

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

Samee tan marka aad xiranayso iyo iska saarayso maaskarahaaga.

Ka hor inta aanad xiran maaskaraha, ku dhaq gacmahaaga saabuun iyo biyo ama isticmaal nadiifiyaha gacmaha ee fasalka.

Maaskarahaagu waa inuu si ku dhagan u daboolo afkaaga iyo sankaa.

Haddii uu maaskaruhu leeyahay silig bir ah, qalooci siliga si uu ula ekaado sanko dushiisa.

Waa muhiim inad isku daydo in aanad taaban maaskarahaaga inta aad xiran tahay. Haddii ay tahay inaad hagaajiso, isticmaal qaybta dhagaha ama xarkaha danbe.

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

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

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

Weydii macallimiintaada marka ay caado tahay inaad iska bixiso 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 aadan xirnaayn.

Oo maaskaro nadiif ah u xiro dugsiiga maalin kasta

Maaskarahaygu wu ku ilaaliyaa adiga maaskarahaagana wuu i-ilaaya aniga.

Booqo health.mn.gov wixii macluumaadka ugu dambeeyay ee COVID-19.

Minnesota Department of Health
Communications Office
PO Box 64975
St. Paul, MN 55164-0975
651-201-4989
health.communications@state.mn.us
www.health.state.mn.us

09/04/20

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

Si aad xogtaan ugu hesho qaabab kale, wac: 651-201-4989