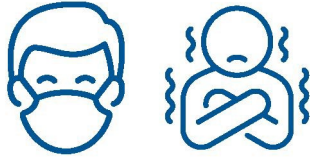
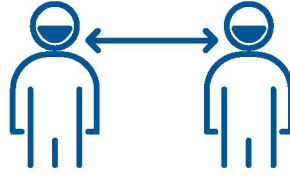


Talooyin ku saabsan Xirashada Maaski

Goorta ay tahay inaad xirato maaski:



Adiga ama qof kale oo qoyskaaga ka tirsan ayaa laga helay COVID-19 ama u bahaylah noqday qof laga helay COVID-19.



Meelaha dibadda ah ee dadku ku badan yihiin.



Goobaha dibadda ah ee dadweynaha.

Markii aad xiranayso ama aad iska siibeyso maaski:



- Dhaq ama nadiifi gacmahaaga ka hor intaadan xiran ama iska siibin maaski.
- Markii aad iska siibeyso maaski, isku day inaad taaban dhankiisa hore.



Maaskiyada N95 iyo KN95

Maaskiyada N95 iyo KN95 (sidoo kalena loo yaqaano neefsadeyaasha) waxaa la isticmaali karaa saacado dhowr ah maalintii ilaa asbuuc ama ilaa ay ka wasaqoobaan ama aysan wax intaa ka badan u le'ekeyn qofka si habboon. Ku keydi maaskiyada N95 iyo KN95 meel qallalan sida bac gudaheed.

Sida loo xirto N95

1. Saar maaskiga sankaa iyo afkaaga dushooda adigoo meesha sanku ku aaddan fiidda farta ku haya.
2. Gacantaada kale kusoo jiid xargaha oo soo dul mari madaxaaga. Xarigga hoose wuxuu hoos marayaa dhagaha, oo ah hareeraha luqunta. Meesha sare waxay soo mareysaa dhanka sare ee dambe ee madaxa.
3. Meesha sanku ku aaddan hoos uga cadaadi labada dhinacba si aad ugu yeeshid qaabka sankaa.
4. Labadaada gacmoodba saar meesha neeftu ka baxdo ama kasoo gasho. Neef jiid oo hadana soo neefso durba. Haddii liigidtaan aad ka dareento sanku, si kale u qaabee meesha sanku ku aaddan; haddii liigidtaan uu ka jiro qararka meesha neeftu ka baxdo, xargaha si kale u baddal. Kusoo celceli sidaas ilaa si habboon ay u xirmato.

Sida loo xirto KN95:

1. Saar maaskiga sankaa iyo afkaaga dushooda adigoo meesha sanku ku aaddan fiidda faraha ku haya.
2. Gali xargaha dhinacyada dhag kasta.
3. Meesha sanku ku aaddan hoos uga cadaadi labada dhinacba si aad ugu yeeshid qaabka sankaa.



N95



KN95



Maaskarooyinka qalliinka

- Maaskiyada la isticmaalo markii qalliin la samaynaayo waa in lala xirto maaski maro ah si loo helo badbaado dheeraad ah.
- Marka hore xiro maaskiga la isticmaalo markii qalliin la samaynayo, intaa kadibna maaskiga marada ah.
- Ha iska dul gashan labo maaski oo ah kuwa la isticmaalo markii qalliin la samaynayo.

Helida dokumintiga: Shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ka aheyn Ingiriis, OHA waxay ku bixin kartaa warbixinta qaabab kale oo dadban sida fasiraadaha, daabicida farta waaweyn, ama farta indhoolayaasha. Kala xiriir Waaxda Xiriirka ee COVID-19 1-971-673-2411, 711 TTY ama COVID19.LanguageAccess@dhsosha.state.or.us.

Oregon
Health
Authority

OHA 4063 (01/24/2022)
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