



The Commonwealth of Massachusetts  
Xafiiska Hawl fulinta ee Caafimaadka iyo Adeegyada  
Aadamaha  
Waaxda Caafimaadka Dad waynaha  
250 Washington Street, Boston MA 02102-1610

CHARLES D. BAKER  
Maamulaha

KARYN E. POLITO  
Ku simaha Badhasaabka

MARYLOU SUDDERS  
Xogahaya :

MARGRET R. COOKE  
Guddoomiyaha

Telefoonka: 617-624-6000  
[www.mass.gov/dph](http://www.mass.gov/dph)

## LA TALINTA KU SAABSAN DABOOLIDA WEJIGA

### La talintan waxaa la cusboonaysiiyay laga bilaabo Maarso 1

Waaxda Caafimaadka Dad waynaha (Department of Public Health) waxay ku dhiirigelinaysaa dhammaan dadka degaanka ah ee u qalma inay is tallaalaan oo ay aad la socdaan tallaalada COVID ay ku jiraan marka loo qalmo garoojooyinka xoojinta. Tallaalku weli waxa uu yahay ka ilaalinta ugu waxtarka badan ee ku lidka ah jirada khatarta ah, cusbitaal dhigida, iyo dhimashada.

Aqoonsashada in Massachusetts ay tahay hogaamiyaha qaranka aqbalaada tallaalalka, iyo la xidhiidhinta tilmaamaha horumarka wanaagsanaa ee dhawayd ee COVID-19, Waaxda Caafimaadka Dad waynaha (Department of Public Health) hadda waxay ku talinaysaa in qofka sida buuxda loo tallaalay uu xidho maaskaraha iyo daboolka wejiga marka uu joogo gudaha guryaha (maaha gudaha gurigooda) haddii aad leedahay nidaamka difaaca jidhka dafiicka ah, ama haddii aad khatar kordhaysa ugu jirto cudurka darran sababtoo ah da'daada ama xaalada qarsoon ee caafimaad, ama haddii qof qoyskaaga ah uu qabo nidaamka difaaca jidhka daciifka ah, uu khatar kordhaysa ugu jiro cudurka daran ama aanu tallaalnayn,

Xusuusin ahaan, waxaa jira xaalado badan oo gelin kara qof khatarta u saraysa ee cudurada darran, macluumaadka xaaladahan waxaa laga heli karaa websaydka Xarumaha Xakamaynta Cudurka iyo Ka hortaggah<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>. Dhakhtarkaaga daryeelka koowaad waxa uu kugula talin karaa haddii aad ku jirto khatar kordhaysa.

Shakhsiyaadka aan si buuxda loo tallaalayn, waa muhiim inaad sii wado xidhashada daboolka wejiga ama maaskaraha si lagaaga caawiyo ka hortaggah inaad ku faafiso COVID-19 dadka kale.

Shakhsiyaadka looga fekeri inay yihiin xidhiidhka dhow ama kuwa laga helo cudurka waa inay raacaan [hagitaanka go'doominta iyo karantiimada](#) oo ay ku jiraan xidhashada maaskaraha gudaha goobaha dad waynaha ilaa 5 maalmood oo dheeraad ah ah ka dib marka ay ka baxaan go'doominta ama karantiimada maalinta 5, iyaddoon loo eegin heerka tallaalalka.

Dhammaan dadka ku nool Massachusetts (iyaddoon loo eegin heerka tallaalalka) waxaa looga baahan yahay inay sii xidhnaadaan daboolada wejiga goobaha qaarkood, ay ku jirto qaar ka mid ah gaadiid raaca iyo xarumaha daryeelka caafimaadka. Laga bilaabo Febraayo 25<sup>th</sup>, CDC in dheeraad ah uma baahna maaskarooyinka in lagu xidho basaska dugsiga ama baabuurta lagu qaado carruurta ee ardayda K-12 iyo carruurta ku jirta barnaamijyada daryeelka ilmaha. Waaxda Dugsiga Hoose iyo Dugsiga Sare

\*DESE) iyo Waxbarashadda Hore iyo Daryeelka (EEC( waxay ilaa markaa cusboonaysiiyay hagitaankooda. Fadlan ka arag [www.mass.gov/maskrules](http://www.mass.gov/maskrules) wixii ah liiska dhammayska tiran ee goobaha halka daboolka wejiga ay waajib weli yihiin laga bilaabo maayo 29, 2021.

Markaad xidhato daboolka wejiga ama maaskaro maro ah, waa inay:

- Noqotaa maaskaraha ugu tayada sareeya taas oo raaxo leh oo waxaad u xidhan doontaa si joogta ah.
- Si fiican kuu leekaataa laakiin si raaxo leh oo ku lid ah dhinaca wejiga.
- Ku dheganaadaan xadhko ama marada dhegta sudhanta.
- Ku dar lakabyo badan oo dun ah.
- U oggolow neefsashada xayiraad la'aan, oo
- Awood u yeelo in la maydho oo mashiinka lagu qalajiyo iyaddoon waxyeelo la gaadhsiiin ama la beddelin qaabka.

Macluumaadka dheeraadka ah, fadlan tixraac CDC bogga: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html> La talintan waxayy ku salaysan tahay xogta kaydka caafimaadka dad waynaha iyo hagitaan dheeraad ah oo ka yimid CDC.