

10 SHAY OO AAD SAMAYN KARTO SI AAD U MAARAYSO ASTAAMAHAAGA | COVID-19 | ADIGOO GURIGA JOOGA

Haddii ay suurtoagal tahay ama la xaqiijiyey inaad qabto COVID-19

1. **Guriga joog** inaad daryeel caafimaad raadsanaysyo mooyee.



6. **Haddii aad qufacaysyo ama hindhisaysyo**, ku dabool afka iyo sankaaqa tiish ama isticmaal laabka suxulkaaga.



2. **Astaamahaaga ula soco si** qaas ah. Haddii astaamahaagu ka sii daraan, wac bixiyahaaga daryeelka caafimaadka isla markiiba.



7. **Ku dhaq gacmahaaga in badan** saabuun iyo biyo ugu yaraan 20 ilbiriqsi ama ku nadiifiye gacmahaaga gacmo nadiifiye alkoolo ka samaysan oo ugu yaraan 60% alkoolo ah.



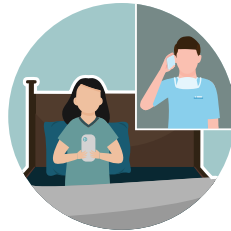
3. **Nasasho qaado oo dareere badan cab.**



8. Ilaa iyo intii suurtoagal ah, **jog qol gaar ah oo ka gaar ah dadka kale** ee gurigaaga jooga. Sidoo kale waa inaad isticmaasho xamaam gaar ah, hadduu jiro. Haddii aad u baahan tahay inaad ka ag dhawaato dadka kale ee joogo gudaha ama dibadda guriga, xiro maaskaro.



4. Haddii aad leedahay ballan caafimaad, **hore u sii wac bixiyaha daryeelka caafimaad** oo u sheeg inaad qabto ama laga yaabo inaad qabto COVID-19.



9. **Iska ilaali la wadaagista shayada shakhsiyeed** dadka kale ee gurigaaga jooga, sida suxuunta, tuwaalada, iyo gogosha sariirta.



5. Wixii ah xaaladaha degdegga ah ee caafimaad, wac 911 oo **u sheeg hawlwadeenka kala dirista qaabilsan** inaad qabto ama laga yaabo inaad qabto COVID-19.



10. **Nadiifi oogooyinka oo dhan** kuwaasi oo inta badan la taabto, sida marfishyada, miisaska dushooda, iyo sidooyinka albaabada. Istickmaal buufinaha ama masaxaadaha nadiifinta guryaha loo isticmaalo, adigoo raacaya tilmaamaha summadda.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)