

# 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 kooch dad badan!  
In jirneey haflad, shir diimeed oo la inis seedaw, shir jaaliyad  
Dadka kale ku dheeraaw masafo gaaraaw ilaa lex dhudhun  
In jirneey balooniga koleyga, balooniga lugta, ama ciyaar kooheed kale



Reerka isku roog haddii adi jirinto  
Takhtarkaa in weer haddii adi in maleeyooto inaa adi jirinto  
Weydiisaw turjumaan haddii adi in baahinto kaalmo dhiniga afka



Ki hindhish ama ki qufac haanshida istiraashida oo ka baccina 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](http://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](http://www.thecenterutica.org)**

