

Fayruska Corona iyo xanuunkeeda oo uu keeno COVID-19, waxey bedeshay nolosha sida aan u ognahay Mareykanka. Waxaa jira jaahwareer ku saabsan wixii la sameyn lahaa marka uu hergab jiro ama calaamadaha fuluuga sidaad daradeed wargelintan waxey ku siineysaa aqbaar siyaado ah.

Tan ugu horeysa, qof kasta waa inuu gurigiisa jooga inta badan ee suurtageli karta maadaama aad qabi karto fayruska aadna weli laheyn wax calaamado ah. Tani waxey ka difaaceysaa qof kasta inuusan ku dhicin ama u gudbin fayruska dadka kale. Dhaq gacmahaaga nadiifi/tirtir meelaha badan oo la isticmaalo sida miisaska, meelaha albaabka laga furo, telefoonka iyo furayaasha/botomada kombiyuutarka.

Uureyda/uur leedahay, waayeelka iyo dadka aad u jiran ee qoyskaaga ka mid ah waa kuwa ugu qatarta badan! Waa inaad ka fikirtaa qorsheysaana sidii aad u ilaalin laheyd. Apartameetooyinka yar iyo guryaha meesha dadku eey la wadaagaan qolol dad kale, waxey noqon kartaa in la weydiyo saaxiibka caafimaad ka qabo in eey xanaaneeyaan haddi qof gurigaaga joogo uu jiran yahay. Horey u qorsheeyso arintan.

### **Haddii aad wax yar xanuunsantahay:**

Haddii duuf kaa socdo ama aad hindhiseyso tan si fudud waxey noqon kartaa hergab ama allergis. Guriga jog, is go'doomi/xarey inta badan ee aad awoodid si aad u difaacdo /ilaaliso waayeelka iyo jiranaha qoyskaaga ama beeshaada. Fayruskan wuxuu ku fidaa dhibcaha qoyan oo sankaa ka imanaya ama marka aad qufacdo ama hindhisto. Sidaad daradeed waa inaad ku hindhistaa gacan gashigaaga ama tishu/waraaq, si aadan u fidin fayruska. Gacmaha oo la dhaqaa aad ayey muhiim u tahay.

### **Haddii aad u jiran tahay:**

Haddii aad yeelato qandho, qufac, iyo duuf wac dhaqtarkaaga xafiiskiisa weydiina inaad la hadasho kalkaaliyaha caafimaad oo kuu sheegi doona waxa aad sameyn laheyd. Haddii eey kuugu cusub tahay nefshada oo ku dhibta, qaasatanhaddii aad uur leedahay, aad ka weyn tahay 60 sano, ama aad leedahay cudurada daba dheeraada sida wadnaha, sambabada, kilyaha ama shaqada beerka oo yar wac rugtaada caafimaad qorsheysana in lagu arki doono. Aad xarunta gurmada ama wac 911 haddii aadan neefsan Karin.

Ha aadin rugta caafimaad ama waaxda gurmada ilaa aad la hadasho qof ka tirsan rugta/ xafiiska dhaqtarkaaga. Xafiiska dhaqtarkaaga waxaa laga yaabaa in eey kaa baaraan/ fayruska isla markaana ku siin doono tixraac ku saabsan sidii lagu baari lahaa. Wac King County Coronon virus xarunteeda wacitaanka si aad u ogaato meesha aad u tagi baaritaanka kana wac at (206) 477-3977 ka 8AM-7PM maalin kasta . Waa inaad tiraahdo "Somali" si eey u fahmaan in aad u baahan tahay turjubaan.

### **Waxaan ka fikirayaa beeshaada**

Fayruskan wuxuu wareegi waqti. Ka fikir dadka beeshaada, dariskaaga iyo asxaabtaada. Yaa nool keligiis? U diyaar garow in aad is caawintaan. Beesha isku duubnideeda xoogan waxey naga caawin ka gudubka marxaladan adag.

The Corona virus, and the disease it causes known as Covid-19, has changed life as we know it in the United States. There is a great deal of confusion about what to do in the event of cold or flu symptoms and so this announcement is to give you more information.

First of all, everyone should stay home as much as possible since you can have the virus and not yet have symptoms. This protects everyone from getting or passing the virus to others. Wash hands and wipe frequently-used surfaces such as counters, door knobs, phone, computer keyboards.

Your pregnant, older and sicker family members are the most at risk! You should be thinking and planning for protecting them. In small apartments or houses where they share rooms with others it may mean asking healthy friends to care for them if someone in your home is ill. Plan this in advance.

If you are a little sick:

If you have runny nose and sneezing this could simply be a cold or allergies. Stay home, isolate yourself as much as possible to protect your older and sicker family and community members. The virus is spread by droplets from your nose and when you cough or sneeze. Therefore, you should sneeze into your sleeve and/or use tissues, so you don't spread the virus. Hand washing is important.

If you are really sick:

If you develop fever, cough, and runny nose **call your Doctor's** office and ask to speak to a nurse who will tell you what to do. If you have new shortness of breath, especially if you are pregnant, over 60, or have chronic diseases such as heart, lung, kidney, or liver impairment call your clinic and plan on going to be seen. Go to the Emergency Department or call 911 if you can't breathe.

Do not go to the clinic or Emergency Department unless you have talked with someone at your doctor's clinic. Your doctor's office may want to test you for the Corona virus and give you instructions about how to get tested. Call King County Coronavirus Call Center about where to go for testing at (206) 477-3977 from 8AM-7PM every day. You will need to say "Somali" so they understand you need an interpreter.

### Thinking About Your Community

This virus will be around for a while. Think about those in your community, your neighbors and friends. Who is living alone? Be ready to help one another. A strong sense of community will carry us through a difficult time.