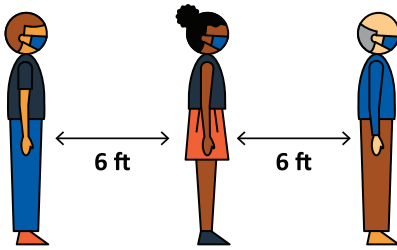


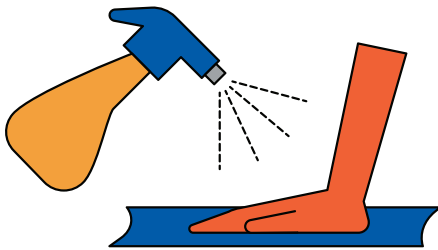
Liiska hubinta wajiga 2aad ee Adeega

Caafimaadka iyo Adeega Shaqaalaha

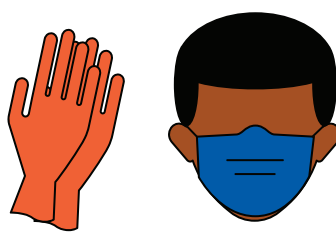
Hubso in aad bixiso jawi shaqo oo badbaado leh oo aad wacyi geliso shaqaalaha adeegga guriga wixii ku saabsan calaamadaha, astaamaha, iyo qodobbada halista ee la xiriira cudurka COVID-19, iyo sida looga hortago faafitaanka coronavirus-ka ee shaqada. Macluumaadkaani waa inuu ku jiraa tillaabooyinka lagu 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. Booq bogga www.kingcounty.gov/covid to si aad uga hesho hagista caafimaadka dadweyne in kabadan 30 luqadood.



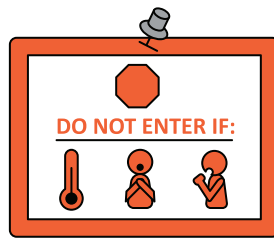
Joogtee ugu yaraan lix-fiit in ay dhammaan shaqaalaha kala fogadaan iyo dhammaan is-dhexgalka macamiisha wakhti kasta. Hadeysan taasi suurta gal aheyn, u kala bedel jadwalka shaqada ama u dhaxeysii wax kala qeybiya shaqaalaha.



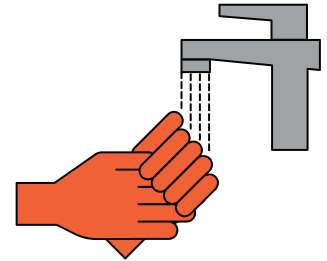
U xilsaar kormeere COVID-19 wakhti/xili kasta oo shaqo isgoo howshiisu tahay kormeerida caafimaadka iyo badbaadada shaqaalaha uuna hubiyo nadaafada saxda ah, iyo in la raacay nidaamka baarista.



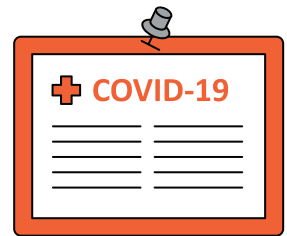
Bixi oo sii shaqaalaha marada daboosha snaka iyo afka iyo gacngashi la tuuri karo marka la isticmaalo. Booq seattle.gov/mayor/covid-19/seattle-protects si aad u hesho waji dabool adiga iyo shaqaalaha.



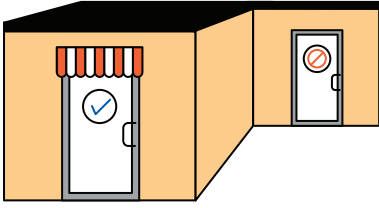
Samee oo baar heerkul ah shaqaalaha ee astaamaha COVID-19 mar kasta uu soo galayo shaqada. Haddii shaqaale uu ka muuqdo astaamo, u diro guriga isla markaaba oo si qoto dheer u nadiifi aagagga / sagxadaha uu shaqaaluhu taabtay.



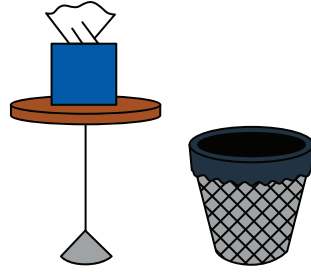
Hubso in aad gacmaha si isdabjoog ah u dhaqidid.



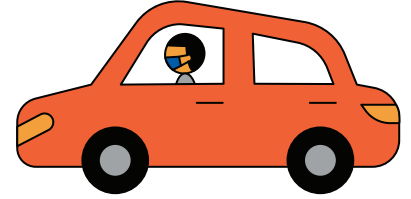
Macluumaadka badbaadada e COVID-19 iyo shuruudaha muuqaalka la arki karo.



Meesha ugu horeysa ee meherada lag soo galo waa in ay ahataa albaabka hore lana xaddido gelitaanka albaabada dambe ama meelaha kale ee laga soo galo. Haddii albaabka hore laga soo galo waayo, u oggolow marin kale ee laga soo galo.



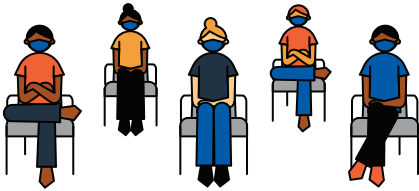
Keen waraaqaha gacmaha la isga tiro, gacmo nadiifiyayaasha, jeermis-dilaha, iyo Qasac qashinka laga rido dhamaan goobta shaqada lana dhiga meel ay dadku gari karan oo waddi karaan.



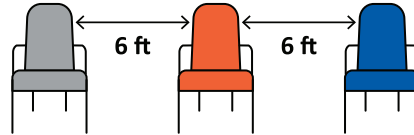
Laba qof ama dad ka badan waa iney ku safraan gaadiid kala duwan.

Caafimaadka iyo Amniga Macmiilka

Muuji tilmaamaha caafimaadka guud ee ugu dambeeyay ee luuqadaha badan ee ku saabsan goobtaada. Caafimaadka Dadweynaha - Seattle & King County waxaad ka soo degsan kartaa buustrada darbiga lagu dhajiyo in ka badan 30 luqadood oo bilaash ah oo barta laga heli karo iyo oo bilaasha ah www.kingcounty.gov/covid.



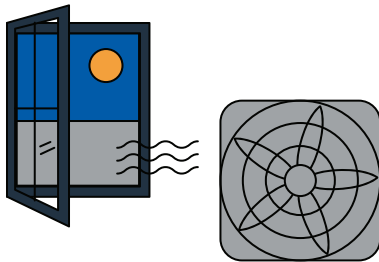
Yaree tirada dadka ku jira qolka sugitaanka 5 qof ama ka yar (waa haddii ay ku khuseyso).



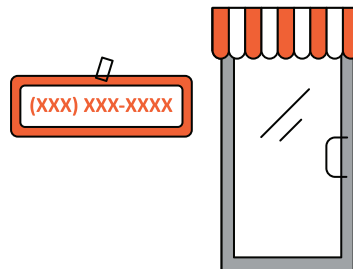
Lix fiit kala fogee kuraasta lagu fadhiso.



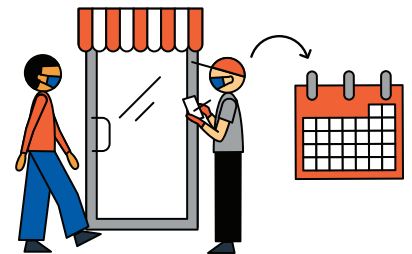
Si joogto ah u nadiifi una nadiifi aagagga dusha sare ee la isticmaalo, musqulaha, iyo aalad kasta oo ay adeegsadaan shaqaalaha.



Kordhi hawada markay suurtagal tahay adigoo furaya daaqadaha, albaabada iyo / ama isticmaalaya marawaxadaha.



Ku dhaji calaamad calaamadaha kor loo tagayo oo leh saacadaha shaqada, lambarka taleefanka, iyo noocyada adeegyada.



Tixgeli in macamiishu aad rabitaan kood ku ogoladan in ay qoraan magaca, telfoonk numbarka, iyo maalinta ay soo booqdeen meheradaada si ay kaaga caawiso fududeynta raadintooda.