

# Tallaabooyinka goobaha lagu cibaadaysto

## Hordhac

Wa muhiim in goobaha lagu cibaadaysto iyo maamulayaashu in ay ogaadaan cudurka COVID-19 ino ku dhex faafi karo, iyo tallaabooyinka laga qaadanayo cudurkan sida dadka halista u ah uga badbaadi karaan. Goobaha lagu cibaadaysto wa in ay raacaan [Workplace Guidance for Business Owners](#). Maamulka goobaha lagu cibaadaysto, bulshada ha ugu adeegaan iyagu xeerinaya kala fogaansha. Xaruma cibaadada wa inay raacaan shuruucda udagsan wasaaradda caafimaadka guud, ka dib inay ku dadaalaan sidii ay bulshada ugu adeegi lahaayeen iyagu tixgalinaya dadka cudurkan halista u ah.

## Yaraynta khatarta COVID-19

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| <b>Badbaadada dadka iyo maamulaha goobaha lagu cibaadaysto</b> | <ul style="list-style-type: none"><li>• Shaqaalaha, Martida iyo maamulaha wa inay isticmaalaan Baadhista nafhaaneed ee laga heli karo websaydka <a href="#">self-screening tool</a> inta aanay imaan xarunta cibaadada.</li><li>• Udiyaari bulshada adeego kala duwan si ay ufulin karaan cibaadada kuna tala gal kala fogaanshaha bulshada ku koob dadka tiro 50 qof ama ka yar.</li><li>• Shaqaalaha, martida iyo maamulaha wa inay heli karaan xogta iyo sida looga badbaadi karo cudurka COVID-19.</li><li>• Ku dadaal in aad waraaqo iyo boostaro (signs) kala fogaanshaha bulshada fasiraya uso ban dhigtid dadwaynaha.</li><li>• Kul walba wa ino kala fogaanshaha bulshadu ka dhaxeeya dadka guri kaliya iskula daganayn.</li><li>• Shaqaalaha, martida iyo maamulaha way xidhan karaan maaskiga (marada afka iyo sanko lagu xidhto), laakiin shardi ma aha hadii la dhaqan galiyo kala fogaanshaha bulshada.</li><li>• Caruurto wa inay la socdaan waalidkooda ama dadka ka masuulka ah, barnaamijyada caruurta ama xanaaneynta lama ogola.</li><li>• Dadka isku guri aan isla daganayn wa in la xasuusiya kala fogaansha bulshada ku dhaqankeeda markay ku noqonayaan gawaadhidooda ama guryahooda.</li><li>• Ka fikir in aad labo qoys iso keento oo ku dhaqmaan kala fogaansha bulshada oo boos udhaxeysiin usamayso kuna dayasho mudan.</li></ul> |
| <b>Maamulka iyo Shaqaalaha</b>                                 | <ul style="list-style-type: none"><li>• Wa muhiim maamulaha iyo shaqaalaha goobaha cibaadada inay taageeraan hawl galka ka hor taga ku saabsan COVID-19.</li><li>• Shaqaalaha wa inay helaan macluumaadka iyo taba baridda khusaysa kala fogaanshaha bulshada iyo habka nadaafadeed.</li><li>• Shaqaaluhu wa inay xidhtaan qalabka la isku ilaaliyo kana tirsan marada afka iyo sanko lagu xidhto, marada la xidhto iyo gacan gashiga ama goloofiska (PPE), hadii aanay awoodin inay iso dhaxeysiyaan masaafo 2mitir.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Xarumaha</b>                                                | <ul style="list-style-type: none"><li>• Kaantarool ama xaddid so galitaanka xarumaha.</li><li>• Safka ama kiyooqa dadka markay galaan wa in la xasuusiya kala fogaansha. Calaamadna loo dhigaa sida looga ilaaliyo is ciriirinta.</li><li>• Ururado wa inay ku koobaan so galitaanka meel kaliya, una sameeyaan bixidda meel kale oo ka gaar ah.</li><li>• Gacan-nadiifinta alkaahoolka ku jiro 60% (hand sanitizer), wa in laga helaa irridda laga so galayo iyo ta laga baxayo, iyo gudaha xarunta.</li><li>• Xasuusi dadka inay gacmaha iska dhaqaan markay so galayaan iyo markay baxayaan.</li><li>• Ku dadaal hormarinta habka nadaafadeed ee xarunta, qaybta socdaalka ku badan yahay, qaybta bulshadadu isugu timaadu iyo musqulaha ama suuliga.</li><li>• Si joogta ah unadiifi jeermiskana uga dil meelaha bulshadu taabato badanaa sida, irridda, nalka (laydhka) meesha laga shido, qasabadaha iyo gacan qabsiyada.</li><li>• Xarumaha wa in ugu yaraan mar la nadiifiya jeermiskana looga dila inta idhaxaysa adeegyada.</li><li>• Fadhiga bulshada wa in la calaamadeeya si loo dhaqan galiyo kala fogaanshaha.</li></ul>                                                                                                                                                                                                                        |

# Tallaabooyinka goobaha lagu cibaadaysto

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|                                              | <ul style="list-style-type: none"><li>Barnaamijyada udagsan goobaha cibaadada wa in la joojiya hadii aan la fulin karin xadidaadda iso imaashaha.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Munaasabadaha dhaqameed ama diineed</b>   | <ul style="list-style-type: none"><li>Lama qaybin karo raashinka karsan iyo cabitaanka.</li><li>Wa in la iska ilaaliya is taabashada sida salaanta ama alaaab iso dhiibidda.</li><li>Lama ogola iso tagga ama is raacida bulshada (casho, qado).</li></ul>                                                                                                                                                                                                                                                                                                         |
| <b>Heesidda</b>                              | <ul style="list-style-type: none"><li>Lama ogola heesida sababto ah dadka cudurka qaba waxay ku faafin karaan neefta ama candhuufta markay heesayaan.</li><li>Wali lama xaqiijin masaafada loo jiri karo qofku hadu heesayo si aanu cudurko ufaafin, hasa yeeshee ku dadaal hadii hal qof ka badan heesayaan in ay kala jeestaan ama wax loo dhaxaysiiyo lagana ilaaliyo dadka halista u ah cudurkan iyo dadka da'doodu dhaaftay 65 sano.</li><li>Hadii dadka heesayaa guri wada dagan yihiin looma baahna in lakala fogaysiiyo ama wax loo dhaxaysiiyo.</li></ul> |
| <b>Adeega gaadhiga</b>                       | <ul style="list-style-type: none"><li>Adeega gaadhiga ado ku jira lagu qaban karo waxaa loo sameenaya meel ugaar ah, sharuudahana wa in la fuliyaa:<ul style="list-style-type: none"><li>Maamulku wa in ay lahaadaan tallaabooyin xadidaysa inay dadku gawaadhida kaso degaan.</li><li>Gawaadhidu wa inay iso jiraan 2 mitir.</li><li>Udiyaari musqul ama suuli, si joogta ah unadiifi jeermiskana ka dil.</li><li>Dadka uga so dega gaadhiga siday musqusha ama suuliga u isticmaalaan, dadka kale ha ujirsadaan 2 mitir.</li></ul></li></ul>                     |
| <b>Taageeridda Xaaladda Caafimaadka guud</b> | <ul style="list-style-type: none"><li>Si loo helo dib uraac keesaska ama xaaladaha cudurkan kuso kurdha, magacyada dadka xarunta imaanaya qor.</li><li>Si joogta udiyaari diiwaanka ama liiska laga heli karo magacyada iyo sida loola xiriiri karo shaqaalaha iyo dadka xarunta ku xidha.</li></ul>                                                                                                                                                                                                                                                               |