

Farriintani waxaa iyada oo ah Ingiriisi, Af-Ruushka, Simplified Chinese, Soomaali, Isbaanish iyo Vietnamese la soo geliyay :

<https://www.oregon.gov/dhs/SENIORS-DISABILITIES/DD/Pages/messages.aspx>

Noofambar 2, 2021

Ku socota: Daryeel Bixiyayaasha iyo Hawl wadaagayaasha  
Ka socota: Lilia Teninty, Agaasimaha, Xafiiska Adeegyada Naafanimada Koriinka (ODDS)

Ujeedada: Raacista shuruudaha looga baahan yahay badbaadada

### How to protect yourself and others from COVID-19

#### How it spreads

- The virus spreads from person to person mainly through respiratory droplets an infected person makes when they cough, sneeze or talk.
  - Droplets can land in mouths or noses of people who are nearby – within about six feet.
  - COVID-19 may spread from people who do not show symptoms.
- The virus **may** also spread by touching surfaces or objects that have the virus on them.
- It does **not** spread easily between animals and people.

#### Everyone should take these prevention steps

- Get vaccinated
- Wash hands often for at least 20 seconds with soap and warm water. If you cannot use soap and warm water, use hand sanitizer (60-95% alcohol content).
- Cover coughs and sneezes with elbow or tissue. If you use a tissue, throw the tissue away and wash your hands right away.
- Do not touch your face.
- Stay at least six feet away from people who you do not live with.
- Wear a cloth, paper or disposable face covering when you go out. A face covering may help stop the spread of the virus as more people are out and about.

#### Clean and disinfect surfaces that you often touch.

Do so daily. These surfaces include:



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Farriintani waa is xasuusin loogu talagalay daryeel bixiyayaasha ODDS kaasi oo ku saabsan raacista shuruudaha iyo tilmaamaha badbaadada, nadaafadda, iyo qalabka shakhsi ahaan la isku ilaaliyo (PPE).

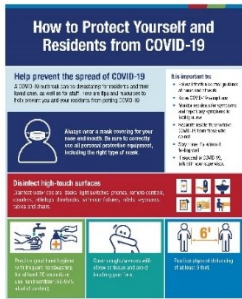
Dhammaan shaqaalaha daryeelka bixiya iyo shaqaalaha taageerada shakhsiyeed waa in ay raacaan tilmaamaha badbaadada, nadaafadda ee ku habboon, oo xirtaan PPE.

Xirmada, “Dadka La taageerayo ee ka tirsan Goob Bulsho oo Ruqsad leh ama La aqoonsan

yahay Inta lagu jiro COVID-19: Oo ah xirmo loogu talagalay Goobaha La degan yahay iyo Bixiyayaasha Xarumaha Daryeelka Dadka” waxaa laga helayaa internet-ka’. Waxaa sidoo kale jira [tababarka dhanka internet-ka oo lacag la’aan ah](#) oo ku saabsan xakameynta infekshanka oo ka socda Hawl-wadaagayaasha Daryeelka Oregon oo loogu talagalay daryeelka guriga dadka waayeeleka ah iyo daryeel bixiyayaasha guryaha koox ahaanta loo degan yahay. Macluumaad faahfaahsan oo loogu talagalay goobaha la degan yahay 24-saacadood iyo guriga ilmaha lagu koriyo ayaa sidoo kale ku jira [Tilmaamaha Shaqaalaha ee Dib u furitaanka ee ODDS](#).

CDC ayaa sidoo kale haysa [tilmaamo gaar ah oo la raacayo iyo waxyaabo](#) loogu talagalay daryeel bixiyayaasha guryaha koox ahaanta loo degan yahay iyo shaqaalaha.

Macluumaadka loogu talagalay shaqaalaha taageerada shakhsiyeed ee ku saabsan qiimeynta PPE ayaa ku jira farriinta wax gudbinaysa ee [APD-IM-20-041](#). Tilmaamo gaar ah oo la raacayo oo loogu talagalay shaqaalaha bixinaya daryeelka shakhsi ahaaneed ee guriga-dhexdiisa ayaa sidoo kale laga helayaa [internet-ka](#).



Ugu dambeyntii, ODDS, ODHS iyo OHA ayaa haya warqado macluumaad wata ‘flyers’ oo sawirro leh oo ku saabsan [Sida Naftaada iyo Dadka Degaanka Looga Ilaaliyo COVID-19](#) iyo sidoo kale warqad macluumaad wadata ‘flyer’ oo guud oo loo yaqaan [Sida Naftaada iyo Dadka Kale Looga Ilaaliyo COVID-19](#).

Waad ku mahadsan tahay wax kasta oo aad sameyso si aad u xaqiijiso caafimaadka iyo badbaadada, oo ay ku jiraan raacista nadaafadda iyo borotokoolada PPE.

Si Daacadnimo leh,

A handwritten signature in black ink that reads "Lilia".

Lilia Teninty  
Agaasimaha  
Xafiiska Adeegyada Naafanimada Koriinka

*Farriintii Agaasimihii hore ee ODDS ayaa laga heli karaa*  
<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/messages.aspx>

*Nagala soco Facebook @oregonDHS.IDD ama twitter @OregonODDS oo wax ka ogow website-keena.*

Waxaad heli kartaa dokumentigan oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso. Xafiiska Adeegyada Naafanimada Koriinka ee Oregon kala xiriir 503-945-5811. Waan aqbalnaa wicitaanada nooc kasta leh ee adeegyada gudbinta farriimaha ee loogu talagalay Dadka dhagaha la, dhagaha la'-indhaha la', maqalku ku adag yahay ama qaba naafanimada dhanka hadalka. Wixii macluumaad dheeraad ah ee ku saabsan bixiyayaasha adeegyada gudbinta farriimaha booqo [www.oregonrelay.com](http://www.oregonrelay.com) ama [www.fcc.gov/encyclopedia/trs-providers](http://www.fcc.gov/encyclopedia/trs-providers).