

Caafimaad qab ku Joog Jiilaalkan

Qaad tallaabooyinka aad kaga ilaalinayso naftaada iyo kuwa aad jeceshahay hargabka, COVID, RSV, iyo fayrasyada kale!

1. Iska ilaali taabashada dhow.

Iska ilaali taabashada dhow ee dadka jiran. Markaad jiran tahay, ka fogow kuw akale si aad uga ilaaliso iyaga inay u jiradaan sidoo kale. Ka feker xidhashada maaskaraha aadka u tayada sareeya marka aad la joogto gudaha guriga dadka kale.

2. Guriga joog marka aad jiran tahay.

Haddii ay suuragal tahay, guriga joog kanajoog shaqada, dugsiga, hawlaha marka aad jiran tahay.

Tani waxay caawin doontaa ka hortagga ku faafinta jiradaada kuwa kale.

3. Dabool afkaaga iyo sanku.

Ku dabool afkaaga iyo sanku tiishka marka aad qufacaysi ama hindhisayso. Waxay ka mamnuuci kartaa kuwan hareerahaaga joogaa inay jiranaadaan. Jeermisku waxa uu ku faafaa dhibcaha yaryar ee ka yimaada dadka jiran ee qufaca, hindhisa, ama hadla.

4. Nadiifi gacmahaaga.

Dhaqida gacmahaagu inta badan waxay kaa caawin kartaa inay kaa ilaaliso jeermiska. Haddii saabuunta iyo biyaha aan la heli karin, isticmaal ku masaxa gacanta aalkooshu ku jirto

5. Iska ilaali taabashada indhahaaga, sanku, ama afkaaga.

Jeermiska waxaa la faafin karaa marka qofku taabto shay ku wasakhaysan jeermiska oo ka dib ay taabtaan indhahooda, sanku, ama afka.

6. Ku dhaqan caadooyinka wanaagsan ee kale ee caafimaadka.

Inta badan nadiifi oo jeermiska ka dib marka aad taabato oogoooyinka xaga guriga, shaqada, ama dugsiga, gaar ahaan marka qof uu jiran yahay. Hel hurdo kugu filan, jidh ahaan firfircoonow, maaree walbahaarkaaga, cab biyo badan, oo cun cuntooyinka nafaqada leh.

7. Is tallaal.

Hubso inaad qaadato tallaalka hargabka sanad kasta oo cusboonaysiiso tallaalkada COVID lagu taliyay.



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