

HEL XAQIIQOYINKA.

**BADBAADSANOW KADIB TALLAALKA.
ILAALI BULSHADAADA.**



Si buuxda ugama gaashaanid COVID-19 illaa laba toddobaad kadib tallaalkaagii ugu dambeeyay!



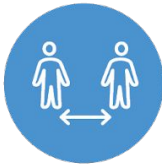
- Haddii aad qaadatay **tallaalka labada mar ah**, waa inaad sugtaa **2 toddobaad** kadib tallaalkaaga labaad.
- Haddii aad qaadatay tallaalka oo keliya u baahan **hal tallaal**, waa inaad sugtaa **2 toddobaad** kadib tallaalkaaga.

BADBAADSANOW KADIB TALLAALKA.

Khubaradu ma oga inta uu tallaalku kaa difaacayo COVID-19 ama haddii aad weli u gudbin karto COVID-19 kuwa kale kadib marka aad istallaasho. Xitaa kadib qaadashada tallaalka, sii wad inaad:



Xiro maski.



Ku dhaqmidda kala fogaynta bulshada.



Ka fogow shirarka dad badan.



Si joogto ah u dhaq gacmahaaga.



Jeermiska ka dil meelaha taabashada badan

Xitaa haddii aad si buuxda iskutallaasho, iska baar COVID-19 isla markiiba haddii:



Haddii aad la joogtay **qof qaba COVID-19** oo aad bilawday inaad xanuun dareento. Sidoo kale guriga joog oo ka fogow dadka kale.

Waxaad la **nooshahay dad badan** waxaanad la **joogteen qof qaba COVID-19**. Xitaa haddii **aadan xanuun dareemin, iska baar**. Sidoo kale guriga joog oo ka fogow dadka kale.



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cdc.gov/coronavirus