COVID-19 Xaqiiqooyinka caafimaad-qabka guri joogista

Aan Isu Imaano Inagoo Kala Fogaaneyno!

Si loo hubiyo inaan dhamaan heysano waxa aan u baahannahay si aan fayo-dhowr u qabno, waa inaan difaacsinaa qof kasta oo bulshadeena ka mid ah. Si loo daafaco caafimaadka dhamaan xubnaha bulshada Maine Xarumaha Kontoroolka Cuduradda (CDC) waxay ku talineysaa:

SAMEE

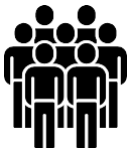
SAMEE inaad Guriga joogtid, marka laga reebo helitaanka baahiyaha aasaasiga ah ama ku jimicsiga dibada.

SAMEE inay 6 fuud idiin dhaxeyso adiga iyo kuwa aadan marna wada nooleen waqti kasta oo aad dibada joogto.

SAMEE inaad dukaanada tagto balse xadad booqashadaada.

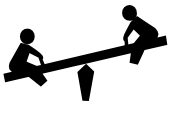
SAMEE inaad dibada tagto. Eygaaga socod u bixi, baskiilkaaga raac ama jimicso.

HA SAMEYN



Ha la soo uruurin kuwo kale ee aan kula nooleen – xitaa kooxa yar ama hal qoys oo kale.

Ha dheelin ciyaar kooxeed barxada ama lagu dheelo ama ha booqan garoomada.

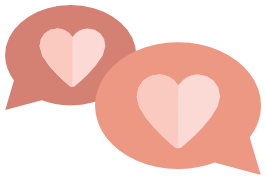


Ha u abaabulin carrurta xili ciyaareedyo ama u ogolaanin da'yarta inay la soo baashaalan saaxibadood.

Ha safrin ama ha isticmaalin gaadiidka dadweynaha haddii ay muhiim u tahay shaqo ama helitaanka baahi aasaasi ah mooyee.

Haddii aad xanuunsaneyso, SAMEE inaad guriga joogto oo wac daryeel bixiyahaaga caafimaad. Haddii aadan daryeel bixiya kowaad laheyn, wac 2-1-1 wixii macluumaad ah. Ha imaan rugta caafimaad ama cusbitaalka hadii aad xanuunsaneyso adigoo qof hor uula soo hadlin.

Kala Joogidda Micnaheedu Ma Ahan Kali Nima.



Si aad uula tacaasho welwelka inta lagu jiro cudurkaan baahay, adeegso xirfadha aad horay u isticmaashay si aad kaga gudubto caqabadaha noolasha. Waxaan dhamaan u baahan karnaa gargaar si aan kaga gudubno xiligaan. Tani ayaa ka dhignaan karto dalbashada gargaar dibadeed. La xiriir adeegyada bulshada ee la heli karo 24/7 ee dhamaan dadka ku nool Maine:

the Opportunity Alliance
Public Health Program

- Wac **2-1-1** wixii macluumaad iyo kheyraad ah. Riix 5 si aad turbaan luqad walbo u hesho.
- Wac "**Qadka Diiran" ee Maine 866-771-9276** wixii ka caawimaad cabsi, murugo, iyo farxad daro la xiriira.
- Wac **"Qadka Qalalaasoyinka" Maine 888-568-1112** wixii gargaar xaalad ba'an la xiriira.