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, haddii aad qufacayso ama ay qandho ku hayo ka hor inta xafiiska dhakhtarka, ama daryeelka deg-degga ama isbitaalka qaybta deg-degga
Wac ka hor inta aaddan tagin qatka xogta cudurka COVID-19 ka
Wac 315-798-5431 haddii aad qabto wax su'aalo ah
Dhakhtarkaaga wac haddii ay kula tahay inaad xanuun san tahay
Weydiiso turjumaan haddii aad u baahan tahay caawimaad luqadeed
WAC 911 haddii ay ku hayso xaalad caafimaad oo deg-degga ah!

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
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
The Center Nagala soco barta Facebook @TheCenterUtica

Haddii aad u baahan tahay adeegyo wac **The Center (315) 738-1083.**
Shaqaalaha The Center way shaqaynayaan oo iyaga ayaa ku caawin kara.

Somali