

Cudurka Korona Fayras 2019 (COVID-19)

Masaafu Isku Jirsashada

Waa maxay masaafu isku jirsashada

- Masaafu isku jirsashada waxaa laga wadaa kala fogaanshaha iyo xaddidaada howlaha ka baxsan guriga.
- Markii aad banaanka ka joogtid gurigaaga, waxaa laga wadaa ka fogaanshaha ugu yaraan 2 mitir (ama 6 fiit) ka baxsan dadka kale marwalba oo suurtoagal ah.



Onleen ka noqoshada guriga

- Ku shaqey guriga, haddii ay suurtoagal tahay.
- Kala soco saaxibada iyo qoyska dhinaca taleefonka, fariinta degdega ama sheekada fiidiyaha.
- Taariiqaha ciyaarta martida dalxiiska ama u kaxeeynta carruurtaada safarka dalxiiska matxafka.
- Ku isticmaal waqti aqrinta, ciyaarida geemamka boorka iyo daawashada filimo.
- Taageer darisyada dareemi karo walaac ama gooniyeyn waqtigaan adiga oo ugu xirmayo gabi ahaan ama si baaxad.



Haddii ay tahay inaad ka tagtid gurigaaga

- Aadista dukaanka bagaashka, farmashiga iyo bangiga kaliya markii ay muhiim tahay oo xadey inta jeer.
- Isticmaal adeegyada gaarsiinta halka suurtoogalka ah. Markii aad qaadeysid cunto ama qoraalka daawada, xili horay soo wac si markaas laguugu diyaariyo markii aad imaatid. Isticmaal kaarka inaad ku bixisid, haddii ay suurtoagal tahay.
- Dariska iyo saaxibada wanaagsan ee dhoola cadeyn la jirto, gacan haadinta, madax raaricin ama madax luxida.
- Haddii aad shaqeyneysid, kala hadal walaacyo walba ee ku saabsan masaafu isku jirsashada ee la jiro badroonigaaga ama kormeeraha.
- Ku safar gaari ahaan, baskiil ama lugey, halka suurtoogalka ah. Haddii aad u baahantahay inaad raacdid gaadiidka bulshada, isku day inaad safartid inta lagu jiro saacadaha aan mashquulka aheyn oo qaado safaro gaaban.
- Xadey tirada dadka saaran wiishka.
- Ku jimicso guriga ama banaanka, laakin ma ahan la jiritaanka koox.
- Aad ku lugeynta xariga xayawaankaaga guriga ama u ka xeeb canugaaga lugeynta xaafada, adiga oo joogteynayo ka fogaanshaha baaxada dadka kale.
- Marwalba ku nadiifi gacmaha jeermislaha gacmaha alkulada ku saleysan, ama saabuun iyo biyo markii aad guriga ku soo laabatid.

Waxyaabaha laga fogaado



Safarada aan muhiimka aheyn ee ka baxsan gurigaaga



Hab siinta iyo gacmo ka salaamida



Dadka badan ama isku imaanshaha



Booqashada saaxibada



Wadaagista cunto iyo maacuunta



Ka qeybgalka howlaha kooxda ama ciyaaraha



Booqashada goobaha caanka ah



Taariiqaha ciyaarta, xafladaha iyo soo dhaxitaanka

Masafo isku jirsashada iyo caafimaadka maskaxdaada

Masafo isku jirsashada waxay carqaladeysaa jadwaladeena bulshada caadiga ah. Inta lagu jiro waqtiyada aan la hubin iyo isbadelka, caadi ayay u tahay dadka inay walaacaan. Haddii aad bilowdid inaad ogaatid astaamaha niyad jabka ama rajo la'aanta ee nafsadaada ama qaraabada, fadlan caawin raadi. Hel taageero haddii aad u baahantahay inaad hadashid.

- [Take Care of Yourself and Each Other](#)
- [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#)

Masafo isku jirsashada, markii lagu daro nadaafada gacmaha ku haboon iyo adaabta qufaca, waxay muujisay inay xaddido faafida COVID-19. Haddii aad is karantileysid sababtoo ah waxaad qabtaa astaamaha COVID-19 ama laga yaabo inay ku gaareen COVID-19, see [Shaqsi ahaan la isu Karantiilo](#).

Wax ka baro fayraska

COVID-19 waa fayraska cusub. Wuxuu ku faafaa dhibcaha neefsashada ee qofka jirran ee ku aadan dadka kale oo ay la yeeshaan taabasho dhow sida dadka ku nool isla qoyska ama daryeelka bixiyo.

Waxaad sidoo kale ka geli kartaa warbixinta ugu dambeyso ee COVID-19 oo mareegta Wasaarada Caafimaadka Ontario: ontario.ca/coronavirus.

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Ontario 

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