

Karoonaafaaris / COVID-19

May ayaan walyabooga adi in baahinto inaa ogaaato:

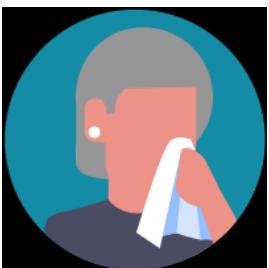
Way lu ku soo qaadideey: <https://www.cdc.gov/coronavirus>



Reerka isku roog - way shardi ku weeleey Guddoomiga Gobolka New York
Ku dheeraaw in hiriir dhow la weelato dadka kale - in jirneey kooh dad badan!
In jirneey haflad, shir diimeed oo la inis seedaw, shir jaaliyad
Dadka kale ku dheeraaw masaafo gaaraaw ilaa lex dhudhun
In jirneey ballooniga koleyga, ballooniga lugta, ama ciyaar kooheed kale



Reerka isku roog haddii adi jirinto
Takhtarkaa in weer haddii adi in maleeyooto inaa adi jirinto
Weydiisaw turjumaan haddii adi in baahinto kaalmo dhiniga afka



Ki hindhish ama ki qufac haanshida istiraashida oo ka bacdina gacmoogaa
iska dhaq
AMA
Ki qufac ama ki hindhishow xusulkaaga meela isku galow
Haanshida istiraashada meela qashinka ki rid



Wal badan iska dhag gacmoogaa ki dhag saabuun in ka yaraan 20 ilbirigsi AMA
ama si roogto eh in isticmaall gacan nadiifiye (sanitizer)



Maalin kasta meelooga kor ee reerkaa ki nadiifi wal jeermiska dilaw
(miisdheeda, gacanta-albaabdheeda, miiska korsheey, sawirdheeda,
rimuutka talfishinka, teebka kumbiyutarka, musqula, tubbuda biyooga, iyo
weelka musqula.

**Fadlan la socooy: Seew bogga Harunta (Center) ee
www.thecenterutica.org**



Maay Maay

Coronavirus / COVID-19

What you need to know:

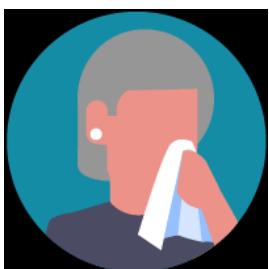
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Stay home - required by the New York State Governor
Avoid close contact with other people - no large groups!
No parties, no in person religious services, no community gatherings
Keep a distance of six feet between people
No basketball, soccer, or other team sports



Stay home if you are sick
Call your doctor if you think you are sick
Ask for an interpreter if you need language help



Cough or sneeze into a tissue and then wash your hands
OR
Cough or sneeze into the inside of your elbow
Throw tissues away into a trash can



Wash your hands often with soap and water for 20 seconds OR
or use hand sanitizer frequently



Clean surfaces in your home each day with disinfectant (tables, doorknobs, countertops, phones, TV remotes, keyboards, toilets, faucets, and sinks)

**Please stay informed: Go to The Center's website
www.thecenterutica.org**



English