KADIB MARKAAD DHAMAYSO SHAQADA

KA DIFAAC GURIGAAGA KORONA FAYRAS (COVID-19)

Ka hor intaadan shaqada ka bixin

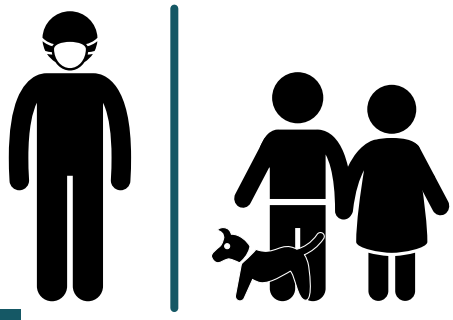
Gacmahaaga ku dhaq saabuun iyo biyo ugu yaraan muddo 20 sikin.

1

Banaanka ugasoo tagto alaabta shaqada iyo kabaha.

2

Ka dheeroow taabashada wax ama xayawaanadaada rabaayada ah. Xabadka ha galin xubnaha qoyska.



3

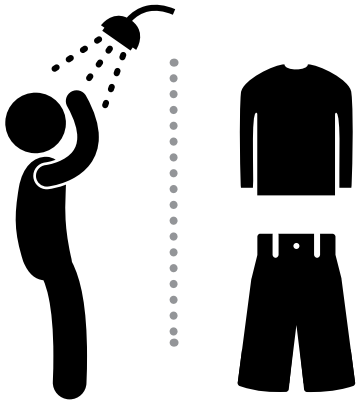
Iska siib dharka shaqada. Si toos ah ugu rid mashiinka dharka lagu dhaqo ama bac si hadhoow loo dhaqo.

4

Gacmahaaga ku dhaq saabuun iyo biyo ugu yaraan muddo 20 sikin ah.

5

Qubayso oo gasho dhar nadiif ah.



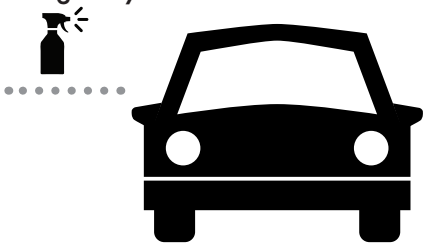
6

Daawada jeermiska disha mari wax kasta oo aad taabatay inaad gudaha sii galaysay.

7

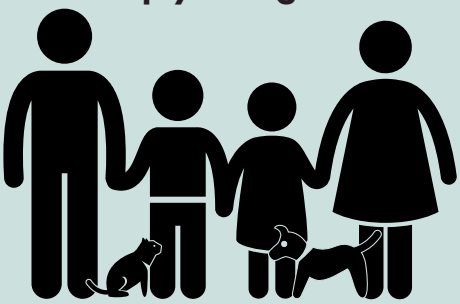
Xasuusnoow inaad daawada jeermiska ku dhaqdo gaarigaaga kahor intaadan fuulin si aad ugu qaado qoyskaaga.

Waxaan jeermisyada iyo kiimikooyinka soo galinaa gaariyaasha aan raacno.



8

Hadda waqti ayaad la qaadan kartaa qoyskaaga.



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Washington State Department of Health

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Si aad dukumiintigaan oo qaab kale u ah u dalbato, wac 1-800-525-0127.
Macaamiisha dhagoolka ah ama maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimeel udir civil.rights@doh.wa.gov.