

## Liiska Tilmaamaha COVID-19 ee loogu talagalay Ganacsiyada/Loo shaqeeyaasha

### 10-ka Wax ee Aad sameyn Karto Si Aad ugu Diyaargarowdo COVID-19

Agaasimaha Ohio Department of Health Amy Acton, M.D., MPH, ayaa si adag ugu tallinaysa in dhamaan ganacsiyada/loo shaqeeyaashu ay si degdeg ah u qaadaan tallaabooyinkan:

- Si* Si joogto ugu dhiirigeli shaqaalaha jirran inay joogaan guriga ilaa iyo inta ay ka bogsanayaan xumada ama calaamadaha (iyadoon la adeegsan daawooyin) ugu yaraan 24 saacadood. Haka codsan inay kuu keenaan warqada dhakhtarka si aad u xaqiijiso xanuunka ama ay shaqaalaha la jirran cudurka hawo-mareenku kusoo noqdaan shaqada; xafiisyada dhakhatiirta iyo goobaha caafimaadka ayaa laga yaabaa inay aad u mashquulaan oo aanay awoodin inay u bixiyaan cadeymahaas si wakhtiga ku haboon.
- Si* Xaqiiji in xeerarkaaga fasaxyada jirradu ay cusbooneysan yihiin, isla markaana yihiin kuwo aan lahayn ciqaab si ay shaqaalaha jirran ugu saamaxdo inay joogaan guriga si ay u daryeelaan naftooda, carruurtooda iyo xubnaha kale ee qoyska. Tixgeli inaad ku booriso shaqaalaha inay maalin kasta sameeyaan is-qiimeyn si ay hubiyaan haddii ay leeyihiin wax calaamadaha COVID-19 ah (xumad, qufac, neef-yari, iwm.)
- Si* Shaqaalaha u muuqda inay leeyihiin calaamadaha jirrada hawo-mareenka ka dhex saar shaqaalaha kale uguna dir guriga si dhakhso ah. Xaddid soo galitaankooda ganacsiga ilaa iyo inta ay bogsanayaan.
- Si* Ku xooji fariimaha muhiimka ah — [joog guriga marka aad jirran tahay](#), Adeegso [anshaxa qufuca iyo hindhisada](#), iyo dhaqanka [nadaafada gacmaha](#) — dhamaan shaqaalaha, kuna dhaji waraaqo goobaha laga arki karo. Bixi agabka ka hortagga sida saabuun iyo biyo, gacmo nadiifiye, sooftiyada iyo weelka qashinka ee aan la taaban si ay u adeegsadaan shaqaalahu.
- Si* Si joogto ah u nadiifi meelaha inta badan la taabto sida, goobaha shaqada, marfashyada dushooda, biraha jaraan-jarooyinka, gacan qabsiga albaabada iyo gacmaha albaabada. Adeegso agabka wax lagu nadiifiyo ee inta badan loo isticmaalo meelahan isla markaana raac tilmaamaha ku yaala warqada. Bixi nadiifiyayaal la tuuri karo si meelaha inta badan la isticmaalo ay ugu nadiifiyaan shaqaaluhu kahor adeegsi kasta.

*Si* Ku talagal inaad beddesho dhaqanada ganacsi haddii loo baahdo in la sii wado shaqooyinka muhiimka (tus., aqoonsa qeybiyayaal kale, muhiimada saar macaamiisha, ama si ku meelgaar ah u jooji qeyb kamid ah shaqooyinkaaga).

*Si* Hirgeli xeerarka ay kamidka yihiin shaqeynta iyadoo la adeegsanayo taleefanka iyo shiftiyada kali-kalida ah si kor loogu qaado masaafada ay isu jiraan shaqaaluhu,

*Si* Tixgeli inaad joojiso safarada ganacsi ee aan muhiimka ahayn ee lagu tago wadamada kale sida ay dhigayso [tilmaamaha safarka ee CDC](#).

*Si* Jooji weelasha macmacaanka lagu rido isla markaana yaree wada-adeegsiga qalimada iyo qalabka goobta shaqada.

*Ilo dheeraad ah:*

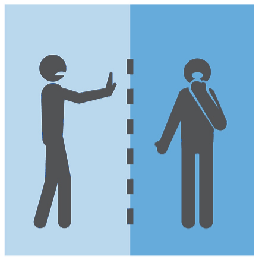
Hagida Ku Meelgaarka ah ee CDC ee Loogu Talagalay Ganacsiyada iyo Loo Shaqeyyaasha:

(<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>)

Macluumaadka COVID-19 ee Loogu Talagalay Ganacsiyada iyo Loo Shaqeyyaasha: (<https://www.tpchd.org/healthy-people/diseases/covid-19-information-for-businesses>)



JOOG GURIGA  
MARKA AAD  
JIRRAN TAHAY



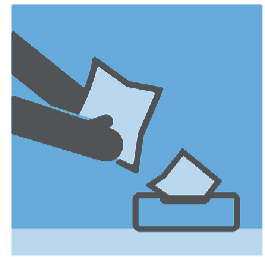
HA TAABAN  
DADKA JIRRAN



QAADO HURDO  
KUGU FILAN OO CUN  
CUNTOOYIN ISU-  
DHEELITIRAN



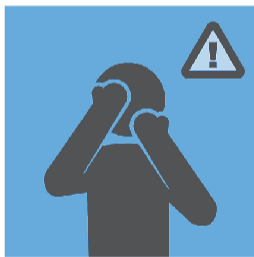
SI JOOGTO  
GACMAHA UGU  
MAYDH BIYO IYO  
SAABUUN (20  
ILBIRIQSI AMA WAX  
KA BADAN)



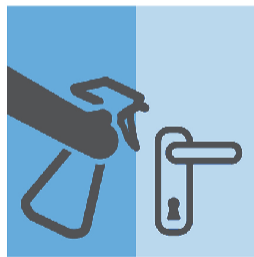
KU QALAJI  
GACMAHA TUWAAL  
NADIIF AH AMA  
HAWADA KU QALAJI  
GACMAHAAGA



KU DABOOL  
AFKAAGA SOOFTI  
AMA SUXULKAAGA  
MARKA AAD  
QUFACAYSO AMA  
HINDHISAYSO



HAKU TAABAN  
INDHAHAAGA, SANKAAGA,  
AMA AFKAAGA GACMO  
AAN NADIIF AHAYN AMA  
KADIB MARKA AAD  
TAABATO MEEL



SI JOOGTO AH U  
NADIIFI OO  
JEERMISKA KA DIL  
MEELAHA "INTA  
BADAN LA TAABTO"



WAC KAHOR INTA  
AANAD BOOQAN  
DHAKHTARKAAGA



SAMEE  
DHAQANADA  
NADAAFADA EE  
WANAAGSAN

Wixii macluumaad intaa dheer, booqo: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)