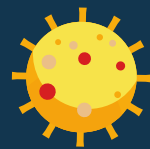




CVEID-19 (COVID-19)



Badbaadi naftaada iyo
kuwa aad jeceshahay

Gacan ka gayso ka hortagga faafitaanka cudurrada neef-mareenka sida CVEID-19

+ DHAQ GACMAHAAGA

Ku dhaq gacmahaaga saabuun iyo biyo diiran si joogto ah.



+ DABOOL QUFACA AMA HINDHISADA

Ku dabool qufacaaga ama hindhisadaada gacanta, ama istiraasho. Tuur istiraashada kadibna gacmahaaga dhaq.



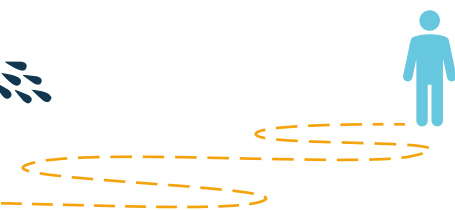
+ HA TAABAN

Ka fogow taabashada indhaha, sanko ama afka, gaar ahaan inaad ku taabato gacmaha aan la dhaqin.



+ KA FOGOW

Ka fogow inaad taabato ama u dhowaato dadka jiran.



+ GURIGA JOOG

Haddii aad isku aragto astaamaha neefsashada sida qufac ama qandho, guriga joog.



+ HEL CAAWIMAAD

Haddii aad isku aragto astaamaha CVEID-19 (qufac, qandho, neefta oo kugu dhacda), wac bixiyaha xanaanada caafimaadkaaga ama waxda caafimaadka deegaankaaga kahor intaadan raadsan daryeel.



MACLUUMAAD DHEERAAD AH

Raac Waxda Caafimaadka Dadweynaha ee California:

@capublichealth iyo www.cdph.ca.gov/covid19

