

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 , 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 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

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

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
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