

# COVID-19

Talooyinka Badqabidda Guriga Deggenaanshaha Dadka Kooxda ah

## SOO SHEEG CALAAMADAHA AAD ISKU ARAGTO



### Shaqaalaha u soo sheeg waxaad dareemeyso

Calaamadaha qaar waa xummad, qufac, neefsashada oo kugu yaraata, cadaadis xabadka ah, iyo jahawareer.

## DHAQ GACMAHAAGA



### Ha iska hilmaamin saabuun

Gacmaha ku dhaqo saabuun ugu yaraan 20 ilbiriqsi. Ka dib markaad taabato meelo caadi ah, sida albaabbada iyo miisaska, iska hubso inaad iska dhaqdo gacmaha ka hor intaadan taaban indhaha, sanka, ama afka.

## MURUGADA SIDA LOOGA BAXO



### Caafimaadka jirkaaga u dedaal

Daawooyinka u qaado sida laguugu sheego, cunto fiican cun, oo cab biyo kugu filan. Hurdo badan seexo. Ha isticmaalin khamri iyo maandooriye.

## NADAAFADDA SHAKHSIGA AH



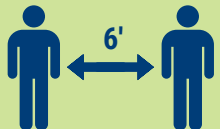
### Jeermiska ha faafin

Markaad qufacayso ama hindhiseyso xaashi ama dharka aad xiran tahay qeyb nadiif ah ku dabool afka iyo sanka. Ha hilmaamin inaad mar kasta gacmaha dhaqato.

## KALA-FOGAANSHAHA DADKA

### Dhinac kasta waa lix dhudhun ama

Dadka waa inaad ka fogaato ugu yaraan lix fiit. Haddii aad seexaneyso meelaha dadka ka dhaxeeya, hubso in aad jirkaaga oo dhan ka dhowrto dadka kuu dhow.



## DABOOLIDDA AFKA

### Wejiga maro ha lagu daboosho

Adigoo aan calaamado isku arkin ayaa xanuunka lagu qaadiin karaa. Xirashada gafuur-xirka wuxuu u fiican yahay caafimaadka oo wuxuu yareyn karaa khatarta uu ugu dhex faafi karo dadweynaha marka ay ku adag tahay kala-fogaanshaha.



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

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[www.dhs.wisconsin.gov/covid-19](http://www.dhs.wisconsin.gov/covid-19)