

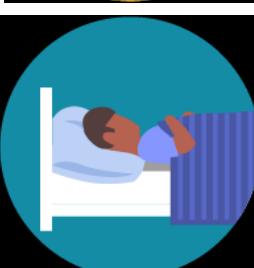
# Karoonafaaris / COVID-19

## May ayaan walyabooga 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 masaafo gaaraaw ilaa lex dhudhun  
In jirneey ballooniga koleyga, ballooniga lugta, ama ciyaar kooheed kale



Reerka isku roog haddii adi jirinto, , haddii adi qufacooyto ama qandho ki haayto inta aniiin 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 kumbiyutarka, musqula, tubbuda biyooga, iyo weelka musqula.

### Fadlan la socooy:

Seew bogga Harunta (Center) ee [www.thecenterutica.org](http://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 kiiin qobodaayaan.

*Maay Maay*

# Coronavirus / COVID-19

## What you need to know:

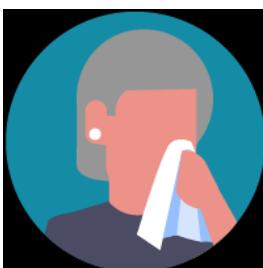
Source: <https://www.cdc.gov/coronavirus>



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, have a cough or fever  
Call before going to a doctor's office, urgent care or emergency room  
Call the COVID-19 information line at 315-798-5431 if you have questions  
Ask for an interpreter if you need language help  
**CALL 911 if you have a medical emergency!**



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  
Use hand sanitizer frequently



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

**Keep updated with new information  
Go to The Center's website [www.thecenterutica.org](http://www.thecenterutica.org)  
Follow The Center on Facebook @TheCenterUtica**



If you need services call **The Center (315) 738-1083.**

The Center staff is working and can help you.

*English*