

Ogaada Halista COVID 19 ka

Tusaalooyinka waxqabadyada Maalinlaha ah iyo Heerka halista

Xaalad Kasta iyo dhaqdhaqaaq kasta waxay leedahay Ariel kala duwan oo kordhiya ama hoos u dhiga khatarta. Kama saari karno halista oo Chan, laakiin waxaan hoos u dhigi karnaa khatarta. Waxaan dooran nashaadaad am I leh, ama waxa aanu hawlaha khatarta ah ka dhigi karnaa kuwo amaan leh anaka oo is talaalayna, xirashada maaskarada, gacmaha oon dhaqno, ka fogaano dadka kale 6 fuudh oon joogno guriga hadii aanu xanuunsano. Hoos waxaa ku qoran tusaalayaal waxqabadyo iyo heerka guud ee khatartooda.

Khatar Yar

Khatar



In aad kaligaa gaadhi kaxaysato

Inaad la kaxaysato ama la raacdo baabuur cid kale

Inaad raacdo baska

Inaad ku safarto diyaarad

Inaad markab dalxiis raacdo



Inaad Cunto Kasoo Qaadato Maqaaxida

Inaad beerta nasashada u dalxiis tagto

Inaad wax kusoo cunto maqaaxida barandadeeda

Inaad wax ku cunto maqaaxida

Inaad wax ka cunto meel cuntada laga guranayo oo dadku ku badan yihiin



In raashinka guriga laguugu keeno

Inaad kasoo qaadato raashinka boorashariga banaankiisa

Inaad wax ka iibsato meel aan dadnayn

Inaad wax ka iibsato tukaan

Inaad wax ka iibsato tukaan mashquul ah



Inaad bandhig faneed maqal iyo muuqaal ah ka qayb gasho

Inaad daawato cid kaban tumaysa

Inaad aaddo muusig beerta nasashada

Inaad Bandhig faneed Gudaha ah ka qayb gasho

Inaad jaas aaddo



Inaad saaxiib taleefan kula hadasho

Inaad la lugayso saaxiib

Inaad banaanka kula kulanto dhawr saaxiib

Inaad gudaha kula kulanto dhawr saaxiib

Inaad tagto baar saxmad ah



Inaad turub ku ciyaarto beerta nasashada

Inaad ku ciyaarto leexo

Inaad kaynta ku jimicsato

Inaad gudaha la joogto asxaab

Inaad ku boodo meelaha kubadaha badan ay ku jiraan oo mashquul ah

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Macluumaad badan ka ogow healthvermont.gov

Somali

COVID-19 Know the Risks

Examples of everyday activities and level of risk.

Every situation and activity has different factors that increase or decrease risk. We can't get rid of all risk, but we can lower the risk. We can choose safer activities, or make risky activities safer by getting vaccinated, wearing a mask, washing our hands, staying 6 feet away from others and staying home when we're sick. Below are some examples of activities and their general risk level.

