

## Kahortagga COVID-19: Talooyin loogu talagalay Qoysaska Waawayn ama Qoysaska Ballaadhan ee Meel ku Wada Nool



Haddii dhawr qol ay ka dhexeeyaan koox dad ah, waxa jira qaabab badan oo aad u ilaalin karto naftaada iyo dadka kugula nool guriga. Talooyinkani waxay saalid ku yihiin talobixinta kahortagga aasaasiga ah, hagista ku aaddan go'doominta, iyo waxa la sameeyo haddii qof bukoodo. Ka akhri [Gacan ka Gayso in Xanuunku Faafo](#), [Sida Naftaada loo Go'doomiyo COVID-19 dartii](#) iyo waxyeelo badan halkan [healthvermont.gov/covid19-translations](http://healthvermont.gov/covid19-translations).

### Qoyska ilaali

U dhaqan sidii oo aad tahay qof halis ugu badan ugu jira sida qofka ugu nugul gurigaaga. Dadka da'doodu tahay 65 jir ama ka wayn halis badan ayey ugu jiraan inuu xanuunku ku adkaado haddii uu ku dhaco COVID-19. Dadka da' kasta oo ay yihiin ee dhibaatooyin caafimaad haystaan sidoo kale halis badan ayey kujiraan.

- Waxa aad joogtaa gurigaaga ilaa inta ay suurto gal tahay.
- Raac tilmaanta kahortagga. Ka akhri [Gacan ka Gayso in Xanuunku Faafo](#),
- Ayeyna cid booqasho ku iman gurigaaga haddii aysan daruuri ahayn.
- Jir ahaan ka fogow xubnaha qoyskaaga ee halista badan kujira.
- Dadka halista badan kujiraa waa inay ka fogaadaan xannaanaynta carruurta.

### Haddii ay daruuri tahay inaad guriga ka baxdo:

- U jirso 6 fuudh (2 m) dadka aydaan isku guriga ku noolayn.
- Meelaha buuqa ah iyo meelaha bulshadu ku kulanto ka fogow.
- Xiro af-daboolka marada ah. Ka akhri [Isticmaalka Waji Gashadka Marada ah Waxa ay Yaraysaa Faafitaanka COVID-19](#).
- Ka fogow raacista gaadiidka dadwaynaha ama raacista baabuur ay fuushan yihiin dadka qoysas kala duwan ka yimi.
- Ha taaban meelaha sida badan la taabto ee caamka ah, sida badhanada wiishka ama meelaha gacanta lagu qabsado jaranjarooyinka.
- Haddii aad u baahato inaad taabato oogooyinka meelaha caamka ah, ha taaban indhahaaga, sanko, iyo afka, oo dhaq gacmahaaga ama isticmaal gacmo nadiifiye isla markiiba.
- Dhaq gacmahaaga isla markii aad guriga soo gaadho.

## Marka xubin qoyska ah uu hayo COVID-19

Inta ugu badan dadka uu hayo COVID-19 waxay yeeshaan astaamo fudud waana inay guriga joogaan, dadka kale gaar uga baxaan, inta ay soo kabanayaan. Wac bixiyaha daryeelkaaga caafimaad haddii aad wax warwar ah aad qabto. Ka akhri [Waxa aad samaynayso hadii lagaa helo COVID-19](#).

### Kahortag inuu fayrasku ku faafo dadka kale ee guriga jooga:

- Joogtee inay isku jirsadaan 6 fuudh (2 m) qofka buka iyo dadka kale ee guriga joogaa, gaar ahaan kuwa halista badan kujira.
- Qof kaliya waa inuu daryeelo qofka buka.
  - Daryeeluhu waa inaanu ahayn qof kamid ah kuwa halista badan kujira (65 ama ka wayn ama cid leh dhibaato caafimaad).
  - Daryeeluhu waa inuu xadidaa taabashada dadka kale ee qoyska ka tirsan.
  - Daryeeluhu waa inaanu daryeelin xubno kale oo qoyska ah.
- Qofka bukaa waa inuu xirtaa marada wejiga daboosha mar kasta oo ay dad ka ag dhaw yihiin, haddii aysan neeftu dhibayn ama aanu iska bixin karayn daboolka wejiga.
- Ha la wadaagin shayada shakhsi ahaaneed qofka buka, sida taleefanada, suxuunta, go'a sariirta ama qalabka carruurta ku ciyaarto.
- Ha lahaado qol iyo xamaam gaar ah qof bukaa haddii ay suurtoagal tahay.

### Haddii ay khasab kugu tahay inaad la wadaagto qol qof buka:

- Hubi in qolka hawadu si fiican u soo galayso. Fur daaqad ama daar marawxada.
- Samee barxad u dhaxaysa qofka buka iyo dadka kale ee qolka kujira taasi oo kala fogaynaysa intii suurtoagal ah.
- U kala dhaxaysii daah ama wax kale oo kala qaybiya meesha qofka buka yaalo/jiifo iyo qolka intiisa kale.
- Sariiraha intii suurtoagal ah kala fogee, ugu yaraan 6 fuudh (2 mitir).
- U seexda qaab jihadiinu iska soo horjeedo: Markaad jiiftaan, madaxa qof ha u jeedo xagga qofka kale cagihiisu u jeedaan.

Haddii ay khasab kugu tahay inaad la wadaagto xamaam qof buka:

- U sheeg qofka buka inuu nadiifiyo oo uu jeermiska ka dilo oogooyinka, gacmaha albaabka, iyo gacmaha (shayada kale) markii uu ka soo baxayo xamaamka. Haddii aanu nadiifin karaynin, daryeeluhu waa inuu jeermiska ka dilaa meelaha sida badan la isticmaalo.
- Dadka kale ee guriga joogaa inay sugaan inta ugu badan ee suurtoagal ah kahor inta ayna isticmaalin xamaamka kadib qofka buka isticmaalkiisa. Sidoo kale waa inay nadiifiyaan meelaha taabashadu ku badan tahay kahor inta ayna isticmaalin.

Wakhtiyada cuntada

- Dadka aan bukin oo kaliya waa inay cuntada diyaariyaan, diyaariyaan qalabka cuntada, oo cuntada qaybiyaan, kadib markii ay gacmaha dhaqdaan.
- Bilaydh gaar ah u samee qofka buka si uu ugu cunteeyo qol gaar ah. Haddii tani ayna suurtoagal ahayn, waa inuu u jirsadaa 6 fuudh (2 mitir) dadka kale ee qoyska ka tirsan.
- Daryeelaha qofka bukaa waa inuu noqdaa qofka kaliya ee u adeegaya xilliga cuntada oo ka qaadaya kana dhaqaya suxuunta cuntada.
- Qofka bukaa waa inaanu suxuunta la wadaagin dadka kale. Daryeeluhu waa inuu xirto gacmogashiyo marka uu u qaadayo suxuuntaas, koobabka, iyo weelka, haddii ay suurtoagal tahay.
- Dhaq gacmahaaga kadib qaadista suxuunta, koobabka iyo weelka.

Wixii macluumaad ee dheeraad ah, booqo: [www.healthvermont.gov/covid19-translations](http://www.healthvermont.gov/covid19-translations)

## Preventing COVID-19: Tips for Large Households or Extended Families Living in the Same Space

If you have few rooms for a group of people, there are ways to protect yourself and the people living in your household. These tips are in addition to basic prevention advice, guidance for isolation, and what to do if someone is sick. Read [Help Keep Illness from Spreading](#), [How to self-isolate for COVID-19](#) and more at [healthvermont.gov/covid19-translations](http://healthvermont.gov/covid19-translations).



### Protect the household

**Act as if you are as much at risk as the most vulnerable person in your home.** People who are 65 years or older are at high risk of getting a more severe illness if infected with COVID-19. People who are any age and have health problems are also at higher risk.

- Stay home as much as possible.
- Follow prevention advice. Read [Help Keep Illness from Spreading](#).
- Do not have visitors come to your home unless they need to be there.
- Stay physically distant from members of your home who are at high risk.
- People at high risk should avoid taking care of children.

### If you need to go outside of the house:

- Stay 6 feet (2 meters) from people who do not live in your house.
- Avoid crowds and social gatherings.
- Wear a cloth mask. Read [Using Cloth Face Coverings to Help Slow the Spread of COVID-19](#).
- Avoid public transportation or riding in a car with people from a different household.
- Don't touch frequently touched surfaces in public areas, like elevator buttons or handrails.
- If you need to touch surfaces in public areas, avoid touching your eyes, nose, and mouth, and wash your hands or use hand sanitizer right after.
- Wash your hands as soon as you get home.

### When a household member is sick with COVID-19

Most people sick from COVID-19 will have only a mild illness and should stay at home, apart from others, to recover. Call your health care provider if you have any concerns. Read [What to do if you are diagnosed with COVID-19](#).

### Prevent the spread of the virus to other people in the house:

- Keep a distance of 6 feet (2 meters) between the person who is sick and other people of the household, especially those people at higher risk.
- Only one person should take care of the person who is sick.

- The caregiver should not be someone who is high risk (65 years or older or anyone with a health problem).
- The caregiver should limit contact with other people in the household.
- The caregiver should not take care of other members of the household.
- The person who is sick should wear a cloth face covering any time they are around people, unless they have trouble breathing or cannot remove the face covering on their own.
- Don't share personal items with the sick person, like phones, dishes, bedding or toys.
- Provide a separate room and bathroom for a person who is sick if possible.

### **If you must share a room with someone who is sick:**

- Make sure the room has good air flow. Open a window or run a fan.
- Make a separate space for the person who is sick that is as far from the other people in the room as possible.
- Put a curtain or other physical divider between the sick person's space and the rest of the room.
- Place the beds as far apart as possible, at least 6 feet (2 meters).
- Sleep head to toe: when laying down, one person's head is facing the same direction as the other person's feet.

### **If you must share a bathroom with someone who is sick:**

- Ask the sick person to clean and disinfect surfaces, doorknobs, and handles as they leave the bathroom. If they are not well enough to clean up, the caregiver should disinfect the commonly used areas.
- Other people in the home should wait as long as possible before using the bathroom after a sick person used it. They should also clean high touch areas before they use them.

### **Mealtimes**

- Only people who are not sick should prepare food, set place settings, and serve food, after they wash their hands.
- Make a plate for the sick person to eat in another room. If this is not possible, they should stay 6 feet (2 meters) apart from the rest of the household members.
- The caregiver of the sick person should be the only person who serves them their meals and clears and washes their dishes.
- The person who is sick should not share dishes with anyone else. The caregiver should wear gloves to handle those dishes, glasses, and utensils, if possible.
- Wash your hands after handling dishes, glasses and utensils.

**For more information, visit [www.healthvermont.gov/covid19-translations](http://www.healthvermont.gov/covid19-translations)**