



Naftaada ka ilaali, qoyskaaga, iyo bulshadaada COVID-19.

Is tallaal oo la soco tallaalka u dambeeya.



Ilaalinta ugu fiican ee ku lidka ah COVID-19 waa inuu cusboonaado tallaalka COVID-19. Taas macnaheedu waxa weeye in si buuxda loo tallaalo iyo helida xoojiyaha. Dadka sida buuxda loo tallalaay aad uma dhici karto inay bukoodaan ama faafiyaan fayraska sababa COVID-19 gaar ahaan haddii ay. Wax badan ka ogow mass.gov/CovidVaccine

Is baadh.



Baadhitaanka COVID-19 si aad u ballaadhan ayaa loo heli karaa, ay ku jiraan baadhitaanada degdega ah xaga guriga. Is baadh haddii aad leedahay astaamaha. Wax badan ka ogow mass.gov/GetTested

Hel daawaynta.



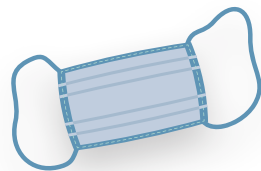
Haddii cudurka lagaa helo, si toos ah ula hadal dhakhtarkaaga waxa ku saabsan doorashooyinka daawaynta loo heli karo dadka leh astaamaha degen ilaa astaamaha dhexdhexaadka ah. Ka baro wax badan mass.gov/CovidTreatments

Guriga joog marka aad jirran tahay.



Joogida gurigu waxay caawisaa ka hortagga faafida jirada.

Maaskaraha xidho haddii aad u baahan tahay.



Wax badan ka ogow mass.gov/MaskUpMA

Ka daar MassNotify Telefoonkaaga casriga ah.



MassNotify waa agabka digniinta magaca la qarinayo ee shaqayso si ay ugu digto isticmaalayaahsa la gaadhiisyay COVID-19. Wax badan ka ogow mass.gov/MassNotify

Dhaq gacmahaaga.



Ku dhaq gacmahaaga inta badan saabuun iyo biyo diiran. Ama isticmaal nadiifiyaha gacmaha oo ugu yaraan 60% ay aalkolo tahay.

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Waaxda
Caafimaadka
Dad waynaha
Massachusetts

