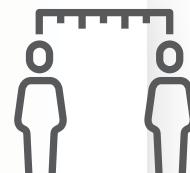
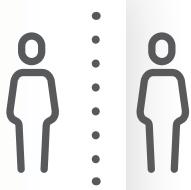


Sagaal Talaabo oo Hoos Loogu Dhigayo Qatarta Covid-19 ee Shaqaalahi Hilibka, Diyaarinta Digaaga, hilibka Doofarka iyo Xarumaha Baakadayntooda

Babdaadi adiga iyo dadka kula shaqeeya ee kugu xeeran. Qaad talaabooyinkan xitaa hadii aadan lahayn astaamaha Covid-19.

- 1** Joog guriga hadii aad xanuunsantahay.

 - 2** Joogtee ugu yaraan lix fiid masaafada udhaxaysa shaqalaha.

 - 3** Iska ilaali isku imaatin kooxeedyada inta lagu jiro nasashada shaqada xitaa hadii bananka lajoogo.

 - 4** Kadhib qayb qayb meesha wax soo saarka si loo hubiyo masaafada isku jirka.

 - 5** Iska ilaali wadaagista qalabka. Si joogto ah u nadiifi qalabka ay tahay qasabka in la wadaago.

 - 6** Istacmaal biyo iyo sabuun marka aad gacmaha dhaqayso.

 - 7** Xiro qalabka difaaca ee loogu talagalay nabadgalyada guud iyo sidii loo xadidi lahaa faafista fayraska.

 - 8** Wargali kormeerahaaga ama OSHA wixi kula soo gudboonada ee ku saabsan nabadgalyada caafimaad.

 - 9** Iska ilaali baabuurta shaqada hadii ay suurto gal tahay.

- Noqo qof lasocdo arimaha caafimaad ee bulshada. Wixii macluumaa dheeri ah, booqo www.osha.gov/coronavirus or call 1-800-321-OSHA (6742).



Waaxda Shaqaalahi, amniqa shaqada iyo maamulka caafimaadka ee Mareykanka

1-800-321-OSHA (6742)
TTY 1-877-889-5627