fureyso iyo xadeynada waxaa laga qaaday ganacsiyada iyo boosaska bulshada, way ku adkaan kartaa hubinta inaad ka fogaan karto lix (6) fiit ka baxsan dadka kale waqtiyada oo dhan. Fadlan dib u eeg [Hagida Maaskaraha iyo Waji Daboolida Ganacsiga, Gaadiidka iyo Bulshada](#).

- Joog meel u dhaw gurigaaga. Ka fogaow safarada habeenka oo yaree safarada aan muhiimka aheyn, oo ay ku jiraan safarada maalmeed madadaalada ee meelaha ka baxsan bulshada halka aad ku nooshahay. U raadso adeegyada daruuriga ah goobta kuugu dhaw; meelaha baadiyaha ah, deganeyaasha waxaa laga yaabaa inay safar dheer u galaan raadsashada adeegyada daruuriga ah, halka meelaha magaalooyinka ah, deggeneyaashu ay u baahan karaan in keliya dhawr maylal ay u safraan raadsashada adeegyadaas.

Ilo Dheeraad ah:

- [Hagida Gobolka oo dhan ee Maaskarada, Gaashaanka Wajiga, Waji Daboolada](#)
- [Hagista Guud ee OHA ee Loo-shaqeeyayaasha](#)
- [Kulamada Gobolka oo dhan, Hagida Isku-Imaadka Bulsho ee Gudaha](#)
- [Ogow Xaqiiqooyinka Ku saabsan fayraska Korona:](#)
- [Kala Fogaanshaha Jireed: Jirso Masaafo si aad uga Hortagto COVID-19](#)
- [Baaritaanka COVID-19 ee Oregon](#)

Helitaanka dukumiintiga: Wixii shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ka aheyn Ingiriis, OHA waxay ku bixin kartaa warbixinta qaabab kale sida fasiraadaha, daabacada balaaran, ama farta indhoolayaasha. Kala xiriir Mavel Morales lambarka 1-844-882-7889, 711 TTY ama OHA.ADAModifications@dhsosha.state.or.us.