

Waxa Ay Tahay in La Sameeyo Ama Aan La Samayn Maaskaraha COVID-19 ee Ardayda

Samee tan marka aad xiranayso iyo iska saarayso maaskarahaaga.

Inta aanad gashan maaskaraha, ku dhaq gacmahaaga saabuun iyo biyo ama isticmaal nadiifiyaha gacmaha ee fasalka.

Maaskarahaagu waa inuu si fiican u daboolo afkaaga iyo sankaa.

Haddii uu maaskaruhu leeyahay waayir (xarig) bir ah, qalooci waayirka si uu u leekaado sanko dushiisa.

Waa muhiim inad isku daydo in aanad taaban xagga hore ee maaskaraha inta aad xiran tahay. Haddii aad is-leekaysiinayso, isticmaal qaybta dhagaha ama xarkaha danbe.

Haddii aad taabato maaskarahaaga, dhaq gacmahaaga ama isticmaal naadiifiyaha gacmaha ee fasalka.

Marka aad iska-saarayso maaskarahaaga, ha taaban xagga hore. Iska-saar maaskaraha adiga oo isticmaalaya qaybta dhagaha ku wareegsan ama xargaha ku wareejiisan madaxaaga.

Kadib markaad iska-saarto maaskaraha, dhaq gacmahaaga ama islamarkiiba isticmaal nadiifiyaha gacmaha.

Weydii macallinka marka ay sax tahay inaad iska saarto maaskaraha, sida biririfta ama marka wax la cunayo.

Dhagayso macallimiintaada si aad u ogaato meesha aad dhigayso maaskarahaaga marka aad iska saarto, si ay ammaan u ahaato inta aanad xirnayn.

Oo maaskaro nadiif ah u xiro dugsiga maalin kasta

Maaskarahaygu wu ku ilaaliyaa adiga oo maaskarahaaga ayaa i-ilaaya aniga.

Booqo health.mn.gov wixii macluumaad cusub ee laxiriira COVID-19.

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Mask Do's and Don'ts For Students (Somali)

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