

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

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