

Qof kastaa wuxuu

"Badbaado ku qabaa Guriga"

Joogitaanka iyo guriga iyo xaddidida xiriirka taabashada ee ka dhexeeya dadka waa istaraatiijiyadda ugu wanaagsan ee lagu yareeyo fiditaanka COVID-19, waxayna badbaadineysaa nololaha.

Wisconsinites waxay u baahan tahay inay sii waddo shaqadan si ay u sii waddo fidinta qalooqa.

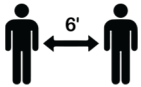
Si aad u difaacdo naftaada, qoyskaaga, iyo bulshadaada, raac talooyinka hoos ku taxan:



Guriga joog intii aad kari karto.



Dibada ugu bax kaliya waxyaabaha daruuriga ah. Ku xaddid safarkaaga baahiyaha daruuriga ah, tusaale ahaan, aadista dhakhtarka, helitaanka cunto, ama soo qaadashada daawo.



Ku dhaqan kala fogaanshaha bulshada adigoo yareeya xiriir la yeelashada dadka iyo joogtaynta inaad ugu yaraan inay idiin dhaxayso lix fiit adiga iyo dadka kale, xiitaa haddii aad caafimaad dareemayso.



Ka fogow kulannada bulshada ee lala yeesho dad da 'kasta leh.



Ka fogow safarka.



Dhaq gacmahaaga had iyo jeer oo joogtee nadaafadda wanaagsan.

Haddii aad yeelato qandho, qufacdo, neefsashada kugu adkaato, ama aad u baahato daryeel caafimaad:

1. **La xiriir dhakhtarkaaga** si aad uga warbixiso astaamahaaga oo aad u aragto inaad u baahan tahay daryeel caafimaad. Ha tagin xafiiska dhakhtarkaaga adiga oo aan marka hore la xidhiidhin.
2. **Guriga joog** ilaa aad u baahan tahay daryeel caafimaad oo degdeg ah mooyee. Naftaada ka go'doomi dadka kale ee gurigaaga joogo, joogtee nadaafadda gacanta wanaagsan, jeermiska ka dil sagxadaha gurigaaga, xiro maskarada wajiga haddii aad u baahatid inaad ag joogtid dadka kale.

BUREAU OF COMMUNICABLE DISEASES

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Wisconsin Department of Health Services | Division of Public Health

