

KA CAAWI FAAFIDA KORONAFAYRASKA CUSUB (COVID 19)



COVID-19 waa xanuun neefmareenka ku dhaca oo sabab koronafayraska cusub.

Calaamadaha waxay isugu jiraan

Qandho ama qaraq

Qufac

Neeftoo kugu adag

Daal

Kor xanuun

San qulqul

Caburnaan

Madax xanuun

Cuno xanuun

Urta ama dhadhankoo

kaa luma oo kugu cusub

Booqo [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) si aad u buuxiso liiska calaamadaha

Si aad ugu caawiso kahortaga faafida fayraska iyo kahortagida naftaada, raac talooyinkan:

Wixii su'aalo ah kala hadal daryeel bixiyaha caafimaadka ama wac 2-1-1



Dhaq gacmahaaga ama isticmaal badanaa jeermis-tire.



Ka fogow waxyaabaha aad reeraha la wadaagto ee shaqsiyanka ah.



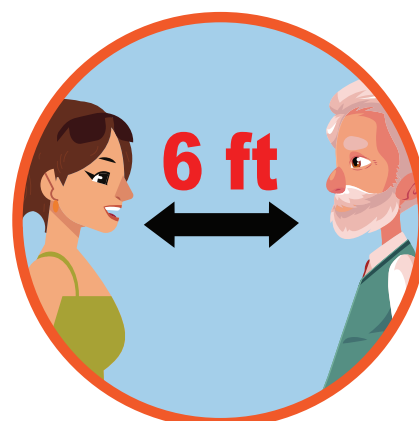
Ka fogow taabashada indhaha, afka iyo sanka gacmaha aad dhaqneen.



Ku dabool qufacaaga ama hindhisadaada tiish, kadibna ku tuur qashinka oo dhaq gacmahaaga.



Joog guriga oo ilaali ka fogaanshaha dadka kale ee guriga wada joogtaan haddii aad jiran tahay.



Ku dhowrsanow fogaan 6 taako oo u dhexeysa adiga iyo dadka kale.



Isticmaal weji daboolka haddaad ka tageyso gurigaaga.



Nadiifi oo jeermistir badanaa sagxadaha reeraha.

Updated 6-2020

Waxyaabaha cusub ee ugu dambeeyey, booqo:
www.coronavirus-sd.com



COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

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