



Utah Wejigeeda Halista Yar

Waa maxay macnaheedu iyo maxaad sameyn kartaa?



U gudbaya huruud/jaalle

Dadaalada Utah ee ay ku joojineyso fiditaanka COVID-19 way shaqeynayeen. Helitaanka wax cusub oo caadi ah dhakhso ma ahan sida wareejinta iswijka, waxay noqon doontaa in si tartiib tartiib ah loogu socdo. Sii wad inaad raacdoo borotokoolka caafimaadka dadweynaha ee Khatarta Yar (huruuda) si aad u joogtayo hore u socodka iyo si looga hortago in dib loo soo noqdo.

Shakhsiyadka halista badan leh waxay ku shaqeeyaan amarro adag maxaa yeelay waxay aad ugu dhowdahay inay aad ugu bukoodaan COVID-19.

Tilmaamaha guud:



Kulamada bulshada ee kooxo 50 ah iyada oo la ilaalinayo kala fogeynta bulshada.



Joogtee kala fogaanta bulshada ee goobaha bulshada.



Daboolida wejiga waa in la xirtaa marka kala fogaanshaha bulshadu ay adag tahay in la joogteeyo.



Hubinta calaamadaha kahor tartamada isboortiga ee kooxda ama carbiska.



Iskuulada K-12 sida la filayo dib ayaa loo furi doonaa sanad dugsiyedka 2020/2021.



Barkaduhu waxay ku furan yihiiin kaliya kala fogaanshaha bulshada.



Masaafada 6 fuudh oo u dhaxeya kooxaha reeraha munaasabadaha & meelaha lagu madadaasho.



Kala qeybsanaanta u dhaxeysa kooxaha qoysaska, jadwalada kulamada badan ee shirarka yaryar iyo adeegyada toos u sii daynta haddii la doorbido.



Tilmaamaha guud ee ganacsiyada:



Dhammaan meheradaha ayaa furan oo qaadanaya taxaddar macquul ah.



Adeegga wax ku cunista/cabbista goobtu waxay furan tahay marka kala fogaanshaha bulshada iyo tallaaboooyinka nadaafadda ee habboon lagu dhaqmo.



Dhiirigeli qabanqaabooyinka shaqada ee la bedbeddelayo, raac tilmaamaha nadaafadda, oo sii wad kala fogaanta bulshada ee goobta shaqada.

Shakhsiyadka Khatarta Sare Kujira:

- Daboolida wejiga waxay ku xirantahay meelaha talaaboooyinka kale ee kala fogaynta bulshada ay adagtahay in la joogteeyo
- Safar kasta, isticmaal taxaddarrada ku habboon; ka fogow meelaha khatarta sare leh
- Guriga ka soo shaqee haddii ay suurtagal tahay, haddii kale, joogtee 6 fuudh masaaafada ahaan
- Markaad booqaneysid asxaabtaada ama qoyskaaga, xiro weji daboolida markii masaaafadu 6 fuudh ka yar tahay
- Xaddid isdhexgalka jireed ee lala yeelanayo shakhsiyadka kale ee khatarta sare ku jira, marka laga reebo xubnaha reerkaaga ama gurigaaga
- Is dhexgalka bulshada ee kooxaha 20 ama ka yar ee dadka ka baxsan gurigaaga ama hoygaaga
- Yaree booqashooyinka cisbitaalada, guryaha daryeelka, ama xarumaha kale ee daryeelka deegaanka

Caruuerta:

- Joogtee kala fogaanta bulshada ee goobaha bulshada.
- Dhamaan caruuerta calaamadaha xanuunka leh waa inayna aadin xanaanada caruuerta, waxaana loo diri doonaa guriga hadii ay muujiyaan astaamo
- Xaddid isdhexgalka caruuerta ee caruuerta kale ee dadweynuhu goobaha ay joogaan (tusaale, qalabka garoonka ciyaarta)

Ka raadi tilmaamo faahfaahsan oo loogu talagalay shaqsiyaadka iyo ganacsiyada halkan Coronavirus.Utah.gov

