



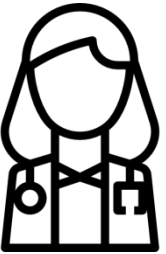
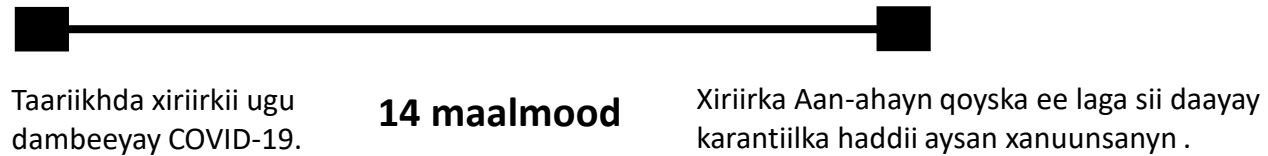
# Dhammaadka Karantiilka iyo Ku-noqoshada Shaqada Haddii Aad La-kulantay kiis COVID-19 Qaba



**Xiriirka Qoyska: Is-karantiilka iyo la-socoshada calaamadaha** inta kiiska COVID-19 ku xanuunsanyahay guriga iyo 14 maalmood kaddib marka laga sii daayo karantiilka.



**Xiriirka Aan-ahayn Qoyska: Iskarantiilka iyo la-socoshada calaamadaha** ilaa 14 maalmood kaddib taariikhda xidhiidhkii ugu dambeeyay kiiska COVID-19.



**Shaqaalaha daryeelka Caafimaadka:** Shaqaalaha daryeelka caafimaadka ee aan lahayn calaamado waa inay iskarantiilan 14 maalmood haddii xarunta daryeelka caafimaadku ay shaqayn karto la'aantood :

- Aan xanuunsanyn.
- La-soco calaamadaha.
- Raac tilmaamaha karantiilka ee ka baxsan shaqada.
- Xidho maaskaro.
- Ilaali masaafada 6-cagood inta suurto gal ah.



**Kaabayaasha Muhiimka ah:** Shaqaalaha loo tixgeliyo shaqaalaha kaabayaasha muhiimka ah ee US CDC way sii wadi karaan inay shaqeeyaan kaddib soo-gaadhista suurto gal ah haddii aysan lahayn wax calaamado ah oo ay qaatan taxaddarrada dheeraadka ah kahor iyo inta lagu jiro wareega shaqadooda. Raac tallooyinka US CDC ee loogu talogelay [shaqaalaha kaabayaasha muhiimka ah \(aan ahayn shaqaalaha daryeelka caafimaadka\)](#).