

# Shaqaalaha Wax soo saarka

Waxyaabaha aad ku sameyn kartid gudaha iyo banaanka shaqada looga illaalinayo nafsadaada iyo shaqaalaha isla shaqeysaan ee COVID-19

Nooca la heli karo: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-manufacturing-workers-employers.html>



## GURIGA JOOG haddii aad bukto.

### Astaamaha la rabo in loo fiirsado:

- Qufac
- Neefta oo kugu yaraato ama neefsashada oo kugu adag
- Xummad
- Qarqaryo
- Murqo-xanuun
- Cune-xanuun
- Luminta dhadhanka ama urta oo kugu cusub

### **Ka fogow taabashada dadka kale adiga oo halis ku jiro**

- Ku jir qol gaar ah ee guriga oo ka baxsan dadka kale, sida badan ee suurtoogalka ah
- Kala hadal dhakhtarkaaga iyo kormeerahaaga goorta aad ku noqon kartid shaqada



### **Ka fogow ugu yaraan 6 fiit (qiyaastii dhirika 2 gacmood qof weyn) ee dadka kale ee shaqada ku jiro iyo bulshadaada sida badan ee suurtoogalka ah**

- Ka fogow ugu yaraan 6 fiit ka baxsan inta lagu jiro wadasheekeysiga, qolalka sanduuqa, wadooyinka hoolka ama marinada, iyo goorta aad galeysid ama ka tageysid shaqadaada
- Ha la wadaagin cabitaannada ama cuntada dadka kula-shaqeeya.
- Qalabyada waa inay joogta ahaataa [nadiifsan oo jeermisdilan](#), gaar ahaan markii aad bedeshid saldhigyada shaqada ama dhaqaajineysid qeyb qalabyada ah
- Hawada raacina baabuur, haddii ay suurtoogal tahay



### **Ku xiro marada weji daboolashada sankaaaga iyo afkaaga marka aad dadwaynaha dhex joogtid**

- U xiro daboolkaaga si raaxo leh, laakiin si raaxo leh, ku aadan dhinacyada wajigaaga
- Markii aad ka saareysid waji daboolkaaga, isku day inaad taaban indhahaaga, sankaa, ama afka, oo dhaq gacmahaaga isla markiiba
- Dhaq ama beddel daboolka wajiga ka dib isticmaalka.
- Beddel daboolka wajiga markuu qoyan yahay ama wasakh yahay.
- Sii wad inaad xiratid qalabka ilaalinta shaqsiyadeed (PPE) ee looga baahan yahay shaqadaada caadiga ah.



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



### **Ha taaban indhahaaga, sankaa, ama afkaaga:**

- Haddii aysan gacmaha dhaqnayn
- Intaad xiran tahay galoofyada
- Marka aad hagaajinayso ama aad iska bixinayso daboolka wajigaaga ama muraayadaha baadqabka



### **Ku dhaq gacmahaaga** in badan saabuun iyo biyo ugu yaraan 20 ilbiriqsi ama isticmaal **jeermisdilaha** aalkolo ka samaysan oo ugu yaraan 60% aalkolo ah:

- Ka hor iyo ka dib wareega shaqada iyo biririfyada
- Ka dib markaad diifsato, qufacdo, ama hindhisto
- Kadib isticmaalida musqusha
- Cunida kahor
- Diyaarinta cuntada kahor iyo kadib
- Kadib markaad xirato, taabato, ama aad iska bixiso daboolaha wajiga



### **Dabool qufaca iyo hindhisadaada**

- Ku dabool afkaaga iyo sankaa tiish ama isticmaal gudaha curcurkaaga haddii aadan haysan istiraasho.
- Ku tuur tiishka la isticmaalay qashin-qubka.
- Islamrkiiba [dhaqo gacmahaaga](#) ama isticmaal jeermisdilaha gacmaha oo wata ugu yaraan alkulo boqolkiiba 60% kadib hindhista ama qufaca