

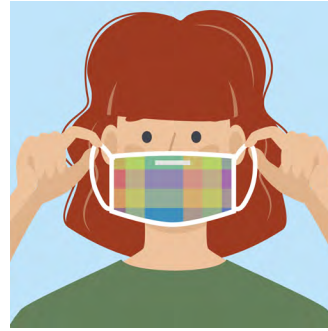
Sida Qaab Amaan ah Loogu Xidho Maaskaro



Talaabada 1: Dhaq ama daawada jeermiska disha mari gacmahaaga.



Talaabada 2: Xaqiiji in qaybta kore ee maaskaradu ay ka korayso sanka salkuna uu ka hooseeyo garkaaga.



Talaabada 3: Saar maaskarada dusha sankaaga iyo afkaaga kahor intaadan xargaha gashan dhagaha ama aadan madaxa ku xiran.



Talaabada 4: Toosi maaskarada si uu ugu daboolo sanka, afka, iyo garka si buuxda.



Talaabada 5: Qaybta sare ee maaskarooyinka qaar ayaa la laabi karaa. Ku riix farahaaga qaybta sare ee maaskarada si aad ugu dhajiso aaga sankaaga.



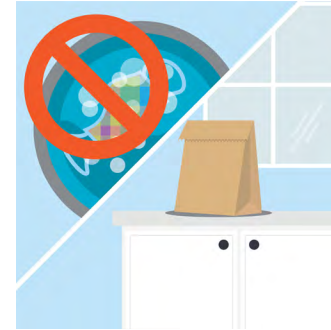
Talaabada 6: Ha taaban maaskarada intaadan xiran tahay. Balaari geesaha dhagaha ama xariga madaxa haddii aad u baahan inaad is le'ekaysiiso.



Talaabada 7: Adeegso xargaha dhagaha maaskarada ama xariga madaxa si aad iskaga bixiso maaskarada. Ha taaban afka hore ee maaskarada.



Talaabada 8: Dhaq maaskarada marada ah ee aad dib u isticmaalasyo. Iska tuur kuwa la tuuri karo.



Talaabada 9: Haddii aad markale xiranayso maaskaraha N95/KN95, ku kaydi bac. Ha dhaqin.



Talaabada 10: Farxalo ama daawada jeermiska mari gacmahaaga markale.

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STAY SAFE MN

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