VERMONT
DEPARTMENT OF HEALTH

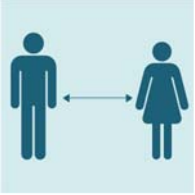
Gacan ka Gayso in Xanuunku Aanu Faafin

Waxa aad qaadaa talaabooyin maalin kasta si aad u baajiso faafitaanka fayraska neefsiga sida coronavirus, hargabka iyo durayga:

Waxa aad si joogto ah ugu maydhaa gacmahaaga saabuun iyo biyo ugu yaraan 20 ilbidhiqsi — gaar ahaan marka aad kasoo baxdo suuliga ama kadib marka aad duuf iska bi'iso, iyo kahor inta aanad waxba cunin. Hadii saabuunta iyo biyaha aanad heli karin, waxa aad isticmaashaa alkohoolsha nadiifiyaha gacmaha leh kaas oo ay tahay alkohooshiisu 60% ugu yaraan.

Waxa aad saartaa suxulka ama kilinikis afka iyo sanka markaa aad qufacayso ama hindhisayso.

Ha ku taaban indhaha, sanka, ama afka gacmo aadan maydhin.



Waxa aad u jirsadaa dadka 6 fuudh.

Gurigaaga joog marka aad xanuunsanayso.

Waxa aad xidhataa waji gashi marka aad dadka kale la joogto.

Waxa aad nadiifisaa oo aad jeermiska ka dishaa shayada iyo meelaha la taabto si badan.

Somali

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Help Keep Illness from Spreading

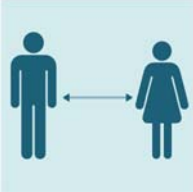
Take actions every day to help prevent the spread of respiratory viruses like coronavirus, cold and flu:

Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Cover your cough or sneeze into your elbow or a tissue.

Don't touch your eyes, nose or mouth with unwashed hands.



Stay 6 feet away from other people.

Stay home when you are sick.

Wear a mask around other people.

Clean and disinfect objects and surfaces regularly.