

MACLUUMAADKA MAASKA

Si aad u caafimaad qabtid inta lagu jiro COVID- 19



Xarumaha xakameynta xannuunka (CDC) hadda waxay ku talinayaan xidhashada maryaha wejiga daboolaya ee goobaha dad-weynaha ee ay adagtahay in la ilaaliyo kala-fogaanshaha dadka (tusaale, dukaamada khudaarta iyo farmasiyada).

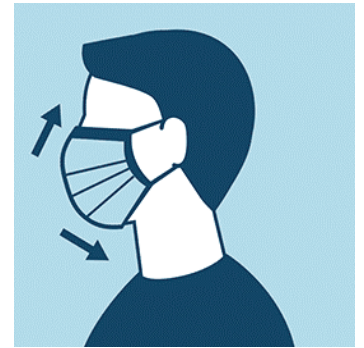
Sidoo kale CDC waxay ku talinaysaa adeegsiga marada fudud ee wejiga daboolaysa si hoos loogu dhigo faafidda fayraska iyo caawinta dadka uu hayn karo fayrasku ee aan ogayn inay u gudbinayaan inta kale.

Haddii aanad lahayn wax calaamado ah oo aad u baxayso meelaha dadweynaha, xidhashada marada daboolaysa wejiga waxay kaa caawin doontaa faafitaanka xanuun kasta.

BADDALKA MAASKARADA/DABOOLKA WEJIGA

Qof kasta oo aan ka shaqeynayn goobaha daryeelka caafimaadka waxa lagula taliyay in uu xidho marada daboolka wejiga, sida cimaamadda ama maaskarada guriga lagu sameeyay ama "baddal kale" si loo illaaliyo si sax ah helitaanka xaddidan ee maaskarada qalliinka ama N95 ee loo heli karo xirfadlayaasha daryeelka caafimaadka.

- Xidhashada maaskarada ma bixin doonto ilaalin 100% ah kahortagga COVID- 19.
- Xidhashada maaskaradu waxay ilaalinaysaa dadka KALE, sababtoo ah haddii aad hindhisto ama qufacdo adoo xidhan, jeermisku kuma faafi doono dadka kale in badan.



WAXYAABAHA AY TAHAY INAAD SAMEYSO:

- Dabool sankaa iyo afkaaga.
- Xidho maaskaro NADIIF ah.
- Dhaq marada maaskarada oo ku qalaji heer-kul sare.
- Dhaq gacmaha isla markiiba kaddib saaridda maaskarada.

WAXYAABAHA AY TAHAY IN AANAD SAMEYN:

- Dib ha u isticmaalin – ha dul dhigin, ha iska saarin, kaddib dib ha u xidhan.
- Ha kaga tegin maaskarada isagoo ka laad-laada qoortaada ama hal dhag.
- Ha taaban indhahaaga, sankaa, ama afka markaad saarayso maaskarada.
- Ha iibsan ama ha xidhan maaskarada qalliinka ama N95.

MARKASTA XASUUSNOW

Xidhashada maaskarada KAAMA ilaalinayo adiga kuwa faafin karaya fayraska. Sidaa darteed, haddii aad xidhato maaskaro iyo haddii kale ba, weli waxad u baahantahay inaad:

- ✓ Sii waddid kala fogaanshaha bulshada – Lix cagood (fiit) ay idiin dhaxayso kuwa kale.
- ✓ Daboosho qufacaaga iyo hindhisadaada.
- ✓ Dhaqdo gacmahaaga si joogto ah – 20 ilbidhiqsi.
- ✓ Iska ilaaliso taabashada wejigaaga – gaar ahaan indhaha, sankaa, iyo afka.
- ✓ Tirtirto sagxadaha si joogto ah.