

Karoonafaaris / COVID-19

Maxay tahay waxyaabaha aad u baahan tahay inaad ogoaato:

Xigasho: <https://www.cdc.gov/coronavirus>



Guriga joog - waxaa shardi ka dhigay Guddoomiyaha Gobolka New York Isaga fogow in aad xiriir dhow la yeelato dadka kale - yaysan jirin koox dad badan! Yayna jirin xafladdo, kulmu diimeen oo la isku tago, kulamo jaaliyadadeed Dadka kale u jiri ama ka joog masaafo gaaraysa ilaa lix dhudhun Yayna jirin ciyaaro kubbada koleyga, kubbada cagta, ama ciyaaro kooxeed kale



Guriga joog haddii aad xanuunsan tahay Dhakhtarkaaga wac haddii ay kula tahay inaad xanuun san tahay Weydiiso turjumaan haddii aad u baahan tahay caawimaad luqadeed



Ku hindhis ama ku qufac waraaqda istiraashada oo kadibna dhaq gacmahaaga. AMA Ku qufac ama ku hindhis isgalka xusulkaaga Waraaqda istiraashada barta qashinka isaga tuur



Gacmahaaga in badan isaga dhaq saabuun ugu yaraan 20 ilbiriqsi AMA ama si joogto ah u isticmaal gacan nadiifiye (sanitizer)



Maalin kasta meelaha dusha ah ee gurigaaga ku nadiifi jeermis dilaha (miisaska, gacanta-albaabka, miiska kor, sawirrada, rumuutka talfishinka, batoomada kumbiyuutarka, musqusha, qasabadda/tubbo biyo, iyo weelka musqusha)

Fadlan la soco: Booqo bogga Xarunta (Center) ee www.thecenterutica.org



Coronavirus / COVID-19

What you need to know:

Source: <https://www.cdc.gov/coronavirus>



Stay home - required by the New York State Governor
Avoid close contact with other people - no large groups!
No parties, no-in person religious services, no community gatherings
Keep a distance of six feet between people
No basketball, soccer, or other team sports



Stay home if you are sick
Call your doctor if you think you are sick
Ask for an interpreter if you need language help



Cough or sneeze into a tissue and then wash your hands
OR
Cough or sneeze into the inside of your elbow
Throw tissues away into a trash can



Wash your hands often with soap and water for 20 seconds OR
or use hand sanitizer frequently



Clean surfaces in your home each day with disinfectant (tables, doorknobs, countertops, phones, TV remotes, keyboards, toilets, faucets, and sinks)

**Please stay informed: Go to The Center's website
www.thecenterutica.org**

