

GAABUQA
COVID-19

LA YAAB!

MAXAA



DHACAYO?

Hadal caadi oo ku saabsan waqtiga cudurka safmarka ah

Waan fiicanahay.

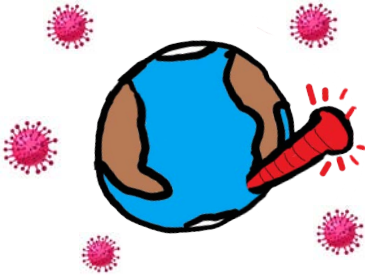
Qof walbo wuu fiican yahay.

Waa maxay sababta wax walbo si dhaqso ah isugu badalayaan?



Maxay dhammaan howlahan caabuqa korona ku saabsan yihiin?

Caabuq cusub ayaa adduunka ku faafayo.



Magaca rasmiga ee caabuqa waa **koronafayras 19** cusub ama COVID-19 marka lasoo gaabiyo.



“Novel” micnaheedu waa wuu cusuban yahay. Saynis yahanada hadda kahor maysan arkin.



“Corona” micnahiisa waxaa weeye wuxuu leeyahay geeso u eg madaxsaarka boqoradda marka lagu fiiriyo weynayso.

2019

“19” waxay ka micna tahay waxaa la ogaaday sanadka 2019 iyo adduunka idil ayuu ku faafay dadka marka ay safraayeen.

Calaamadaha guud waxaa ka mid ah:



Qandho



Qunfac qallalan



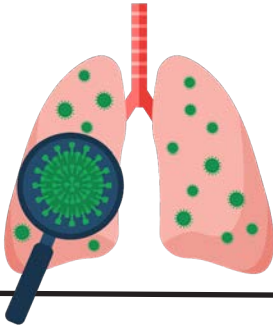
Dhibaatooyinka neefsiga

Hergabka waa fayras adduunkana ma xiro. Waa maxay sababta qof walbo ugu walwalsan yahay kani?

Fayrasyada kala duwan wax yaabo kala duwan ayeey sameeyaan. Tusaale, fayraska hergabka wuxuu ku dhagaa sanko iyo dhuunta.



COVID-19 wuxuu ku dhagaa **SANBABADA** halkaas oo uu ku tartamo si xowli ah.



COVID-19 wuxuu **ADKEEYAA NEEFSASHADA**. Sidoo kale wuxuu u daran yahay wadnaha.



Dadka difaacooda liito way ku adagtahay in ay iska difaacaan. Dadka da'da ah iyo dadka xaalado caafimaad qabo, caabuqa **COVID-19 WUXUU NOQON KARAA DILAA**.



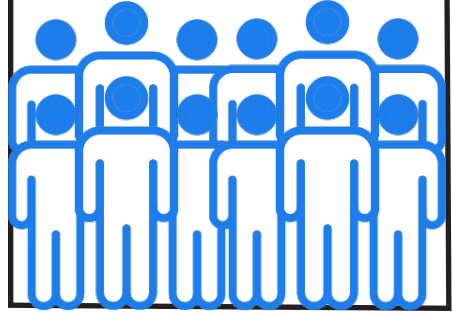
Xitaa haddii uu qof ka da' yar yahay oo caafimaad qabo, wali way qaadi karaan fayraska iyada oo aan wax astaamo ah lahayn dadka kale na xanuunka way u gudbin karaan. Iyagana sidoo kale way bukooni karaan.

Balse waa maxay sababta aan guriga u joogayo?

Sababtoo ah caabuqa COVID-19 wuu cusub yahay, saynis yahanada tallaal uma hayaan.



Taasna waxay fududaynaysaa dad badan in uu ku dhaco.



Talaal malahan, marka lagu daro dad badan oo cudurka qaba, waxay lamid tahay cadaadis adeegyada daryeelka caafimaadka.



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Ujeedada ugu weyn waxay tahay in caabuqa COVID-19 saamaynayo dhammaanteen waxaana noogala baahan yahay **IN AAN HAKINO FAAFIDDA CUDURKA.**



**Caawi hakinta
fiditaanka
caabuqa
COVID-19**

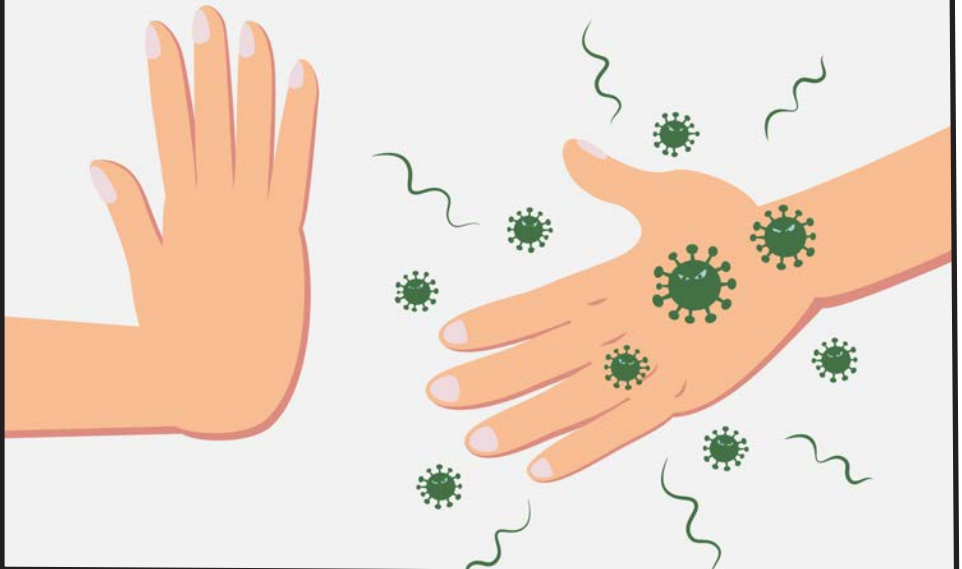
Dadka si xad dhaaf ah miyeey ugu falcelinayaan?



Maya. Tani ma'ahan falcelin xad dhaaf ah.

Sababtoo ah tallaaf malahan, dadkana way gudbin karaan fayraska ayagoon ogayn, **CAABUQA COVID-19 WUXUU SI AAD U FUDUD UGU AWOOD BADAN KARAA NIDAAMKA CAAFIMAADKEENA.**

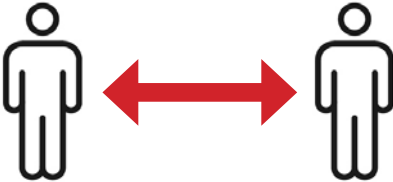
Waxaan u baahanahay in caawino **HAKINTA FIDITAANKA** si qof walbo u helo caawimo marka ay u baahan yihiin.



Qaabka kaliya ee lagu caawin karo hakinta fiditaanka waa **IN LA JOOJIYO DHAMMAAN KULAMADA IYO HOWLAHA** dadka ay isugu imaadaan...

WAA XIRNAY
CAABUQA
COVID-19 DARTIIS

Midba midka kale **HAKA FOOGAADO** marka aan banaanka u baxno...



Aana xaqiijino in aan **DHAQNO GACMAHEENA IYO SAGXADAHANA NADIIFINO.**



Haddii aan samaynin wax yaabahan, dad bandanna xanuunsadaan isku mar, majiri doonaan dhaqaatiir iyo isbataalo qof walbo ku filan.

**Waxaan dareemayaa in lii
ciqaabayo, iyo in xurriyadaydii
laiiga qaatay.**

**Majiro qof si gaar loo
beegsanayo in uu sidan
sameeyo.**

**Dhammaanteen waxaan baranaynaa sidii aan ula qabsani
lahayn isbadalkan aana u heli lahan qaabab cusuban oo aan
kuwada xiriirno.**

Si muuqaal ah u
wac ama fariin u dir
saaxibada iyo qoyska.

Isticmaal zoom ama
iskayb wadasheekaysiga
fidiyowga.

La xiriir kooxaha
onlaynka ah.

Onlaynka ku hel
buugaagta maktabadda
iyo warbaahintooda.

Ku daawo adeegyada
masaajidda si onlayn
ah.

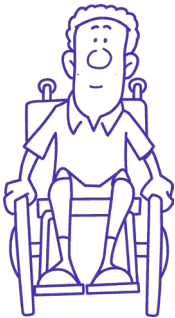
**Caawin ma u
baahan tahay?
Weeydii saaxibkaa,
qoyskaaga, ama
taageero weeydiso
adeeg bixiyaha si
uu kuu caawiyo.**

Ka waran haddii bixiyeyaasha daryeelkeygu aysan shaqeeyni karin ama u baahanahay caawimaad dheeri ah?

Haddii aad tahay macaamiisha Maamulka Naafada Koriinka (DDA) la xiriir maamulaha kiiskaada una sheeg sida wax u jiraan.



Meesha aan ka shaqeeyo waa laxiray. Maxaan hadda sameeyaa?



Fayraska dartiis, ganacsiga waa in la xiraa, marka laga reebo adeegyada daruuriga ah (cunto, farmashiga, iyo caafimaadka).

Haddii aad leedahay tabobare shaqo, shaqo kusiiyahaagana kuu sheegay in aadan shaqada imaanin, la hadal tabobarahaaga shaqada si uu kaaga caawiyo in aad fahantid saamaynta adiga kuu leedahay.

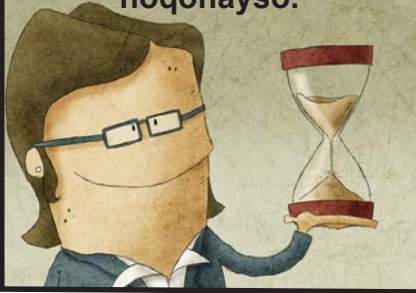
Wali ma heli doonaa gargaarkayga, sida caymiska amniga bulshada (SSI)

Haa. Wali waad heli doontaa jeegaaga billaha ah ee SSI / SSA. Xafiisyada Lambarka Bulshada ayaa loo xiray si fool ka fool ah, laakiin waxay wali wadaan shaqadooda. Haddii aad su'aalo qabtid, ka wac Lambarka Bulshada 800-772-1213.



Muddo intee la eg ayuu arrinkan socon doonaa?

Waqti ayeey qaadaneysaa inta noloshu caadi kusoo noqonaysa.



Halka wado ee lagula tacaali karo in aanan ogayn mudada arrinkan socon doono waa in aan diiradda ku saarno in aan ka shaqeysiino waxa aan manta haysano.



Waxaan haysanaa dad dadkale caawiya meelkasta—asxaabta, qoyska, deriska, adeegyada.

Waxaan haysanaa teknolojiyad na xiriiriso

Waxaan leenahay adkeysii iyo karti aan ku wajahno caqabadaha adag.

Waan kuwada jirnaa arrinkan dhammaanteen... wadajir.

Buugan yar ee hadalka caadiga ee ku
saabsan COVID-19 waxaa soo saaray
Wargelinta Qoysaska.



Wargelinta Qoysaska ayaa ah adeega
Gobolka Washington Gudigga Koritaanka
Naafada iyadoo lala kaashanayo
Maamulka Koritaanka Naafada ee Gobolka
Washington.

Mahad gaar waxay u sugnaatay
Ivanova Smith oo
farshaxanadooda la isticmaalay
lagana tashaday macluumaadka.



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