



# MIYAAD KU DADAALAYSAA INAAD BIXISO KIRO, ALaabta, Iyo Bilal Kale oo ku xidhan COVID-19 Pandemic?

Barnaamijka Caawinta Kireynta Degdegga ah ee Wisconsin (WERA) wuxuu ku caawiya qoysaska u-qalma ilaa 12 bilood oo gargaar ah oo loogu talagalay lacag-bixinta hadda iyo / ama daahitaankii:

- Bixinta kirada
- Tamarta iyo tamarta guriga

## MA UQALMAA?

Reerkaagu wuu u qalmi karaa haddii ugu yaraan hal ama in ka badan shaqsiyaad:

- Uqalmay shaqo la'aanta, la kulantay hoos udhac dakhliga reerka, ama uu galay qarashyo waawayn ama loolan dhaqaale sababo cudurka faafa ee COVID-19
- Wuxuu halis ugu jiraa in laga saaro.
- Waxay leedahay dakhli qoys oo ku yaal, ama ka hooseeya, boqolkiiiba 80 dhexdhedaadka gobolka.

## SIDA LOO CODSADO

La xiriir Hay'adda Waxqabadka

Bulshada ee deegaankaaga

BOOQO: [wiscap.org/wera](http://wiscap.org/wera)

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Halkan ka hubi  
dakhligaaga:



<http://bit.ly/WERACMIs>