

Naftaada iyo dadka kaleba ka ilaali inay xanuunsadaan

Gacan ka geyso joojinta faafidda cudurrada COVID-19, iyo RSV:



IS TALLAAL

La soco tallaalada caabuqyada ee u eg hargabka, COVID-19, iyo RSV si aad uga hortagto xanuun daran.



DHAQ GACMAHAAGA

Si joogto ah saabuun iyo biyo diirran ugu dhaq gacmahaaga, ama isticmaal gacmo nadiifiyaha leh ugu yaraan 60% aalkolo.



DABOOL HINDHISADAADA IYO QUFFACAAGA

Dabool afkaaga markaad qufaceyso ama hindhiseyso. Isticmaal masar mise galagoyska suxulka, ha isticmaalin gacmahaaga.



XIRO AFDABOOL HADDII AAD U BAAHATO

Xiro maaskaro inta aad ku jirto gudaha guriga iyo meelaha dadku ku badan yahay haddii aad xanuunsantahay, ama haddii adiga mise qof qoyskaaga kamid ah aad khatar ugu jirto xanuun daran.



IS BAAR

Is baar haddii aad isku aragto astaamaha Baaritaanka hargabka iyo COVID-19 ayaa laga heli karaa farmashiyeyasha iyo rugaha caafimaadka ee bulshadaada.



IS DAWEE

Haddii lagaa helo caabuqa, kala hadal dhakhtarkaaga isla markiiba wixii ku saabsan dookhyada daawaynta.



GURIGA JOOG

Guriga joog markaad xanuunsan tahay. Joogista guriga waxay kaa caawinaysaa ka hortagga faafidda xanuunka.



WAX BADAN KA BARO
mass.gov/StopTheSpread

