

Sababta loo qaadanayo tallaalka COVID-19



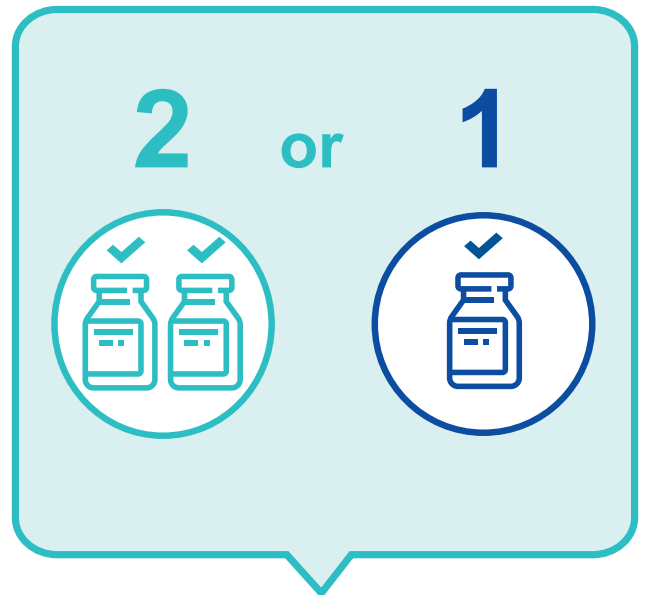
1. COVID-19 waa cudur ku faafaya adduunka oo dhan. Waxay dad badan ka dhigtay kuwo aad u jiran. Dad badan ayaa u dhintay.



2. COVID-19 wuxuu naga joojiyay samaynta waxyaabaha aan jecel nahay. Hadda, waxaa jirta daawo naga ilaalinaysa dhamaanteen COVID-19.

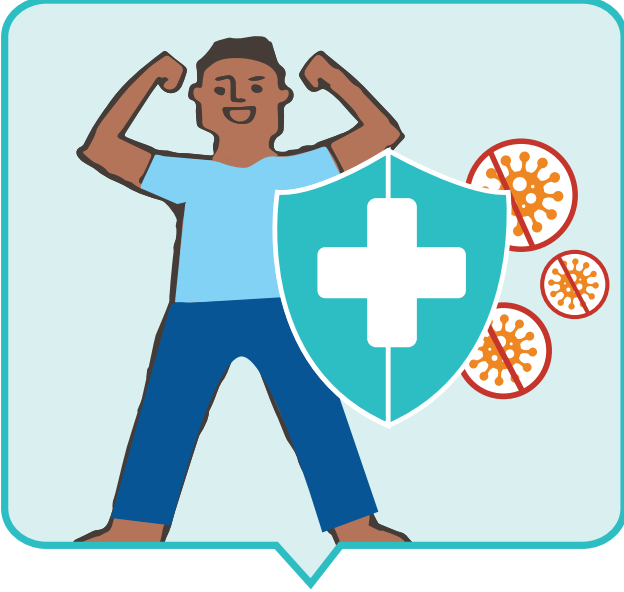


3. Daawadaan waxaa lagu magacaabaa tallaalka COVID-19. Waxay ku timaadaa cirbad.



4. Helitaanka tallaalka way sahlan tahay. Qaar ka mid ah tallaalka COVID-19 waxaad qaadanaysaa laba cirbadood. Kuwa kale, waxaa lagugu siinayaa hal cirbad. Kadib labo todobaad waad ilaashan tahay.

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5. Tallaalada COVID-19 waxay jirkaaga ka dhigaan mid xoogan oo ka ilaaliya COVID-19.



6. Waxay kaa ilaalinayaan inaad aad u xanuunsato ama aad u dhimato COVID-19.



7. Haddii aad ka walwalsan tahay helitaanka tallaalka, kala hadal walaacyada dhaqtarkaaga ama dadka kale ee aad ku kalsoon tahay.



8. Weydii su'aalaha aad ubaahantahay.

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9. Tallaalada sidoo kale waxay kaa caawinayaan adiga iyo asxaabtaada iyo qoyskaaga inaad qabataan waxyaabaha aad jeceshihiin.



10. Marka ay dad ku filan helaan tallaalka, waxaad awoodi doontaa inaad dareento ammaan markaad:

- Tegayso shamiitooyinka
- Tegayso boowlinka
- Tegayso inaad wax ka soo cunto maqaayadaha
- La baxayso asxaabta



11. Helitaanka tallaalka waxay muujineysaa inaad ka ilaaliso qof walba COVID-19.



12. Tallaal qaadashadu waxay muujinaysaa inaad wax daryeelayso.

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13. Tallaalada waxtar uma lahaan karaan dadka leh xaaladaha difaaca jirka hooseeya ama kuwa qaata daawooyinka daciifiya difaaca jirka. Shaqsiyaadka waa inay kala hadlaan bixiyeyaasha daryeelka caafimaadka khatartooda shaqsiyeed ee ku salaysan taariikhda caafimaad iyo haddii ay tahay inay xirtaan maaskaro dadweynaha dhexdiisa.

Helitaanka dukumiintiga: Dadka naafada ah ama shaqsiyaadka ku hadla luuqad aan ahayn Ingiriisi, OHA ayaa bixin karta xogta oo lagu heli karo qaabab kale sida ayadoo turjuman, far waawayn ku qoran, ama farta indhoolka ku qoran. Kala xiriir Xarunta Warbixinta Caafimaadka 1-971-673-2411, 711 TTY ama COVID19.LanguageAccess@dhsosha.state.or.us.