

## Xidho Waji Gashad Si Aan U Baajiso Faafitaanka COVID-19

**Waji gashadka waxaa uu waajib ka yahay dhamaan meelaha dadku iskugu yimaadeen ee Vermont.**

Laga bilaabo Agoosto 1, 2020, Vermont, waxa kugu waajib ah inaad xidhato waji gashad marka aad joogto meelaha dadku iskugu yimaadaan, wakhti kasta oo ayna macquul ahayn in la isku jirsado 6 fuudh masaafad ah dadka kale ee aan qoyskaaga ahayn. Waxaa taas kamid ah gudaha iyo banaanka iyo habdhismeedka meelaha dadka badan ku nool yihiin (tusaale ahaan, xarumaha daryeelka mudada dheer ah, guryaha xanaanada, guryaha dabaqyada ah iyo koomboodhiimiyamka).



Waji gashadku waxa uu kaa caawin karaa inaad ilaaliso dadka kugu xeeran hadii aad qabto caabuqa oo aanad markaa ogayn. Dadka aan lahayn calaamado waxay faafin karaan fayraska isaga oo la socda candhuufta kasoo duulaysa marka ay neefsadaan, hadlaan, ama cunaha nadiifsadaan. Waji gashadku waxaa weeye hal talaabo oo kale oo taxadir ah oo markaa kaa caawinaya yaraynta faafitaanka COVID-19 – oo ma badalayo kala fogaanshaha iyo talaabooyinka kale ee kahortagga.

**Tusaale ahaan marka waji gashadka loo baahan yahay:**

- Marka la tago tukaamada, farmasiga, dhakhtarka, ama isbitaalka
- Isku imaatinka beerta nasashada iyada oo asxaabta lala joogo ama qoyska aan guriga la wada deganayn
- Munaasabada gudaha ama banaanka ah, sida isku-soo-baxa, mudaharaadka, suuqa beeraha, ama munaasabadaha ololaha
- Raacitaanka baska, tagsiga, ama gaadiidka la wadaago
- Lugaynta wadooyinka dadka badan ku sugan yihiin
- Kahor iyo kadib fasalada yoogada ama jimicsiga

**Tusaale ahaan marka aan waji gashadku waajibka ahayn ama aanay ahayn in la xidho:**

- Marka lasoo mijo baxsanayo ee la lugaynayo kaynta ama xaafada
- Marka la samaynayo jimicsi ama hawlo adag, sida orodka, baaskiil kaxaysiga, ama fasalka yoogada
- Caruurta ka yaryar 2 sano jir
- Qof kasta oo neefsigu ku adag yahay
- Qof kasta oo aan iska saari karin iyada oo aan laga caawin
- Qof qaba xanuun ama sababo habdhaqan aan u xidhan karin waji gashadka.

Hadii aad qabto xaalad caafimaad ama korniin, ama ay kugu adkaato inaad neefsato, lagaagama baahna inaad cadaymo ama waraaqo keento si aad xaaladaada u xaqiijiso.

## Waa sidee xidhashada waji gashadku meelaha gaarka loo leeyahay iyo habdhismeedyadu?

Waxa aanu ku talinaynaa in dadku xidhaan waji gashad marka ay joogaan meelaha habdhismeedka gaarka loo leeyahay ama meelaha dadka degan meel ka baxsan guriga oo ayna macquul ahayn in la isku jirsado 6 fuudh. Tusaale ahaan, isku imaatinka qoyska iyo asxaabta ee dayrka guriga ama gaadiidka la wada raacayo oo qof ka baxsan qoyska guriga wada degan uu ku jiro. Hadii aad xanuunsanayso, waji gashad guriga ku xiro hadii ay jiraan dad kale oo guriga idinla degani.

### Sida loo xidho waji gashad:

Waji gashadka ama waji daboolka waa in si munaasab ah loo xidhaa si uu wax u taro oo loogana hortado faafitaanka jeermiska:

- Farxalo kahor inta aanad xidhan.
- Waxa aad xaqiijisaa inaad sanko iyo afka uu daboolo.
- Waxa aad soo sudhaa dhagaha ama madaxa ku xidh.
- Ha taaban ama jiidin inta aad banaanka joogto.
- Waxa aad xidhnaataa ilaa aad guriga gaarayso.
- Waxa aad iska saartaa adiga oo aan taaban indhaha, sanko, ama afka, kadibna markaba farxalo.

Hadii aad kululaato oo ay neeftu kugu adkaato maadaama oo ay kulushahay meesha aad joogto, waa inaad iska saartaa waji gashadka, cabtaa biyo, nasato oo aad meel qabaw doonato. Waxaa muhiim ah in aad u jirsato dadka kale 6 fuudh marka ay macquul tahay, gaar ahaan marka aanad xidhnayn waji gashad.

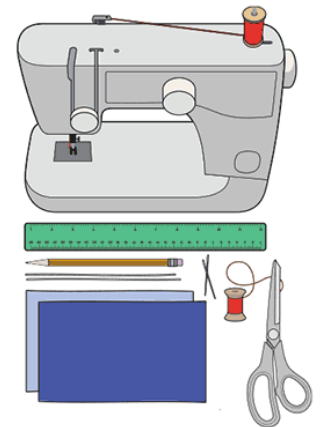
### Nadiifi waji gashadka maalin kasta, gacan ama qasaalad, adiga oo saabuun isticmaalaya.

Qasaaladu waa inay si wanaagsan u maydhi kartaa waji gashadkaaga. Xaqiiji in gebi ahaanba uu qalalan yahay kahor inta aanad isticmaalin. Waa inaad haysataa dhawr midh si aad markaa kolba mid u xidhan karto.

### Adiga mid kuu gaar ah samayso.

CDC waxay leedahay [tilmaamo kusaabsan sida loo samaysto waji gashadkaaga](#) adiga oo u maraya dhawr qaab oo kala duwan, oo ay ku jiraan inaad ku tosho dawaar ama gacanta, ama in aanad tolin oo aad isticmaasho garan iyo maqas, iyo inaanad tolin oo aad isticmaasho masar.

Wixii macluumaad ee dheeraad ah, booqo [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19).



## Wear a Face Mask to Keep COVID-19 from Spreading

### Face masks are required in Vermont public spaces.

Effective August 1, 2020, in Vermont, you are required to wear a face mask in public spaces, any time it is not possible to keep a 6-foot distance from others who are not part of your household. This includes both indoor and outdoor spaces and group living settings (for example, long-term care facilities, nursing homes, apartment and condo complexes).

A mask helps protect others around you if you are infected and don't know it. People without any symptoms may be able to spread the virus through droplets produced when breathing, speaking, or clearing your throat. A face mask is one more precaution we can take to help slow the spread of COVID-19 – and is not a substitute for physical distancing and other prevention measures.



### Examples of when a face mask is required:

- Trips to any store, pharmacy, doctor, or hospital
- At a gathering in the park with friends and family who do not live in your household
- At any indoor or outdoor public event, such as a rally, protest, farmer's market, or campaign event
- Riding the bus, taxi, or ride share
- Walking on a busy and crowded street
- Before and after a yoga or exercise class

### Examples of when face mask is not required or should not be worn:

- Going for a walk in the woods or in your neighborhood
- Doing strenuous exercise or activities, such as during a run, bike ride, or yoga class
- Children under the age of 2
- Anyone who has trouble breathing
- Anyone who can't remove it without assistance
- Anyone who has a medical or behavioral reason for not wearing a mask.

If you have a medical or developmental condition, or have trouble breathing, you do not have to show evidence or documentation of your condition.

### What about wearing a mask in private spaces and settings?

We recommend that people wear masks when they are in a private setting or space with people who live outside of their home and it is not possible to stay 6 feet apart. For example, at a gathering with family and friends in your backyard or riding in the car with someone outside of your home. If you are sick, wear a mask at home if you have other people living in the home.

## How to wear a face mask:

A face mask or covering must be worn properly to be effective and avoid the spread of germs:

- Wash your hands before putting it on.
- Be sure your mouth and nose are covered.
- Hook loops around your ears or tie it snugly.
- Do not touch it or pull it down while in public.
- Keep it on until you get home.
- Remove it without touching your eyes, nose or mouth, then wash your hands immediately.

If you feel like you are overheating and are having trouble breathing because it is hot where you are, you should take off your mask, drink water, rest and seek a cool place. It is important that you keep a 6-foot distance from others whenever possible, especially when you are not wearing a mask.

## Clean face masks daily, by hand or machine, using detergent.

A washing machine should suffice to properly wash your face masks. Make sure it's completely dry before using. You should have a few on hand so you can rotate for washing.

## Make your own.

CDC has [instructions on making your own coverings](#) in several different methods, including machine or hand-sewn, a no-sew method with a t-shirt and scissors, and a no-sew method with a bandana.

For more information, visit [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19).

