Karoonafaaris / COVID-19
May ayaan walyaabooga adi in baahinto inaa ogaato:

Way lu ku soo qaadideey: https://www.cdc.gov/coronavirus

Reerka isku roog - way shardi ku weeleey Guddoomiga Gobolka New York
Ku dheeraaw in hiriir dhow la weelato dadka kale - in jirneey kooh dad badan!
In jirneey haflad, shir diimeed oo la inis seedaw, shir jaaliyad
Dadka kale ku dheeraaw masaafo gaaraaw ilaa lex dhudhun
In jirneey balooniga koleyga, balooniga lugta, ama ciyaar kooheed kale

Reerka isku roog haddii adi jirinto, , haddii adi qufacooyto ama qandho ki haayto inta aniin bane xafiiska takhtarka, ama daryeelka deg-degga ama isbitaalka qaybta deg-degga
Weer inta adi in seene qatka ma'luumaadka cudurka COVID-19 ka
Weer 315-798-5431 haddii adi qabto wal su'aalo eh
Takhtarkaa in weer haddii adi in maleeyooto inaa adi jirinto
Weydiisaw turjumaan haddii adi in baahinto kaalmo dhiniga afka
WEER 911 haddii adi ki haayto xaalad aafimaad oo deg-deg

Ki hindhish ama ki qufac haanshida istiraashida oo ka bacdina gacmoogaa iska dhaq
AMA
Ki qufac ama ki hindhishow xusulkaaga meela isku galow
Haanshida istiraashada meela qashinka ki rid

Wal badan iska dhag gacmoogaa ki dhag saabuun in ka yaraan 20 ilbirigsi
AMA
ama si roogto eh in isticmaall gacan nadiifiye (sanitizer)

Maalin kasta meelooga kor ee reerkaa ki nadiifi wal jeermiska dilaw (miisdheeda, gacanta-albaabdheeda, miiska korsheey, sawirdheeda, rimuutka talfishinka, teebka kumbiyuutarka, musqula, tubbuda biyooga, iyo weelka musqula.

Fadlan la socooy:
Seew bogga Harunta (Center) ee www.thecenterutica.org
The Center Niila Socooy bogaayno Facebook @TheCenterUtica

Haddii adi in baahinto adeegyo weer **The Center (315) 738-1083.**
Shaqaalaha The Center shaqeeyooyaan oo iyaa wal kiin qobodaayaan.

Maay Maay