



Dhammaadka Karantiilka COVID-19 ee Goobaha Aan Caafimaadka Ahayn

Haddii lagaa helay COVID-19 oo:

Waad ka tegi kartaa “qolkaaga xanuunka” iyo guriga markay:

Aad leedahay calaamadaha COVID-19 oo aad ku daryeelayso naftaada guriga:



- ✓ Ugu yaraan 10 maalmood ay kasoo wareegtay illaa intay kaasoo muuqdeen calaamadahaagii u horreeyay,
IYO
- ✓ Aanad yeelan qandho ugu yaraan 1 maalin (24 saacadood oo ah qandho la'aan iyada oo aanad isticmaalin daawada yaraysa qandhada),
IYO
- ✓ Calaamadaha kale ay fiicnaadeen (tusaale qufac ama neefsashada yaraata).

Ma aanad yeelan wax calaamado ah oo waxad ku daryeelaysay naftaada guriga:



- ✓ Ugu yaraan ay kasoo wareegtay 10 maalmood illaa taariikhda shaybaarkii u horreeyay ee lagaa helay COVID-19,
IYO
- ✓ Waxad sii waday in aanad yeelan calaamado (tusaale: maad yeelan qufac ama neefsashada oo yaraata) illaa intii shaybaarka.

Maine CDC waa inay kaa soo saarto karantiilka kahor intaadan kasoo bixin “qolkaaga xanuunka” iyo guriga.