



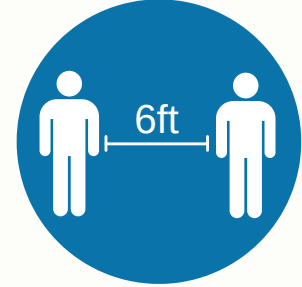
### Ma dareemaysa jirro? Joog guriga

Ha booqanin jardiinada haddii aad jirran tahay, aad leedahay calaamadaha COVID-19, ama aad halis badan u tahay jirrooyinka.



### Dhaq gacmahaaga

Dhaq gacmahaaga kahor iyo kadib booqashada jardiinada. Soo qaado gacmo-dhaqe oo iskajir taabashada meelaha sagxadaha.



### Ilaali kala fogaanshaha 6 fuudh (6ft)

U jirso ugu yaraan 6 fuudh isticmaalayaasha jardiinada ee aan ka mid ahayn qoyskaaga. La wadaag marrinka oo u-dig kuwa kale markaad dhaafayso.



### Maya waxqabadyada kooxaha

Ha abaabulin ama ha ka qaybgelin waxqabad kooxeed ama koox dad ah oo aan ka mid ahayn qoyskaaga.



### U-diyaargarow

Adeegyada qaar iyo meelo kale ayaa xidhan ama isbeddelay. Tag onlayn ama na soo wac wixii cusboonaysiin ah ama macluumaad.



### Dhagayso khubarada

Ogow oo raac hagitaanka hadda ee caafimaadka dadweynaha. Ka fiiri websayd yada CDC iyo Wasaaradda Caafimaadka hagitaanadii ugu danbeeyays.