

Warbixinta RHCP ee COVID-19

Warbixin Xaaladeed (ilaa Juun 22-keed, 2020)

Olmsted County: 903 kiisas

Minnesota: 32,920 kiisas

United States: 2,248,029 kiisas

(Tixraac: Waaxda Caafimaadka MN, CDC)

Jooji Faafidda

Istacmaal marada daboolka wejiga markaad dhaxjoogtid goobaha dadweynaha.

Dabool qufacaaga ama hindhishadaada.

Ku dhaq gacmahaaga biyo iyo saabuun ama isticmaal gacmo nadiifiye mar walba.

Nadiifi oo dhaahiri si joogta ah alaabooyinka taabashada ku badan tahay iyo sagxadaha.

Ilaali kala fogaanshada bulshada – Ka fogow 6 dhudhun

Iska baar COVID-19, guriga joog oo keligaa is-go'doomi, haddii aad caafimaad qabin.

Su'aalahaada waa Laga Jawaabay

- 1. Kumaa halis ugu jira COVID-19? Ma inaan ballaarinaa aragtideena ku aaddan dadweynaha halista ugu weyn ku sugan?**
 - Dadka waayeelka ah iyo dadka da'kasta oo leh xaalado caafimaad oo aad u xun ayaa halis weyn ugu jira inay aad ugu bukoodaan COVID-19.
 - Safmareenka COVID-19 ayaa sidoo kale saameyn ku leh dhalinyarada, gaar ahaan kuwa jira 13 ilaa 24 sano.
 - Kiisaska xaaladaha bararka ee naadirka ah ee saameeya hababka kala duwan ayaa laga soo sheegay adduunka oo dhan ee carruurta yaryar ee qaba COVID-19.
- 2. Sideen u sii wadnaa inaan iska difaacno midba midka kale iyo xubnaha bulshadeenna ee nugul?**
 - Baaritaan la sameeyay ayaa muujinaya in ugu yaraan 30% faafidda COVID-19 laga yaabo in laga qaado dadka aan lahayn astaamo, sidaa darteedna ma oga inay cudurka qabaan.
 - Guriga joog intii aad kari karto. Ka fogow ugu yaraan 6 dhudhun dadka kale hadaad joogtid meelaha caamka ah
 - Xiro maaskaro maro ah sankaa iyo afkaaga dukaamada adeega iyo dhammaan meelaha kale ee dadweynaha ee ay adag tahay inaad ka fogaato 6 dhudhun dadka kale. Markaad xiran tahay maaskaro maro ah meelaha bulshadda, xusuusnow inaad ka caawini karto inaad joojiso jeermigaaga inaad qaadsiso dadka kale.
- 3. Waa maxay siyaabaha aaminka ah ee loo isticmaalo nadiifinta guryaha iyo waxyaabaha dawooyinka jeermiska dila?**
 - Nadiifinta iyo ka dhaahirinta jeermis-ka waxyaabaha ay dadku taabanayaan goor walba, sida miisaska, taleefannada, remote-yada, gacanta albaabada, meelaha la qabsado ee jaranjarada iyo alaabada kale aad ayey muhiim u tahay xakameynta faafitaanka COVID-19. Waxaa si fiican loo adeegsan karaa noocyada dhahirinta jeermiska guryaha ee diiwaangashan ee EPA-ga.
 - Tan iyo markii uu bilaabmay safmareenka COVID-19, waxaa jiray warbixino fara badan oo ah dadka si aan habboonayn u isticmaala alaabooyinka nadaafadda guryaha iyo waxyaabaha dhaahirinta iyada oo ujeeddadu tahay ka hortagga faafitaanka COVID-19.

- Aad ayey muhiim u tahay in la caadeysto hab badbaado leh iyo in la raaco tilmaamaha marka la isticmaalayo alaabooyinka nadaafadda guryaha iyo waxyaabaha dhaahirinta si loo hubiyo nadiifin ku filan, iyo sidoo kale in laga hortago in dadka dhibaato loo geysto. Qodobada muhiimka ah in la xasuusto waxaa ka mid ah:
 - Had iyo jeer aqri oo raac tilmaamaha ku saabsan adeegsiga sheyga la soo saaray. Akhriso digniinta badeecada iyo waxyeelooyinka suurtagalka ah ee ku cad “qoraalada taxaddarka.”
 - Xiro qalabka difaaca, sida gacan-gashiga, meesha lagu tilmaamay.
 - Weligaa ha isku qasin laba ama wax ka badan oo alaab ah hal weel. Isticmaalka biliijka alaabada kale waxay sii deyn kartaa gaasas halis ah.
 - Kaliya u adeegso sheyga dusha sare ee ku cad “meelaha loo isticmaalo.”
 - Ka ilaali waxyaalaha dhaahirinta jeermiska carruurtu inay gaaraan.
 - Hubso intii suurtoagal ah inay leededahay hawo badan. Daaqadaha fur. Socodsii marwaxada musqusha ama jikada. Ilmaha ku hay qol kale.
 - Waa inaad waligaa cunin, cabbin, neefsan ama ku mudin badeecadan jirkaaga ama si toos ah ugu isticmaalin maqaarkaaga maadaama ay sababi karaan waxyeelo weyn. Ha ku tirtirin ama ugu qubeyn xayawaanka badeecadan ama wax kale oo aan loo oggolaan in loo isticmaalo xoolaha.

About 1 in 3* adults used chemicals or disinfectants unsafely while trying to protect against COVID-19

Stay safe while using household cleaning and disinfectant products



Always read instructions



Wear protective gear



Do not mix chemicals

*According to a nationally representative survey of 502 U.S. adults—May 4, 2020

CDC.GOV bit.ly/MMWR6520 MMWR

Khadka Tooska ah ee Bulshada COVID-19
(507) 328-2822
9 a.m. - 9 p.m., 7 maalmood usbuucii

Adiga, dadka bulshada ka tirsan, waxaad safka hore ugu jirtaan joojinta COVID-19. Adeegso nadaafadda gacanta, nadiifinta iyo fayadhowrka. Kala fageynta bulshada. guri jooga. Kulligeenna arrintan waan ku wada jirnaa. Annagoo mid ah ayaan bogsan doona

STAY SAFE MN

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