

Xidhiidhka Amaanka ee Asxaabta iyo Qoyska

Nidaamka lagu talinayo ee kaa caawinaya inaad isbarbar dhigto miisaanka khatarta iyo qorshahaaga

Joogitaanka guriga ayaa ah weli qaabka ugu wanaagsan ee aad ku yarayn karto COVID-19, in badan oo inaga mid ayaa doonaya inay qaadaan talaabo yar oo aanu si amaan ah mar kale qoyskiina inaan la kulano. Tilmaamahani waxay kaa caawinayaan inaad is barbar dhigto miisaanka khatarta ee COVID-19 iyo kahortada qaadida cusub iyo xanuunka daran ee sida dhakhsaha ah u kordhaya.

Qaado taxadir caafimaad & amaan

Talaabooyinkan waxa ay kaa caawin karaan in aad naftaada iyo dadka kale aad ka ilaaliso xanuunka COVID-19.

- ✓ Waxa aad isku jirsataan 6 fuudh dad kale.
- ✓ Waxaad xidhataa waji gashad ama marada wajiga lagu xidho.
- ✓ Ku dhaq gacmahaaga saabuun iyo biyo ama isticmaal gacmo nadiifiye.
- ✓ Guriga joog hadii aad xanuunsanayso ama aad dhawaan isku dhawaateen cid qabta COVID-19. Lasoo hadal dhakhtartaa si aad u eegtii hadii ay tahay in lagu baadho.

Inaad guriga u dhawaato

Waxa aad doorataa hawlo gurigaaga u dhaw si aad ugu hesho fursad aad ku joojiso isusoo dhawaanshaha dadka kale ama wasakhaynta meelaha badanaa la taataabto.

- ✓ Waxa aad isku daydaa inaad xadido wixii socdaal ah ee aan daruuri ahayn inay ku koobnaado 10 mayl in u jirta guriga oo kaliya.
- ✓ Waxa aad doon doonataa meelaha banaanka ah ee furan ee aanay dadku ku badnayn oo markaa si fudud ay dadku u kala fogaan karaan.
- ✓ Waxaad doorataa hawlo aan u baahnayn in la wadaago cunto ama taabashada shayada la taataabto ama meelaha kale.



Waxa aad yaraysaa dadka aad ku xidhan tahay

Waxay taasi fududaynaysaa in si fudud lagu ogaado cida kale ee uu asiibay ee loo baahan yahay in la karantiimeeyo hadii uu qofku xanuunsado.

- ✓ Waxa aad doorataa cid kale oo qoyska ah oo aad ku kalsoon tahay oo markaa sidoo kale taxadir caafimaad iyo amaan ku jirta. Taasi waxay noqon kartaa qof kale oo qoys, ama xubin qoyskaaga ah oo degan guri kale.
- ✓ In dadka lagu xadido 25 ama wax ka yar.

Ilaali dadka khatarta ugu badan ku jira

Dadka 65 jir iyo kuwa ka wayn iyo dadka qaba xanuuno waxay u badan yihiin inay yeeshaan xanuuno aad u daran.

- ✓ Dadka ku jira khatarta xanuunada aadka u daran waa inay sii wadaan joogitaanka guriga.
- ✓ Kula xidhiidh dadka kale taleefanka, kombuyuutarka ama fiidyaw ahaan.

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Safely Connect with Friends and Family

Recommended practices to help you weigh the risks and plan accordingly

Staying home is still the best way to lower our risk of COVID-19, but many of us are eager to take small steps to safely see our friends and family again. This guidance helps you weigh the risks to prevent new cases and serious illness from quickly increasing.

Take health & safety precautions

These steps will help protect you and others and keep COVID-19 from spreading.

- ✓ Keep a 6-ft distance from other people.
- ✓ Wear a face mask or cloth face covering.
- ✓ Wash your hands with soap and water or use hand sanitizer.
- ✓ Stay home if you are sick or have recently been exposed to someone who has COVID-19. Call your doctor to see if you should be tested.



Keep your social circle small

This will make it easier to know who else may have been exposed and needs to self-isolate if someone gets sick.

- ✓ Choose one other trusted household that is also taking health and safety precautions. This could be another family, or members of your own family who live in a separate household.
- ✓ Limit your group to 25 people or fewer.
- ✓ Keep a list of who you have been in close contact with each day.

Stay close to home

This lowers the chance of having to stop along the way where you may be in close contact with others or exposed to contaminated surfaces.

- ✓ Limit non-essential travel to short distances.
- ✓ Consider outdoor spaces and open areas where it is not too crowded and easier to keep a physical distance.
- ✓ Choose activities that do not require sharing food or touching shared objects or other surfaces.



Protect those at higher risk

People age 65 and over and people with underlying medical conditions are more likely to develop more severe illness.

- ✓ Those at higher risk for serious illness should continue to stay at home.
- ✓ Connect with one another by phone, computer or video.