



AMARKA JOOGISTA GURIGA EE COVID-19 OO KOOBAN

Iyada oo gobolka Ohio weli dagaal lagula jiro coronavirus (COVID-19) ayuu Guddoomiye Mike Dewine ku dhawaaqay in Madaxa Wasaaradda Caafimaadka Ohio Dr. Amy Acton ay soo saarayso amar cusub oo lagu sii wadayo amarkii joogista guriga illaa 1da Maajo.

Amarka Ohio ee joogista guyuhu wuxuu markii hore hirgalay 23 Maarso wuxuuna oggolaanayay meheradaha daruuriga ah, sida dukaammada cuntada iyo farmashiyayaashu in ay sii furnaadaan. Dadka ka baxaya guryaha waa in ay u hoggaansamaan kala fogaanta bulshada ee la iska doonayo ugu yaraan 6 saamood in la isu jirsado marka la soconayo ama la adeeganayo. Kala fogaanta bulshadu waa in si kas ah loo kordhiyo bedka muuqda ee u dhexeeya dadka si loo baajiyo faafitaanka cudurka.

Dadka deggan gobolka waxaa loo fasaxay in ay hoygooda uga baxaan sababaha soo socda:

Caafimaad iyo Bedqab

- In la raadsado adeeg degdeg ah, doonashada agabka caafimaadka ama dawooyinka, ama booqashada dhakhtarka. Dadku waxay qabsan karaan hawlo ama fushan karaan dano daruuri u ah caafimaadkooda iyo bedqabkooda, ama caafimaadka iyo bedqabka qoyskooda ama xubnaha reerkooda (oo ay ku jiraan rabbaayaddu).

Adeegga Lagama Maarmaanka ah

- Dadka Ohio way doonan karaan adeegyada iyo agabka lagama maarmaanka u ah iyaga iyo qoyskooda ama xubnaha qoyskooda ama dadka aan ka bixi karin guriga ama in ay u geeyaan adeegyadaas iyo agabkaas dad kale. Waxaa adeeggaas ka mid ah raashinka iyo cuntada; iyo agabka reerku isticmaalo.
- Way doonan karaan adeegga iyo agabka ay ugu baahan yihiin si ay guriga ugu shaqeeyaan; qalabka gaadiidka (sida ganacsatada gaadiidka, alaabta gawaarida, qaybinta, dayactirka, iyo hagaajinta); iyo qalabka muhiimka u ah hawlaha bedqabka, nadaafadda, iyo habsamida degaanka.

Hawlaha Bannaanka

- Hawlaha bannaanka waa la oggol yahay, haddii dadku ay u hoggaansamaan amarka kala fogaanta bulshada. Waxaana ka mid ah socodka, buurfulka, orodka iyo baaskiilka. Dadku way tagi karaan jardiinooyinka dadweynaha iyo goobaha furan ee luga-baxsiga bannaanka. Garoommada ciyaarta dadweynuhu way xiran yihiin maaddaama ay kordhin karaan faafitaanka COVID-19.
- Dadku way ka bixi karaan guriga si ay u daryeelaan ama gaadiid ugu kaxeeyaan qof ka ah qoyska, saaxiib, ama rabbaayad guri kale jooga. Waxaana ka mid ah ka qaybgalka arooska iyo tacsida.



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Si lagaaga jawaabo wixii su'aal ah ee su ku saabsan COVID-19, soo wac 1-833-4-ASK-ODH (1-833-427-5634).

Faahfaahin dheeraad ah, fadlan booqo:

- <https://www.columbus.gov/coronavirus>
- <https://covid-19.myfcph.org/>
- <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Fadlan xusuuso in sida koowaad ee COVID-19 uu ku faafo ay tahay dhibco soo baxa marka qof caabuqa qaba uu qufaco ama hindhiso, ama dhibco candhuuf ah ama qoyaanka sanko. Waan yarayn karnaa halista qaadista haddii aan guriga joogno oo aan ku dhaqanno kala fogaansha bulshada. Wadajir baan u joojin karnaa faafitaanka COVID-19.

Waxaynu nahay Xaafado Badan oo ah, Columbus Mid ah. Guriga Joog, Dhowrsanow, Caafimaad Qab!