

# WAXAAN QABAA COVID-19, MAXAAN SAMEEYAA?



## Samee's

- Joog guriga & kana fogow intaad awoodid dadka gurigaaga.
- U xir maaskaro dadka kula jooga qoyskaaga.
- Ka fogow dadka khatarta ugu jira qaadista faryaska.
- Maydh gacmahaaga & isticmaal gacmo nadiifiye inta badan.



## Joog guriga ilaa...

- Astamahaaga COVID-19 soo wacnaanayaan. Sida xumada, qufaca, & neefsasho adkaanta.
- Waxay ahayd 10 cisho ilaa iyo markaan dareemay xanuun.
- Maad lahayn xumad 24 saac ee lasoo dhaafay & manaad isticmaalin dawo hoos u hoos u dhigta xumada.



## Ha Sameyn

- Ka tagin gurigaaga ama yeelan booqdayaal.
- Ha isticmaalin gadiidka dadweynaha ama adeegyada darawalnimada, sida Uber ama Lyft.
- Hala wadaagin alaabaha, sida cuntada, koobabka, & maacuunka cuntada.
- Ha ku taaban wajigaaga gacmahaaga oon nadiif ahayn.



## Gudibinaha

- Hadaad u baahan tahay caawimo karantimayn ama is go'doomin, waxaad bilaash kaga codsan kartaa caawimo.
- Tusaaleyaal caawimo waxa ka mida: Caawimo cunto, guryeyn badqabta/hoydhaqan dilaalid, & ladeegyada luuqad.
- Halkan waxa ah linki gudbin, oo loaguugu talo galay adiga ama qofkale <https://www.maine.gov/dhhs/form/covid-19-referral-form>.