

Hawlaha Bulshada ee Badqabka ah

Dooro hawlaha badqabka ah si aad gacan uga geysato kahortagga faafitaanka COVID-19. Tixgeli talooyinkan caafimaadka fayadhowrka ee soo socda marka aad dabbaaldega fasaxyada iyo kulamada la qaadaneysa dadka kale.

Haddii aad si dhameystiran tallaalka u qaadatay, dhammaan hawlaha waa kuwa halis yar u leh in laga qaado oo lagu faafiyo COVID-19. Haddii aadan si dhameystiran tallaalka u qaadaniin, talaabooyin qaad si aad u yareyso halistaada adiga oo:

- Is tallaalaya
- Dadka kale ka fogaanaya 6 fuud
- Xiranaya maaskaro
- Guriga dibbadiisa dadka kula kulmaya
- Iska ilaalinaya isku imaanshaha dada badan

Tixgeli halista



Halis yar

- Martigelinta casho onlayn ah ama kulanka cashada iyo ciyaaraha
- Kula kulmida guryaha dhexdooda saaxiibada iyo qoyska la tallaalay
- Kula kulmida saxiibada jardiinooyinka



Halis badan

- Kula kulmida guryaha dhexdooda saxiibada la tallaalay iyo kuwa aan la tallaalin
- Aadida filim daawashada ama booqashada matxafka
- Kula cashaynta saaxiibada aan tallaalinayn barxada makhaayada



Halis aad u badan

- Aadida baarka ama makhaayadaha dadka badan ee gudaha loo galo
- Xaadirida riwaayad ama munaasabad kale oo wayn oo dad badan oo dibadda lagu qabto
- Aadidda safar caalami ah

Wixii warbixin dheerad ah, ka boqo [CDC: Xulashada Hawlaha Bulshada ee Badqabka ah](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html) (www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html).

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