



U soon oo ugu Dabaal dag Ramadaanka si Badqab ah inta Lagu jiro COVID-19

Qorshooyinka ay isugu imaanayaan qoysaska, masaajidyada, iyo moolalka dhaqanka ee salaadaha iyo ku afurka soonka ayaa markale dhacayo. Usu imaanshaha inta lagu jiro cudurka safmarka COVID-19 waa suurtoagal sannadkaan sababtoo ah helitaanka tallaalada, maaskara xirashada, baaritaanka, iyo wax badan. Tallaabooyinka waxay bixiyaan aasaaska illaalada looga hortagayo caabuqa COVID-19.

Qaababka looga illaaliyo nafsadaada iyo bulshadaada caabuqa COVID-19:



- **Is tallaal.** Iska hubi inaad wada qaadatay tallaadaada COVID-19, oo uu ka mid yahay tallaalkaaga xoojiyaha. Qaadashada tallaalka COVID-19 ma burineyso soonkaaga maadaama aanan loo tixgelin cunto ama cabitaan. Haddii ay suurtoagal tahay, ogow heerka tallaalka dadka isu imaanayo.



- **Xiro maaskaro markii lagu talliyo ama la laasimo.** Haddii aad joogtid aag ku sareeyo COVID-19 ee heerka bulshada, ku xiro maaskaro goobaha gudaha dadweynaha. Waxaad dooran kartaa inaad xiratid maaskaro xili walba. Ganacsiyada qaar, hay'adaha, ama goobaha lagu cibaadeysto ayaa weli ka codsan karo dadka inay xirtaan maaskaraha. Dadka halista sareeyo ugu jiro cudurka daran ayaa xiran karo maaskaro inta badan.



- **Dhaqo gacmahaaga inta badan.** Haddii saabuun iyo biyo aan la heleynin, isticmaal jeermisdilaha gacmaha taas oo ah ugu yaraan boqolkiiba 60% alkulo.



- **Isugu imaada meelo leh qulqul hawo wanaagsan ama qalabka hawo siiyaha.** Tan waxay noqon kartaa goobaha banaanka iyo meelaha leh qulqul hawo cusub ama qalabka hawo siiyaha heerka sareeyo.



- **Guriga joog haddii aad jiro dareemeysid ama lagaa helo baaritaanka.** Haddii aad aastaamo qabtid, hubi inaad isu baartid sida ugu dhaqsiiha badan ee suurtoagalka ah.

Ma dareemeysaa jiro? Iska hubi inaad raacdid tallooyinka caafimaadka dadweynaha ee ku saabsan:

- Illaa inta la joogayo guriga oo aad ka fogaaneysid dadka kale.
- Goorta la xiranayo maaskaro iyo nooca maaskaraha la xirto.
- Goorta lagala xiriirayo daryeel bixiyahaaga caafimaadka wax ku saabsan baaritaan iyo/ama daaweyn.
- Ka hel warbixin badan [Illaali Nafsadaada iyo Dadka kale: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/prevention.html\)](https://www.health.state.mn.us/diseases/coronavirus/prevention.html).