

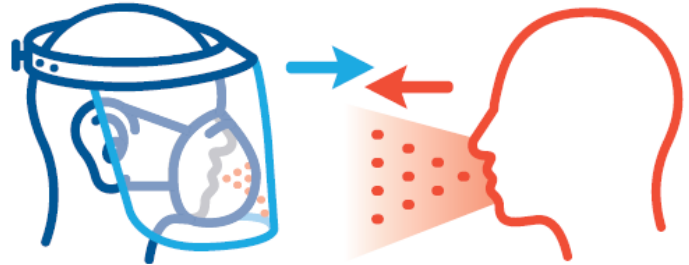
Isticmaalka guud ee qalabka illaalada shaqsiga (PPE) ee xarumaha daryeelka muddada dheer

Inta lagu jiro cudurka safmarka COVID-19, dhammaan shaqaalaha waa inay xirtaan maaskaraha wajiga* iyo illaalada indhaha (daboolka wajiga ama ookiyaale) inta aad joogtid xarunta.

Maxaa?

Dadka wuu ku dhici karaa fayrsaska sababo COVID-19 oo faafo adiga oo aan wax aastaamo ah muujin. Xirashada PPE waxay yareysaa siideynta dhacaamada neefsashada ee hadalka ka imaanayo, hindhista, iyo qufaca. Waxay sidoo kale ka illaalisaa gaarista indhaha, sanko, iyo afka firidhada ama buufiska waxyaabaha caabuqa ah ee dadka kale.

* Maaskaraha waxaa loola jeedaa maaskaraha wajiga ee heerka caafimaad ama neefsashada. Waji daboolada neefsashada iyo faalfaha qulqulka hawada laguma talin, sida ay u ogolaato neefsi banaanka oo aan filtareysneyn inay ka baxsadaan



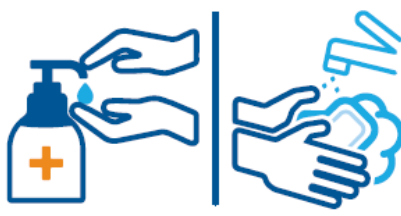
PPE wuxuu kaa illaaliyaa dadka kale oo dadka kalena adiga kaa illaaliyaa

Tallada Dhaqamada Ugu wanaagsan #1



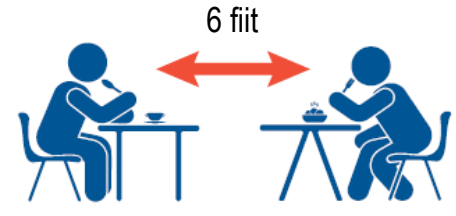
Maaskaraha iyo illaalada indhaha waa in loo xirtaa si ku haboon dhammaan waqtiyada. Illaalada indhaha waa inay dabooshaa indhaha. Maaskarooyinka waa inay dabooshaa sanko iyo afka.

Tallada Dhaqamada Ugu wanaagsan #2



Ka fogow taabashada maaskarahaaga iyo illaalada indhaha. Haddii aad u baahantahay inaad dib u saxdid ama iska saartid PPE, isticmaal nadaafada gacmaha ka hor iyo kadib.

Tallada Dhaqamada Ugu wanaagsan #3



Markii maaskaro iyo illaalada indhaha aanan la xiran karin (tusaale ahaan, inta lagu jiro cuntooyinka), shaqaalaha waa inay u hogaansamaan ka fogaanshaha jir ahaanta adag oo lix (6) fiit ama ka badan oo nadiifi/jeermisdil aaga ka hor inta aad ka tagin.

Xasuusnow:

- Isticmaalka guud ee PPE ma badelo baahida lagu kormeerayo jirooyinka. Waa inaad shaqada imaanin adiga oo jiran ama haddii dhawaan lagaa helay COVID-19. Kala hadal xeerarka shaqo ku laabashada kormeerahaaga.
- Illaalada indhaha dib loo isticmaalo waa in si ku haboon loo nadiifiyaa, sunta ka saartaa, oo la joogteeyo kadib iyo inta u dhaxeyso isticmaalada. Marnaba hala wadaagin PPE shaqaalaha kale.

Helitaanka dokumintiga: Wixii shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ka aheyn Ingiriis, OHA waxay warbixinta ku bixin kartaa qaabab kale sida fasiraadaha, daabacada balaaran, ama farta indhoolayaasha.

Kala xiriir Mavel Morales lambarka 1-844-882-7889, 711 TTY ama

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OHA 2744 Somali (7/17/2020)