**Naftaada ka ilaali, qoyskaaga, iyo bulshadaada COVID-19.**

**Is tallaal oo la soco tallaalka u dambeeya**

Ilaalinta ugu fiican ee ku lidka ah COVID-19 waa inuu cusboonaado tallaalada COVID-19. Taas macnaheedu waxa weeye in si buuxda loo tallaalo iyo helida xoojiyaha. Dadka sida buuxda loo tallalaay aad uma dhici karto inay bukoodaan ama faafiyaan fayraska sababa COVID-19 gaar ahaaan haddii ay qaateen mudditaankooda xoojiyaha ah.

Wax badan ka ogow **mass.gov/CovidVaccine**

**Is baadh.**

Baadhitaanka COVID-19 si aad u ballaadhan ayaa loo heli karaa, ay ku jiraan baadhitaanada degdega ah xaga guriga. Is baadh haddii aad leedahay astaamaha.

Wax badan ka ogow **mass.gov/GetTested**

**Hel daawaynta.**

Haddii cudurka lagaa helo, si toos ah ula hadal dhakhtarkaaga waxa ku saabsan doorashooyinka daawaynta loo heli karo dadka leh astaamaha degen ilaa astaamaha dhexdhexaadka ah.

Ka baro wax badan **mass.gov/CovidTreatments**

**Guriga joog marka aad jirran tahay.**

Joogida gurigu waxay caawisaa ka hortagga faafida jirada.

**Maaskaraha xidho haddii aad u baahan tahay.**

Wax badan ka ogow **mass.gov/MaskUpMA**

**Dhaq gacmahaaga.**

Ku dhaq gacmahaaga inta badan saabuun iyo biyo diiran. Ama isticmaal nadiifiyaha gacmaha oo ugu yaraan 60% ay aalkolo tahay.

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Waaxda Caafimaadka Dad waynaha Massachusetts