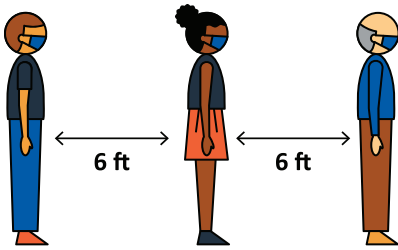


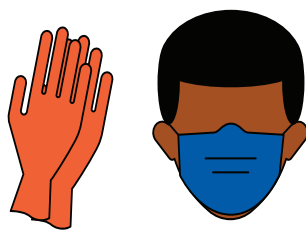
# Liiska hubinta wajiga 2aad ee makhayadaha iyo meelaha

## Caafimaadka iyo Amniga Shaqaalaha

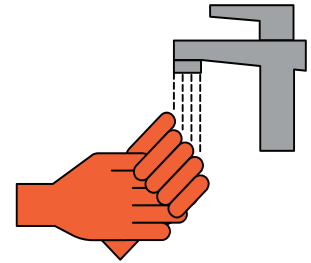
Hubso in aad bixiso jawi shaqo oo badbaado leh oo aad wacyi geliso shaqaalaha adeegga guriga wixii ku saabsan calaamadaha, astaamaha, iyo qodobbada halista ee la xiriira cudurka COVID-19, iyo sida looga hortago faafitaanka coronavirus-ka ee shaqada. Macluumaadkaani waa inuu ku jiraa tillaabooyinka lagu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



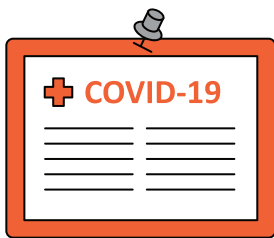
Hubi in shaqaaluhu joogteeyaan in ay isu jirsadaan lix fiit. Hadeysan taasi suurta gal aheyn, waxaad ka yareysa jadwalka shaqada ama waxaad shaqaalaha u dhaxeysisaa wax kala qeybiya.



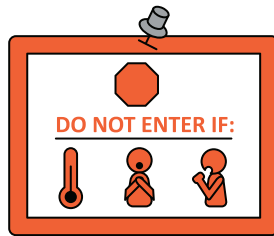
Bixi oo sii shaqaalaha marada daboosha snaka iyo afka iyo gacngashi la tuuri karo marka la isticmaalo. Booq [seattle.gov/mayor/covid-19/seattle-protects](http://seattle.gov/mayor/covid-19/seattle-protects) si aad u hesho waji dabool adiga iyo shaqaalaha.



Hubi gacmo-dhaqashada si isdaba-joog ah.



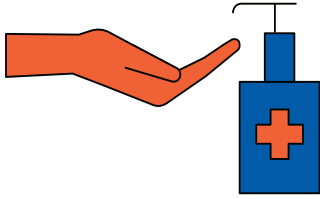
U xilsaar kormeere COVID-19 wakhti/xili kasta oo shaqo isgoo howshiisu tahay kormeerida caafimaadka iyo badbaadada shaqaalaha uuna hubiyo nadaafada saxda ah, iyo in la raacay nidaamka baarista.



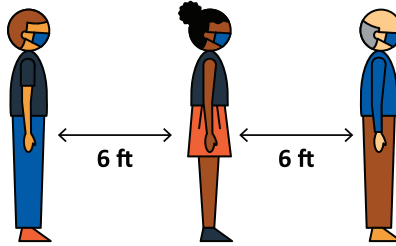
Samee oo baar heerkul ah shaqaalaha ee astaamaha COVID-19 mar kasta uu soo galayo shaqada. Haddii shaqaale uu ka muuqdo astaamo, u diro guriga isla markaaba oo si qoto dheer u nadiifi aagagga / sagxadaha uu shaqaaluhu taabtay.

## Caafimaadka iyo Amniga Macaamiisha

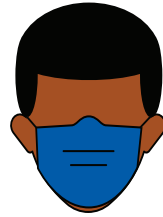
Muuji tilmaamaha caafimaadka guud ee ugu dambeeyay ee luuqadaha badan ee ku saabsan goobtaada. Caafimaadka Dadweynaha - Seattle & King County waxaad ka soo degsan kartaa buustrada darbiga lagu dhajiyo in ka badan 30 luqadood oo bilaash ah oo barta laga heli karo iyo oo bilaasha ah [www.kingcounty.gov/covid](http://www.kingcounty.gov/covid).



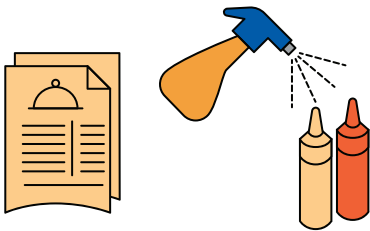
Bixi gacme nadiifye la heli karaa oo dhig albaakasta oo dhismaha lag soo galo.



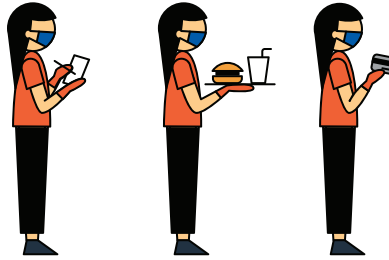
Xaqiiji in macaamiisha ay joogteyn karaan in ay isu jirdaaan lix fiit. Tan waxaa looga baahan yahay adeegga miiska, cunto qaadashada, tirinta lacag bixinta, iyo aagagga sugitaanka ee gudaha iyo dibedda dhismahaaga.



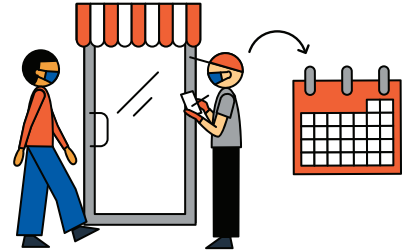
Hubso macaamiisha inay fahmaan inay xirtaan dabooolida wajiga mar kasta marka laga reebo marka ay miiskooda fariisanayo ama hadii ay ka yaryihiin labo sano jir ama ay qabaan sabab caafimaad oo ka dhigaysa in aysan aaminin in ay wajiga xiraantaan.



Isticmaal liiska tusaha cuntada – menus-oo mid keli ah sii miiska marka gudhaha lagu cunayo. Haddii shumacyo la saaro miisaska oo aan halka mar la isticmaalin, waa in la nadiifiyaa ka dib markay macaamil walba uu dhammeeysto cuntada. .



aree shaqaalaha u adeegaya miis kasta; Hal shaqaale waa inuu qaadaa dalabka miiska, una keenaa cunnadooda iyo cabbitaankooda, oo ka qaadaa lacagtooda, iwm.



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

**Waad ku mahadsan tahay iskaashigaaga!**