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OGEYSIIS KU SAABSAN DABOOLKA WIJIGA IYO MAASKARADA MARRADA

La Casriyeyay Luulyo 30, 2021

Ogeysiiskan waxaa la casriyeyay laga bilaabo Luulyo 30, 2021.

Bishii Luulyo 27, 2021, Xarumaha Kantaroolka iyo Ka Hortagga Cudurka (Centers for Disease Control and Prevention) waxay soo saareen tilmaan la casriyeyay oo ku saabsan isticmaalka daboolka wijiga iyo maryaha maaskarada ee sida buuxdo u isticmaalaan dadka laga talaalay COVID-19. Talaalka COVID-19 wuxuu u shaqeyaa si wanaagsan iyo qof kasta oo xaq u yeesha iyo ka shaqeeya, wax ka barta ama daggan Massachusetts waxaa lagula tallinaa in uu isla talaalo.

Tilmaanta la casriyeyay ee CDC waxay ku sii socotaa in ay sheegto in dadka sida buuxa loo talaalo in ay, guud ahaan, ku soo noqon karaan hawlaha ay ku lug lahayeen ka hor inta uusan dilaacin cudurka iyagoo aan haysanin maaskaro ama iyagoo aan kala fogaanin 6 cag, marka laga reebo meelaha ay dalbadaan sharciyada dawladda federaalka, gobolka, deegaanka, qaanuunada ama xeerarka. Hase ahaatee, si looga jawaabo faafidda nooca Delta dhawaanahaan, tilmaanta la casriyeyay ee CDC waxay ku tallisaa in xattaa dadka sida buuxa loo talaalay qaataan maaskaro ama wiji daboolka marka ay ku sugan yahiiin gudaha haddii ay jiraan qodob kale oo halis ah.

Marka la fiiriyo macluumaadka CDC, iyo si loo kordhiyo in dadka u baahan laga badbaadiyo nooca Delta, Waaxda Caafimaadka Dadweynaha (Department of Public Health) waxay ku tallisay in dadka sida buuxa u talaalan loo baahan yahay in ay qaataan maaskaro ama wiji dabool marka ay ku sugan yahiiin gudaha (ee ma aha marka aad joogtid gurigaada) haddii aad siistemkaada difaaca uu liito, ama haddii aad ku sugan tahay halis badan in uu kugu dhaco cudur xun taasoo ugu wacan da'daada ama xaalad caafimaad oo la socoto, ama haddii siistemka difaaca qof ka tirsan reerkaada uu liito, uu yahay qof weyn aan la talaalin.

Bixiyahaada daryeelka caafimaadka wuxuu kaala tallin karaa haddii aad ku sugan tahay halis badan. Macluumaadka laga helo CDC ee ku saabsan xaaladaha laga yaabo in ay ku geliyaan halis badan waxaa laga heli karaa halkaan: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>.

Qofka waxaa loo talaalaa si buuxsan labo todobaad kaddib marka la siiyo qiyaasta labaad ee labada qiyaas, sida talaalka Pfizer ama talaalka Moderna, ama labo todobaad kaddib marka la siiyo talaalka halka-qiyaas, sida talaalka Janssen ee Johnson & Johnson. Hase ahaatee, haddii qof

si buuxdo loo talaalay uu muujiyo calaamadaha, waa in la baaro iyo waa in uu qofka qaato daboolka ilaa laga helo natiijadaha ka soo baxo baaritaanka.

Dhamaan dadka ku sugan Massachusetts (iyadoo aan la fiirin xaaladda uu ku sugan yahay talaalkooda) waxaa laga rabaa in ay sii wadaan in ay qaataan daboolka wjijiga marka ay ku sugan yahiin xaaladaha qaar, sida gaadiidka iyo dhismooyinka daryeelka caafimaadka. Fadlan fiiri www.mass.gov/maskrules si aad u heshid liis dhamaystiran oo ku saabsan meelaha uu waajib ka yahay wjijiga daboolka laga bilaabo Maajo 29, 2021.

Dadka aan si buuxdo loo talaalin, waxaa muhiim ah in ay sii qaataan daboolka wjijiga ama maaskaro si looga ilaaliyo in ay dadka kale ku faafiyaan COVID-19. Dadka aan muujinin calaamadaha cudurka waxay weli awood u leeyahiin in ay faafiyaan COVID-19.

Dadka aan si buuxdo loo talaalin, CDC waxay kula tallisaa waxa soo socdo:

- In ay qaataan daboolka wjijiga ama maaskarada daboosha sanko iyo afka.
- In ay 6 cag ka fogadaan dadka kale aan la dagganeen.
- In ay iska ilaaliyaan meelaha dadka ku badan yahiin iyo meelaha hawada ku yar tahay
- In ay in badan saabuun ka dhaqaan gacmahooda. In ay isticmaalaan nadiifiyaha gacanta haddii aan la heli karin saabuun iyo biyo.
- In la baaro haddii ay ku dhawadeen ama haddii ay qabaan calaamadaha la xariira COVID-19.

Marka aad qaadatid maaskaro ama marada maaskarada, waa in aad:

- Si fiican oo dabaacsan ugu dhajisid dhinaca wjijiga,
- Ku qabatid dunta ama dunta dhagaha laga daba mariyo,
- Ka buuxisid safaf meryo badan,
- U ogolaatid neefsi adigoo aan cariirinin, iyo
- In aad dhaqi kartid kaddibna ku qalajin kartid mashiinka adiga aan haleynin ama baddalin qaabka.

Si aad u heshid macluumaad badan, fadlan tixraac CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

Waa la baddali karaa ogeysiiskan taasoo ku saleysan xogta caafimaadka dadweynaha iyo tilmaamaha dheeraadka ee laga helo CDC.