

La soco Tallaalaada COVID-19

Tallaalada COVID-19 waa badbaado oo waxaa lagu talinayaa dadka waa wayn iyo carruurta 6 bilood jir iyo ka wayn. Tallaalku weli waa qaabka ugu wanaagsan ee aad naftaada uga ilaalinayso iyo ehelkaaga inay qaadaan hargab.

Ha iloobin Hargabka!

Qof kasta oo da'da 6 bilood ah iyo ka wayn waa inuu helaa tallaalka hargabka sanadlaha ah. Hargabka weli waa walaal khatar ah, gaar ahaan dadka waa wayn, carruurta yaryar, dadka uurka leh, iyo kiwan qaba xaaladaha caafimaadka.

Waxaad la jiranaan kartaa COVID-19 iyo hargabka isku wakhti. Warka wanaagsani wax aweeye inaad qaadi karto COVID-19 iyo tallaalka hargabka isku wakhti.



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Ku joogida Caafimaad qab FASAXYADA



Garo ilahaaga!



Hel Tallaalka
COVID-19!



Hel Daawaynta
COVID-19!



Hel Baadhitaanka
COVID-19!



Hel Tallaalka
Hargabka!



Is baadh!

Iska baadh COVID-19 iyo/ama hargabka, gaar ahaan haddii aad jiro dareento.

Ku hayso agabka baadhitaanka degdeg ah ee COVID-19 xaga guriga si aad u isticmaasho haddii aad jiro dareento.

haddii aad ka ag dhawoyd qof qaba COVID-19, ama ka hor hawlaha dadka waa wayn agtooda ama kuwa kale ee khatarta kordhaysa ugu jira COVID-19 darran.



Is Dawee

Haddii lagaa helo COVID-19 ama hargabka, oo aad khatar badan ugu jirto inaad aad u jiranaato, lkaa hadal dhakhtarkaaga waxa ku saabsan daawaynta si toos ah.



Guriga Jooga Haddii aad Jiro Dareento

La hadal dhakhtarkaaga waxa ku saabsan iska baadhida COVID-19 iyo/ama hargabka. Xidho maaskaraha marka aad kuwa kale ag joogto haddii aad jiran tahay.

Ha iloobin Waxyaabaha Aasaasiga!

Dabool Sanka iyo Afka

Markaad qufacayso ama hindhisayso, ku dabool sankaaga iyoafka suxulka ama tiish. Tani waxay kaa ilaalin kartaa hargabka, durayga siiba COVID-19 addoo xadidaya faafida dhibcaha neefsasahda. Ka feker xidhashada maaskaraha meelaha gudaha ah ee cidhiidhiga ah, gaar ahaan haddii aad jiro dareento.



Maydh Gacmahaaga

Had iyo jeer ku dhaq gacmahaaga saabuun iyo biyo nadiif ah ugu yaraan 20 ilbidhiqsi, gaar ahaan ka dib qufaca, hindhisada, isticmaalka xamaamka, iyo kahor cunto cunida. Tani waxay caawisaa ka hortagga faafida jeermiska sababa hargab, duray, COVID-19, iyo jirooyinka kale.



Kordhi Hawo soo gelida

Jirada neefsasahda sida hargabka, durayga, iyo COVID-19 waxay u faafaan si fudud gudaha meelaha gudaha ah ee cidhiidhiga ah. Tani gaar ahaan waa run jiilaalka marka albaabada iyo daaqadahu ay xidhan yihiin. Haddii ay badbado tahay in sidaas la sameeyo, fur albaabada iyo daaqaha ama isticmaal hawo safeeyayaasha si loo yareeyo khatarta difaaca.