



Isu-Imaada si MASKAX-LEH

Tixgeli Halista

Haddii adiga ama cid aad jeceshahay ay yihiin dad da' weyn ama layhiin xaalad caafimaad ee badinaysa halista aad ugu jirto COVID-19 oo daran. tixgeli inaad guriga joogto iyo aad ku raaxeyso maalmaha fasaxa virtually-ahaan, gaar ahaan haddaadan si buuxda u tallaalneed.



Kuhay Yaraan

Marka ay dadka isu imaanaya si dhawaansho leh sii bataan, waxaa sii kordha halis ugu jirida COVID-19.



Ku kordhi Hawo qaadashada

COVID-19 wuxuu si sahan ugu faafaa meelaha gudaha ah sababtuna tahay jiritaanka wareeg hawo oo yar. Tani qaar ahaan waa run xilliga qaboobaha marka ay albaabyada iyo daaqadaha la xiro. Haddii aadan ku dabaaldegi karin goobaha banaanka ah, isku day inaad kordhiso wareega hawada adigoo furaya daaqadaha ama isticmaala nadiifiyeeyasha hawada.

Caafimaad ku jirida
gudaha
guriga ee

WAKHTIGA FASAXA



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Hel Tallaalka
COVID-19!



Hel Daaweynta
COVID-19!



Hel Baaritaanka
COVID-19!



Hel Tallaalka
Hargabka!



Is TALLAAL

Tallaalka COVID-19 waa ammaan, waxtar-lehm iyo lacag la'aan iyo loogu talinayo dadka da'da waaweyn iyo caruurta jira da'da 6 bilood iyo ka weyn. Tallaalka wali waa habka ugu wanaagsan ee aad naftaada uga ilaalin karto inaad jirato. Sidoo kale wuxuu ilaalinyaa dadka aad jeceshahay, gaar ahaan dadka da'da sii weyn iyo kuwa laga yaabo inay horeyba u jiran yihiin.



HEL TALLAALKA XOOJINTA

Tallaalka xoojinta ee COVID-19 ayaa hadda heli kara qof walba ee ah da'da 5 iyo ka weyn!

Ka hel tallaalka ama tallaalka xoojinta ee meel kuu dhaw barta
www.boston.gov/covid19-vaccine.



HA ILAABIN HARGABKA!

Qof walba oo ah da'da 6 bilood iyo wixii ka weyn waa inuu helaa tallaalka hargabka ee sanadlahaa ah. Hargabku wali waa walaac daran, gaar ahaan ku ah dadka waaweyn, caruurta yaryar, dadka uurka leh, iyo dadka qaba xaalado caafimaad.

Iyo waa HAA, wuu kugu dhici karaa COVID-19 iyo hargabka isku wakhti. War wanaagsan ayaa ah inaad qaadan karto tallaalka hargabka iyo kan COVID-19 isla wakhti, oo uu ka mid yahay tallaalka xoojinta.

IS BAAR

Samee baaritaanka COVID-19 ka hor iyo ka dib marka aad ka qayb-qaadato isu imaansho ama safar, gaar ahaan haddii laga yaabo inaad la kulantay ama aad la joogi doonto dadka da'da waaweyn ama dadka kale ee halis sii badan u leh COVID-19 daran.

Ka hel macluumaadka ku saabsan baraha baaritaanka iyo helida xirmada isku-baaritaanka guriga
www.boston.gov/covid19-tesing



RAAC TILMAAMAH ASSAASIGA AH

Dabool Afka iyo Sanka

Daboolo afka iyo sanka adigoo xiranaya maaskaro marka aad ku jirto meelaha gudaha ah iyo aad isticmaasho tiish marka aad qufacayso ama aad hindhisayso. Tani waxay kaa ilaalin kartaa durayga, hargabka, iyo sidoo kale COVID-19-ka iyadoo xadidaysa faafida dhibcaha neefta soo raaca.



Dhaq Gacmahaaga

Ku dhaq gacmaha saabuun iyo biyo socda oo nadiif ah ilaa iyo 20 ilbiriqsi inta badan, gaar ahaan ka dib marka aad isticmaasho musquusha ama inta aadan wax cunin ka hor. Tani waxay caawinaysaa ka hortaga faafida jeermiska keeni kara durayga, hargabka, iyo COVID-19.

