

# Badbaado ahow, caafimaad qab, tallaalka joogtee.



Ilmahaado badbaadi adigoo u dhamaystiraayo tallaalka waqtiga lagu guda jiro cudurka COVID-19. Rugaha caafimaadka way isbadaleen si ay ammaan ugu noqdaan in ilmahaada helo tallaalka uu u baahan yahay.

Inkastoo uusan jirin tallaalka looga hortagi karo COVID-19 haddana, aqbaarta ugu wanaagsan ayaa ah in tallaalladu carruurta ka difaaci karaan 14 cudur oo kale oo khatar ah. Daahinta ama seegidda tallaalkadu waxay ilmahaada, qoyskaaga iyo bulshadaada halis ugalin karaan cuduradan. Tallaalka ilmaha waqtiga looga talo galay waa habka ugu wanaagsan ee aad ku badbaadin kartid.

Kala hadal dhakhtarka ilmahaada, kalkaalisada ama rugta caafimaadka talaalada ilmahaadu ubaahan yahay inuu caafimaad qabo, waydiina talaabooyinka badbaadada ee rugta caafimaad si aad u badbaadiso qoyskaaga marka aad booqato rugta caafimaadka.

**Doorarka ciyaar: badbaado ahow, caafimaad qab, tallaalka joogtee.**

## Adeegyada

- Ma u baahan tahay in lagaa caawiyo in aad heshid dhaqtar ama adeegyo caafimaad oo kale? Wac numbarka **Help Me Grow Washington** ee ah: **1-800-322-2588**.
- Ma hubtid in ilmahaadu tallaalkadu u dhamaystiran yihiin? Halkan ka hel diiwaankooda tallaalka oo bilaash ah: **[wa.myir.net/register](http://wa.myir.net/register)**
- Wixii macluumaad oo dheeraad ah iyo adeega ku saabsan tallaalka waqtiga lagu guda jiro cudurka COVID-19, booqo: **[immunitycommunitywa.org](http://immunitycommunitywa.org)**

*“Waxaa nagula xaadiriyay telefoon anagoo joogna bannaanka rugta caafimaadka kadibna waxaa si toos naloo galiyay qol, kasoo la nadiifiyay markii aan baxnay kadib. Waxay ahayd kalsooni in aan aragno dhammaan tallaabooyinka uu qaaday xafiiska si uu noo badbaadiyo.”*

*– Hooyo dhashay wiil 14 bilood jir ah*