

Talo Soo Jeedinta Beeraha Bulshada

Beeraha Bulshada waa kumo muhim u ah bulshadeena

Beeraha Bulshada waa kuwo muhim noo ah, waxaa jira talaabooyin muhim ah oo aad qaadi kartaan si aad isugu daydaan in aad beerataan goobaha la idinkugu talo galay xilligan lagu jiro COVID-19.

Tilmaamaha Guud Ee La Raacayo Xaaladaha Degaanka

- Dadka xanuunsan waa in ay joogaan guryahooda.
 - Calaamadaha waxaa ka mid ah Qandho, Qufac iyo neefsiga oo ku adag qofka
- Ha ku qaban wax kulan ah, isu imaatinka bulshada, dad wada shaqeynaya oo ka badan 10 qof. Mar kasta waa in aad hubisaa in dadku kala fog yahay masafo dhan 6 dhudhun oo wareeg ah xilliga beerashada.
- Ka fikir meelaha ku haboon in dadku isugu soo ururo oo sidoo kale ka fikir sida dadka loo kala fageyn karo (6 dhudhun oo wareeg ah).
- La socodsii dadka beerta ka shaqeynaya waxyaabaha laga filayo si aad u habsio in qof kasta fahamsan yahay waxyaabaha la qabanayo.

Kala Fogaashaha waa in la kala fogaado masaafada loo baahan yahay

- Haddii ay suurogal tahay, xilliyada kala duwan u qeybiya dadka si loo kala ilaaliyo in ay isu yimaadaan. Haddii ay dhawr qof beerahooda ka shaqeynayaan, soo noqo mar kale.
- Isticmaal calaamado ama khad ama sharooto ka caawiya inta ay kala fogaanayaan oo kala fogaadaan 6 dhudhuh gudaha iyo dibadda beerta.
- Maamulaha beerta ama mas'uul kale hala socdo beerta oo ha xusuusiyo in dadku kala fogaado 6 dhudhun.

Nadiifnta iyo Isticmaalka Nadiifiyayaasha

Ha loo diyaariyo goob gacmaha lagu dhaqdo haddii ay suurogal tahay oo beeraleydu ha dhaqdaan gacmaha ka hor inta aanay gelin beeraha iyo ka dib marka ay ka tagayaan beeraha. Ha wadaagina gacmo gashiga.

Waa in la nadiifiyaa alaabada iyo goobaha la wadaago ka dib marka la isticmaalo iyada oo daawo lagu nadiifinayo, oo ay ka mid yihiin weelasha wax lagu qaado, qalabka la wadaago, qufulada, albaabada, tubooyinka biyaha, xargaha, gacan qabsiga albaabada, miisaska iyo meelaha la harsado.

- Haddii aadan isticmaali karin daawada wax lagu nadiifiyo, fadlan akhri [alternate disinfection guide](#) ee Waaxda Caafimaadka ee Minneapolis.

Gacmo gashiga iyo waxyaabaha kale ee dharka ka sameysan ee loo adeegsado beerashada waa in la dhaqaa, iyada oo la lu xira lana raacayo talo soo jeedinta shirkada sameeyey oo ah in biyo diiran lagu dhaqo haddii ay suurogal tahay. Qalaji alaabadaas gebi ahaanba

- Dharka wasaqda ee uu taabtay qof xanuunsan dharka kale waa la dhaqi karaa

Taxadar dheeraad ah, ayaa mar kasta loo baahan yahay

Ku raaxeyso xilliga beerashada iyo waqtiga aad dibadda ku qaadata. Saaxibadaada beeraleydaada ah kula xiriir internetka xitaa haddii aad kala fog tihiin

La Soco Xogtii U Dambaysay

Xog dheeraad ah oo ku saabsan gurmada Magaalada ee COVID-19, soo booqo minneapolismn.gov/coronavirus. Boggan internetka ah waxaa si joogta ah loogu soo bandhigaa doonaa macluumaadkii cusub. Su'aalaha la xiriira caafimaadka, iimeyl ahaan ugu soo dir COVID19@minneapolismn.gov ama soo wac 612-673-2301. Su'aalaha la xiriira beeraha bulshada caafimaadka, iimeyl ahaan ugu soo dir COVID19@minneapolismn.gov ama soo wac 612-673-2466.