



County of San Diego

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SARKAALKA CAAFIMAADKA BULSHADA

AMARKA SARKAALKA CAAFIMAADKA (Karantiilka shaqsiyaadka aan laga Dhowrin COVID-19)

Faafidda ee cudurka coronavirus 2019 (COVID-19) waxay khatar aad u weyn ku tahay caafimaadka bulshada. Deegaanka San Diego County waxay hadda ku jiraan oo lagu dhawaaqay xaalad deg-degga ah ee gurmada caafimaad oo maxalli ah sababta waxay tahay cudurka safmarka ee COVID-19, oo Guddoomiyaha Gobolka California wuxuu ku dhawaaqay xaalad deg-degga ah. Qof kastaa ayaa wuxuu halis ugu jiraa inuu ku dhacoo oo ku jirado cudurka COVID-19, laakiin dadka qaarkii waxay aad ugu nugul yihiin cudur halis ah oo ay sababta tahay dhanka da'ahaan ama xaalado caafimaad oo hooseeya darteed. Si markaa loo yareeyo faafida cudurka COVID-19, oo laga hortago in nidaamka daryeelka caafimaadka ee Deegaanka San Diego County in la buux dhaafiyo, waxaa lagama maarmaan ah in Sarkaalka Caafimaadka ee Degmada San Diego (Sarkaalka Caafimaadka) inuu u baahdo inuu karantiil ku soo rogo dadka uu ku dhacay COVID -19.

Xiriirada aqalka qoyska, seyga/xaaska isdhexgala, daryeel bixiyayaasha, iyo qof kasta oo kale oo xiriir dhow la lahaa qof laga helay cudurka COVID-19, ama laga yaabo inuu qabo cudurka COVID-19 (Bukaan COVID-19) midkood, waa inay nafsadooda is karantiilaan. "Xiriir dhow" waa xiriir lala yeesho Bukaan cudurka COVID-19 kaasoo dhaca inta u dhaxaysa 48 saacadood kahor inta aysan bilaabmin calaamadaha COVID-19, iyo ilaa Bukaan COVID-19 aan loo baahneyn in la go'doomiyo iyo halka ay:

1. 6 dhudhun gudahood u jirto Bukaan qaba cudurka COVID-19 in ka badan 15 daqiiqadood; ama
2. Xiriir aan difaacannayn oo la yeesho dheecaan jir, iyo/ama dareere, oo uu ku jiro, balse kuma koobna oo kaliya, in lagugu ag qofaco ama lagugu hindhisho, maacuun lagula wadaago, ama isla weel wax la iskula cabo Bukaan qaba cudurka COVID-19.

Sidaas darteed Sarkaalka Caafimaadka wuxuu soo saaray **AMARADA** iyadoo la raacayo qaybaha Xeerka Caafimaadka iyo Badbaadada ee Gobolka California, 101040, 101030, 120175, 120215, 120220, iyo 120225:

Dhammaan shaqsiyaadka oo xiriir dhow la yeeshay Bukaan qaba cudurka COVID-19 waa inuu markiiba qaadaa tallaabooyinka soo socda:

1. Iyaga kiskooda karantiil gurigooda ama meel kale ee ay degan yihiin 14 maalmood ha isku geliyeen kadib xiriirkii ugu dambeeyay ee xiriir la yeeshen bukaan-socod cudurka COVID-19. Haddii karantiil lagu sameeyo goob la isku yimaado, hoteel ama guryo qaybbo ka kooban, qofkaasi ma geli karo guri kale oo isla goobtaas ah. Shaqsiyaadka goobta ay ku karantiilan yihiin way ka tagi karaanwq si ay u helaan daryeel caafimaad ee daruuriga ah. Shaqaalaha daruuriga ah ee loo baahan yahay in la ilaaliyo sii wadidda hawlgallada waaxaha loogu talagalay waxaa dukumintiga laga heli karaa: <https://covid19.ca.gov/img/>


Amarka Sarkaalka Caafimaadka-Karantiil
Bogga 2

[EssentialCriticalInfrastructureWorkers.pdf](#), ayaa laga yaabaa inuu shaqada tago haddii ay ku wargeliyeen loo-shaqeeyaha wixii ku saabsan xiriir dhow, aan lahayn wax calaamado ah ee cudurka COVID-19, oo ay xirtaan qalab ilaalin shaqsiyeed oo munaasib ah sida looga baahan yahay shaqadooda/booskooda shaqada.

2. Si taxaddar leh muraajico ugu samee oo raac dhammaan shuruudaha Sarkaalka Caafimaadka iyo daryeel bixiyaha caafimaadka Hagaha karantiilinta guriga ee COVID-19 Xiriirrada dhow waa inay raacaan kuwa ku karantiilan guriga, sababtoo ah la kulanka bukaanka COVID-19. Hagaha waxaa laga helaa halkan
https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID-19%20Home%20Quarantine%20Guidance_Somali.pdf
3. Aysan ka ahayn haddii aan loogu oggolaan Amarkan, qofka karantiillaha ahi uma jiri meel u jirta 6 dhudhun qof, marka laga reebo xirfadle caafimaad, sarkaalka sharci fulinta oo fulinaya Amarkan, wakiilka Sarkaalka Caafimaadka, qof kasta oo kale oo si gaar ah uu u fasaxay Sarkaalka Caafimaadka, ama daryeel bixiye.
4. Haddii aad isku aragto astaamo, fadlan la xiriir daryelkaaga caafimaad. Calaamadaha iyo astaamaha la jaan qaada COVID-19 waxaa ka mid ah qufac, neefsashada oo gaaban ama neefsashada oo dhib ah, daal, qandho ama dhaxan, murqo ama xanuun jirka ah, madax xanuun, cuno xanuun, dhadhan ama urin cusub, caburnaan ama san duuf ah, lallabbo ama matag, ama shuban. Iyada oo ku saleysan hagitaanka bixiyahaaga caafimaad, waxaad ubaahan kartaa inaad gooni u go'do.
 - a. **Amarka Go'itaanka ee Sarkaalka Caafimaadka waxaa laga heli karaa bogga COVID-19 ee degmada:**
https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/Health%20Officer%20Order-Quarantine_Somali.pdf

Ku xadgudubka Amarka, ama ku u hoggaansasho la'aanta Amarkan waa dambi ciqaab lagu mutaysan karo oo lagu ciqaabi karo xabsi, ganaax, ama labadaba(Qaybta Sharciga Caafimaadka iyo Badbaadada California ee 120275 iyo 120295). Amarkan waxaa fulin kara sarkaalka kasta ee sharci fulinta ee aagga ay jirto xukanka ujeedada looga hortagayo fidida faafitaanka, cudurada faafa, ama cudurada la is qaadsiiyo (Qaybta Sharciga Gobolka California ee 26602 iyo 41601), iyo Sharciga Caafimaadka iyo Badbaadada California 101029).

SIDAAS AYUU KU DHAQAN GALAY AMARKAN.


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Deegaanka County of San Diego

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