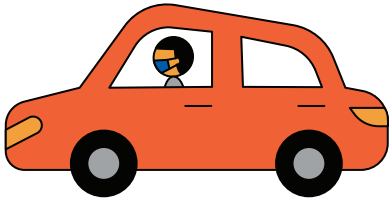


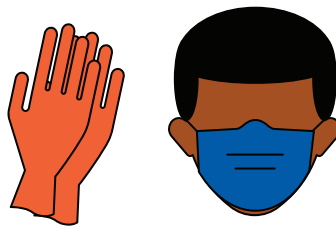
# Liiska Hubinta Wajiga 2 ee Adeegyada

## Caafimaadka iyo Badbaadada Shaqaalaha

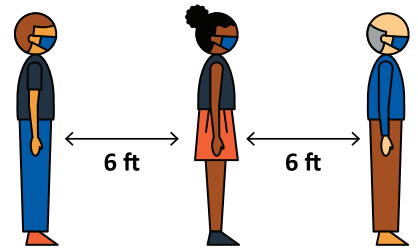
Hubso in aad bixiso jawi shaqo oo badbaado leh oo aad wacyi geliso shaqaalaha adeegga guriga wixii ku saabsan calaamadaha, astaamaha, iyo qodobbada halista ee la xiriira cudurka COVID-19, iyo sida looga hortago faafitaanka coronavirus-ka ee shaqada. Macluumaadkaani waa inuu ku jiraa tillaabooyinka lagu qaadayo goobta shaqada si bulshadu u kale dheraato, gacmo-dhaqid joogto ah, iyo taxaddarro kale, oo lagu bixiyo luqadda uu shaqaaluhu si wanaagsan u fahmo. Booqo bogga [www.kingcounty.gov/covid](http://www.kingcounty.gov/covid) si aad uga hesho hagista caafimaadka dadweyne in kabadan 30 luqadood.



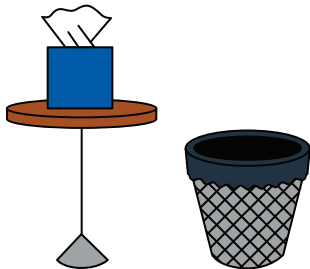
Markay suurtagal tahay, xubnaha reerku waa inay ka maqnaadaan guriga ama meel ka durugsan shaqaalaha guriga inta shaqada guryuhu socdaan.



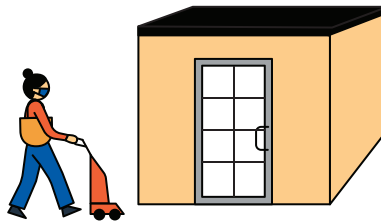
Bixi oo sii shaqaalaha marada daboosha snaka iyo afka iyo gacngashi la tuuri karo marka la isticmaalo. Booqo [seattle.gov/mayor/covid-19/seattle-protects](http://seattle.gov/mayor/covid-19/seattle-protects) si aad u hesho waji dabool adiga iyo shaqaalaha.



Markay suurtagal tahay, dadka waaweyn iyo carruurta (ka weyn laba sano) waa in ay xirtaan wejiga oo ay ka fogaadan lix fiit shaqaalaha guriga oo ay soo gaabiyaan isdhexgalka fool ka foolka ah.



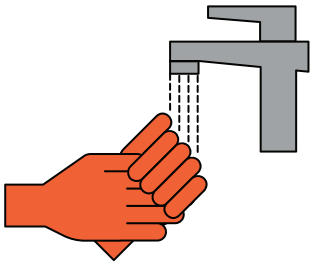
Hayso waraaqaha gacmaha la isga tiro, gacmo nadiifiyayaasha, jeermis-dilaha, iyo Qasac qashinka laga rido ee guriga iyo / ama goobta shaqada, iyada oo aan wax kharash ah ugu fadhiyin shaqaalaha.



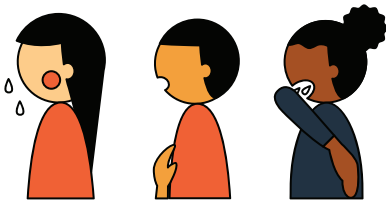
Shaqaalaha guryuhu waa in ay awood u yeeshaan in ay soo gelikaraan gudaha banaankana uga bixi karaan guriga.



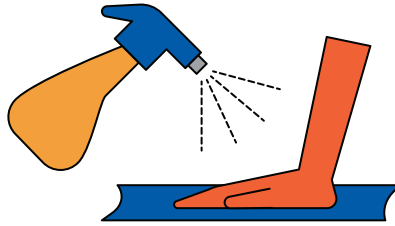
Si joogto ah u nadiifi oo fayodhowr sheyga had iyo jeer la taabto iyo sagxadaha sida waxyaabaha gacanta lagu qabto, mashiinnada, faseexadaha albaabada iy musqulaha, iyo sidoo kale alaabada uu adeegsaday shaqaaluhu guriga markay dhammaadaan adeegyadu.



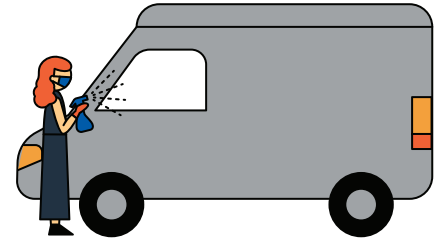
Hubso gacmo-dhaqid joogto ah oo loogu talagalay shaqaalaha iyo xubnaha qoyska, oo ay ku jiraan ka hor iyo ka dib isticmaalka musqusha, ka hor iyo ka dib cunidda, iyo ka dib qufaca, hindhisada, ama duufsaneyso. Isticmaal galoofisyada istimaalidda halka mar la isticmaalo markii gacmo-dhaqistu aysan suurtagal ahayn.



Haddii xubin ka mid ah qoyska uu leeyahay astaamaha COVID-19, waa in shaqaalaha lagu wargaliyaa ka hor inta aaney guriga imaan waa in la joojiyaa shaqada. Haddii xubin qoyska ka mid ah ama shaqaaluhu ay yeeshaan astaamo inta lagu jiro xilliga shaqada, shaqaalaha waa in loo diraa guriga.



Haddii shaqaale guri laga filayo inuu dhammaystiro hawlo kale oo dheeri ah, sida nadiifin isdaba-joog ah iyo fayadhowr, tan waa in lagu muujiyaa heshiis qoraal shaqaalahana waa in magdhaw la siiyaa waqtiga dheeri ah.



Gawaarida ay leeyihiin loo shaqeeyayaasha waa in si joogto ah loo nadiifiyaa waana in gacmaha la nadiifiye. Shaqaaluhu waa in ay gacmahooda nadiifiyaan inta aaney howsha bilaabin.

**Waad ku mahadsan tahay iskaashigaaga!**