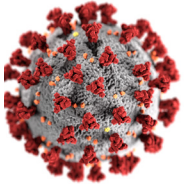


Waxa ay tahay inaad ka ogaato COVID-19 si aad uga ilaaliso naftaada iyo dadka kale



Wax ka baro COVID-19

- Korona Fayraska (COVID-19) waa jirro uu keeno fayras kaasi oo dadka u kala gudba.
- Fayraska keena COVID-19 waa korona fayras cusub kaasi oo adduunka oo dhan ku faafay.
- Astamaha COVID-19 waxay u dhaxayn karaan qaar fudud (ama bilaa astaamo) ilaa qaar daran.



Ku dhaqan kala fogaanshaha bulshada

- Adeegga iyo daawada soo gado, dhakhtarka u tag, oo ku dhammaystiro hawlaha bangiga onlayn markii ay suurtoagal tahay.
- Haddii ay khasab kugu tahay inaad tagto, u jir ugu yaraan 6 fuud dadka kale oo jeermiska ka dil shayada ay khasab tahay inaad taabato.
- Cuntada ku hel in lagu keeno iyo in safaari lagaaga dhigo, oo yaree inaad toos ugu tagto intii suurtoagal ah.



Ogow sida COVID-19 u faafdo

- Waxaad ku qaadi kartaa inaad u dhawaato (qiyaastii 6 fuud ama laba dhudhun u jir) qof qaba cudurka COVID-19. COVID-19 dadka ayuu sida badan u kala gudbaa.
- Waxaad ku qaadi kartaa dhibcaha neef-mareenka ee ka yimid marka qof cudurka qaba uu qufaco, hindhiso, ama hadlo.
- Sidoo kale waxaad ku qaadi kartaa taabashada oogo ama walax fayrasku saaran yahay, oo aad kadibna taabato afka, sanko, ama indhaha.



Kahortag faafidda COVID-19 haddii aad bukto

- Guriga joog haddii aad xanuusan tahay, inaad daryeel caafimaad raadinayso mooyee.
- Iska ilaali isticmaalidda gaadiidka dadwaynaha, cid isla-raacidda, ama tagsiyada.
- Gooni uga bax dadka kale iyo xayawaanka gurigaaga jooga.
- Ma laha daawayn gaar ah oo loogu talagalay COVID-19, laakiin waxaad raadsan kartaa daryeel caafimaad si aad uga bogsato astaamaha.
- Haddii aad u baahan tahay daryeel caafimaad, dhakhtarkaaga sii wac.



Ka ilaali naftaada iyo dadka kale COVID-19

- Hadda ma jiro tallaaf lagaga hortagi karo COVID-19. Habka ugu wanaagsan ee aad isku ilaalin karto waa inaad ka dheeraato inaad u baylahdo fayraska keena COVID-19.
- Guriga joog intii suurtoagal ah oo iska ilaali inaad dadka kale u dhawaato.
- Markaad joogto goobaha dadwaynaha, xiro marada wejiga taasi oo daboolaysa afkaaga iyo sankoaga.
- Had iyo jeer nadiifi oo jeermiska ka dil meelaha la taabto.
- Ku dhaq gacmahaaga in badan saabuun iyo biyo ugu yaraan 20 ilbiriqsi, ama isticmaal gacmo nadiifiye alkaahool ka samaysan oo ugu yaraan 60% alkaahool ah.



Ogow halista aad ugu jirto xanuun daran

- Qof kasta halis ayuu ugu jiraa inuu qaado COVID-19.
- Dadka da'da ah iyo dadka da' kasta oo ay yihiin qaba xaalad caafimaad oo halis ah ayaa dhici karta inay halis sare ugu jiraan xanuun daran.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)