

# Warbixinta RHCP ee COVID-19

Warbixinta Xaalada (ee **May** 11, 2020)

Olmsted County: 368 Kiisas

Minnesota: 11,271 Kiisas

United States: 1,300,696 Kiisas

(Tixraac: Waaxda Caafimaadka MN, CDC)

## Jooji Fiditaanka

Istacmaal marada daboolka wejiga markaad dhaxjoogtid goobaha dadweynaha.

Dabool qufacaada ama hindhishadaada.

Ku dhaq gacmahaaga biyo iyo saabuun ama isticmaal gacmo nadiifiye badanaa.

Ilaali kala fogaanshahaada bulshada – Ka fogow 6 cagood.

Guriga joog iyo keli-ahow, haddii aad caafimaad darro dareento.

Iska baar COVID-19, haddii aadan caafimaad qabin.

Su'aalahaada waa Laga Jawaabay

1. Amarka Guriga Jooga ee Minnesota wuu dhacayaa. Tani macnaheedu miyaa inaan u baahanayn inaan ka walwalno COVID-19?

Fayraska sababa COVID-19 wuxuu kusii faafayaa bulshada dhexdeeda. Cudurkaan COVID-19 wuxuu socon karaa waqti dheer. Sidaa darteed, qof walbaa wuxuu ubaahanyahay inuu sii wado ficilada loogu tala galay in lagu caawiyo in dadku caafimaad qab ku ahaadaan, yareynta daah-ka-qaadista COVID-19, iyo in la yareeyo fiditaanka cudurka.

2. Sideen uga ilaalin karaa naftayda iyo qoyskayga COVID-19?

Waxaan isaga difaaci karnaa nafteena, qoysaskeena iyo jaaliyadeena anagoo sameynayna waxyaabaha soo socda:

**Dhaq gacmahaaga had iyo jeer** adoo isticmaalaya saabuun iyo biyo ugu yaraan 20 ilbiriqsi ama gacan nadiifiye ku jira ugu yaraan 60% aalkolo.



Ka fogow dadka kale ugu yaraan **6 cagood ama 2 mitir** (ilaa 2 dhererka gacmaha). Iska ilaali ku dhowaanshaha dadka jirran.



**Qof kasta waa inuu xirtaa marada daboolka wejiga** marka ay tahay inay dibadda u baxdo. Sii wad inaad isu jirsataan naftaada iyo dadka kale ilaa 6 cagood ama 2 mitir. Marada daboolka wejiga ma beddeleyso kala fogaanta bulshada (social distancing).



**Had iyo jeer ku dabool afkaaga iyo sankaaq waraaq haddii aad qufacdid ama hindhisto.**



**Nadiifi oo jeermi-dile ku nadiifi sagxadaha markasta dushooda la taabto.**



**Hel hurdo kugu filan oo cun cunno caafimaad leh.**

**Khadka Tooska ah ee Bulshada COVID-19**

**(507) 328-2822**

**9 am - 9 pm, 7 maalmood toddobaadkii**

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

