

MAXAA LA SAMEEYA KADIB TIJAABADAADA COVID-19

Waad ku mahadsan tahay tijaabinta ! Tijaabadu waxay u oggolaaneysaa ogaanshaha hore si looga hortago fidinta COVID-19. Natijjooyinka baaritaanka waxaa la heli karaa qiyaastii 3 illaa 5 maalmood

- Haddii natijada baaritaankaagu ay tahay inaad **cudur qabin**, waxaa lagugu soo ogeysiinayaa e-meelka
- Haddii natijada baaritaankaagu ay tahay inaad **cudur qabtid**, waxaa lagugu soo ogeysiinayaa teleefon iyo e-meelka.

Markaad hubinaysid e-meelka, hubso inaad sidoo kale hubiso galkaaga waraaqaha aad u faro badan. Hadaadan helin e-meel ama lagusoo wicin shan maalmood kadib, wac 2-1-1 si aad khadadka ula hadasho Caawinta Kalkaalisada ee COVID-19.

Intaad sugayso natijjooyinka baaritaankaaga, si kormeer caafimaadkaaga oo qaado tillaabooyin aad ku badbaadinayso naftaada iyo kuwa kale. Talaabooyinka xiga waxay ku xiran tahay xaaladaada.

Haddii aad isku aragto astaamo, guriga joog oo ka fogow dadka kale.

Raac tilmaamaha **GO'DOOMINTA GURIGA** oo isu tababar kala fogeynta jirka intaad soo kabanayso, oo ay kujirto ka fogaanshaha dadka kale ee gurigaaga.

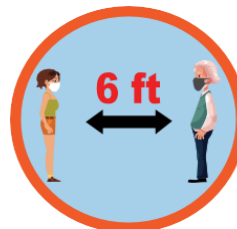


Haddii AADAN qabin astaamo, laakiin uu xirfadle caafimaad u aqoonsaday inuu yahay qof aad ugu dhow qof cudurka laga helay, waa inaad karantiil ku gasha guriga.

Raac tilmaamaha **GO'DOOMINTA GURIGA** haddii aad cudurka qabtid. Haddii aad tahay shaqaale daruuri ah, la hadal loo-shaqeeyahaaga si aad u ogaato haddii aad sii wadi karto ka-hortagga taxaddar dheeraad ah.

Haddii AADAN lahayn astaamo oo xirfadle caafimaadna kula talin inuu ku karatiilo guriga, waxaad ku laaban kartaa howlahaagii caadiga ahaa. Yaree isdhexgalka dadka kale ilaa aad ka heleyso natijjooyinkaaga.

Sii wad istababarka kala fogaanshaha jirka, xiro weji daboolo guriga dibaddiisa, kuna dhaqan nadaafad habboon, ay ka mid yihiin dhaqasha gacmahaaga.



Ma haysatid meel oo ku go'doonto ama ku karantiisho? Hoteel ku-meel-gaar ah oo hoteel ah ayaa la heli karaa. Weydii bixiyahaaga daryeelka caafimaadka inuu la xiriiro Khadka Tooska ee Ku-meelgaarka ah 858-715-2350. Haddii aadan haysan daryeel caafimaad, wac 2-1-1 si aad ula xiriirto bixiye daryeel caafimaad kuu dhaw.

Wixii Ku Saabsan Tilmaamaha Go'doominta, Hagida Karantiilka, iyo macluumaad kale, booqo:

www.coronavirus-sd.com



Updated 8-25-2020