

Tusaale: CDC / Alissa Eckert & Dan Higgins

# Ilaalinta Badqabka iyo Caafimaadka Shaqaalaha

## Xanuunka Karoonafayras 2019 (COVID-19)

*Isticmaalka tilmaamta OSHA/CDC si  
loo ilaaliyo shaqaalaha markaan  
goobta shaqada keeno onlaayn*

*shaqaalaha, oo ay ku jiraan kuwa marhoeeba shaqeynaayey (marka laga reebo shaqaalaha caafimaadka, shaqaalaha xaaldaha degdega ah, iyo kuwa kale ee mar hore loo tababaray xakameynta caabuqa, ilaalinta shakhsiga/taxadirka guud), waa in ay dhameystiraan, shaqaaleysiiyayaashuna waa in ay qoraan, tababarkani shuruudaha badqabka iyo caafimaadka ee khasabka ah, ama tababar kale oo buuxiya ama ka badata tababarkan ay bixisay VOSHA Maay 4, 2020.*

# Waa maxay Karoonahan cusub?

- Fayrasyada karoonaha waa qoys fayrasyo ah kuwaas oo ku sababa xanuun dadka. Fayraska karoonaha wuxuu ku dhex wareegaa xayawaanada, oo ay ku jiraan geelaha, lo'ada, iyo bisadaha.
- SARS-CoV-2, todobaad ee la ogaaday oo keena COVID-19, waxa loo maleynayaa in kaga yimid xayawaanada si uu u bilaabo ku dhicista binaadamka.

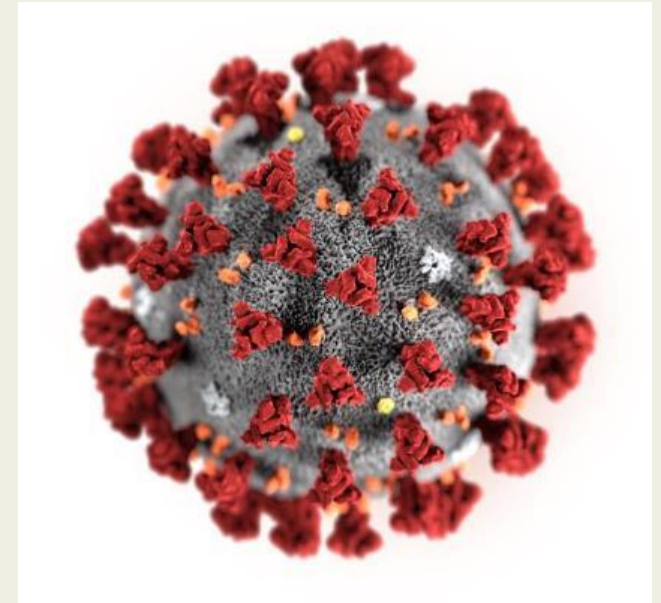


Illustration: CDC / Alissa Eckert & Dan Higgins

# Waa maxay xanuunka karoonaafayras 2019 (COVID-19)?

- COVID-19 waa xanuun ku dhaca neefsiga oo qofba qof uga gudbaya. Fayraska sababa karoonaafayras waa karoonaaha cusub ee markii ugu horeysay la aqoonsaday intii lagu jiray baadhitaanka dilaaca ee Wuhan, China.

Xigasho: [CDC](#)

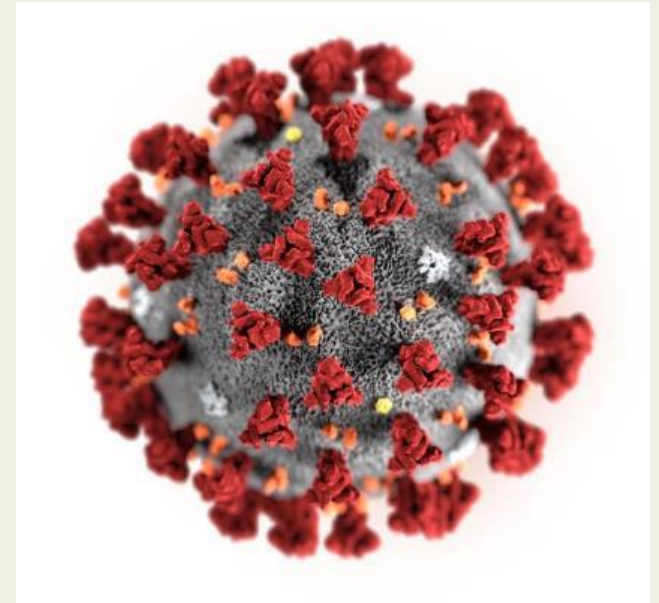


Illustration: CDC / Alissa Eckert & Dan Higgins

## Sidee buu COVID-19 Uga duwan yahay karoonafayrasyada kale ee la yaqaano?

- Dhowr karoonafayras ayaa sabab duraga lakiin khatar weyn kumaaha dadka caafimaadka qaba badankooda.
- Karoonafayrasyada kale ee dilaaca sababay wakhtigii hore, oo ay ka mid yihiin Neef Adkaanshaha Daran iyo Neef Adkaanshaha Bariga Dhexe –midkiiba waxa sababay karoonafayras gaara.
- SARS-CoV-2 waa karoonafayaras gaara.

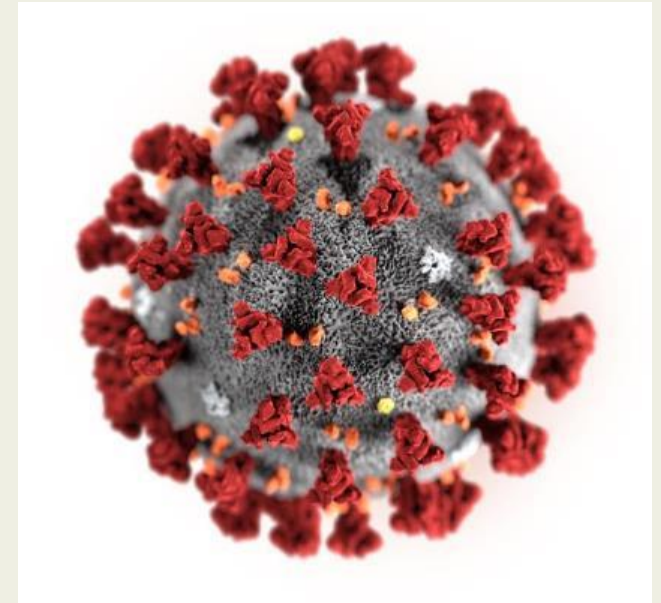


Illustration: CDC / Alissa Eckert & Dan Higgins

# Sidee Buu Karoonfayras U Fidaa?

- Fayraska waxa la aaminsan yahay inuu dadka iskaga gudbo.
- Fayrasku waxaa gudbiya dhibcaha ay sameeyaan marka dadka qaba karoonafayras qufacaan, hindhisaan ama hadlaan. Dhibcahani waxay degi karaan afka ama sanku dadka ku dhow ama sababdooda ayaa nuugi kara.
- Dadka badanaa qaba — lakiin aan marwalba ahayn — waxay leeyihiin astaamo xanuun. Dadka bilaa astaamaha ah way awoodaan in ay gudbiyaan fayraska.
- Waxa suurto gal ah in qofku ka qaadi karo karoonafayras isagoo taabanaya meesha ama shayga leh fayraska ka dibna taabanaya afkiisa, sankiisa, ama indhihiisa, lakiin taasi looma maleynaayo in ay tahay ta ugu muhiimsan ee uu ku faafi karo fayrasku.

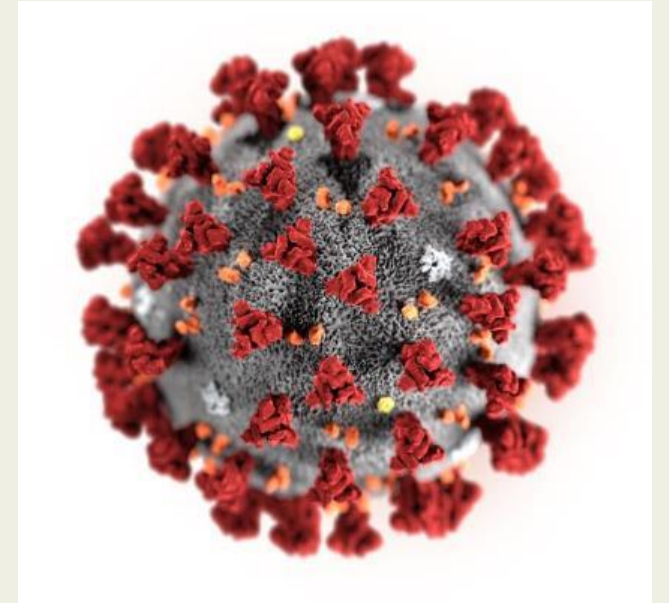


Illustration: CDC / Alissa Eckert & Dan Higgins

Xigash: [CDC](#)

# Calaamadaha iyo Astaamaha Caabuqa

- Qofkasta oo qaba COVID-19 ma leh astaamo. Astmaaha waxa ka mida xanuun neefsasho adkaan ah. Astamaahu waxay bilaabmi karaan 2 ilaa 14 cisho ka dib u banbaxa fayras.
- Astaamaha waxa ka mida, Xumad, Qufac, Neefsasho yaraan ama adkaan, Xumad, Gargariir lasoo noqnoqda xumada, Muruq xanuun, Madax xanuun, Qoor xanuun, Iyo dhadhanka ama urta oo lunta
- Hadii aad yeelanaysid astaamaha COVID-19, wac adeeg bixiyahaaga. Hadii aad leedahay xaalad caafimaad oo degdega h, wac 9-1-1 ama tag cisbitaalka.

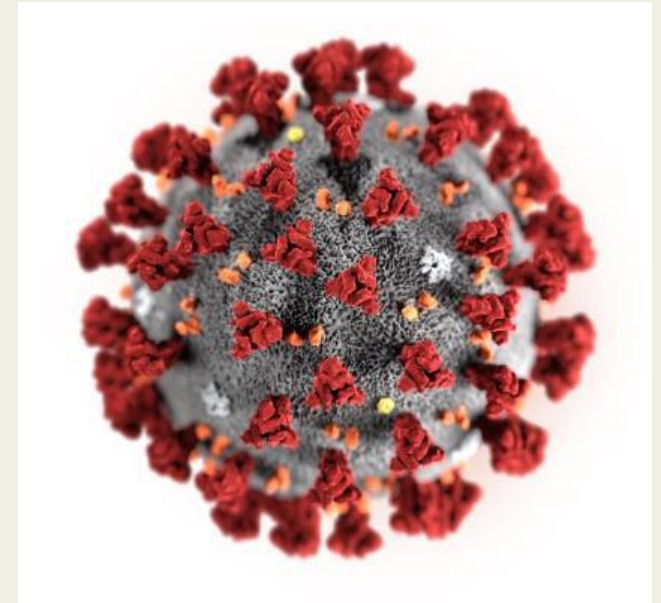


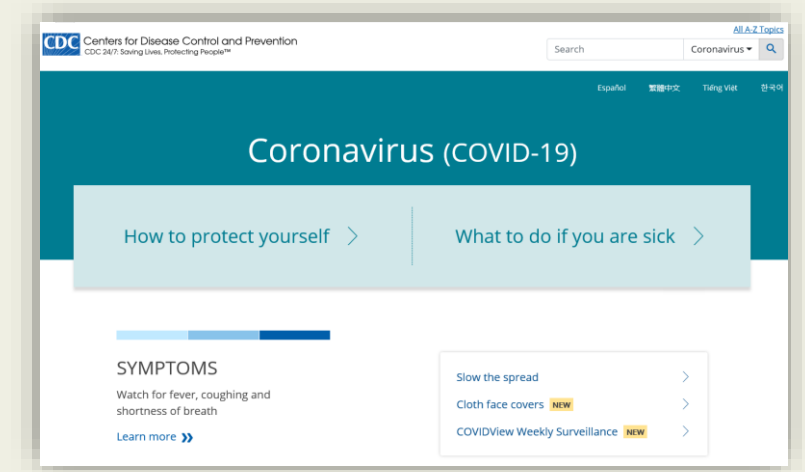
Illustration: CDC / Alissa Eckert & Dan Higgins

CDC's Qalabka baadhista gaarka ah:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>

# Xanuunka Hada

- In ka badan 2.7 milyan oo kiis aduunka.
- Qeybaha kala duwan ee Mareykan ayaa arkaaya heerar kala duwan oo dhaqdhaqaaqa COVI-19
- Dhamaan 50 gobolba waxay soo sheegeen kiisaska COVID-19 to CDC.



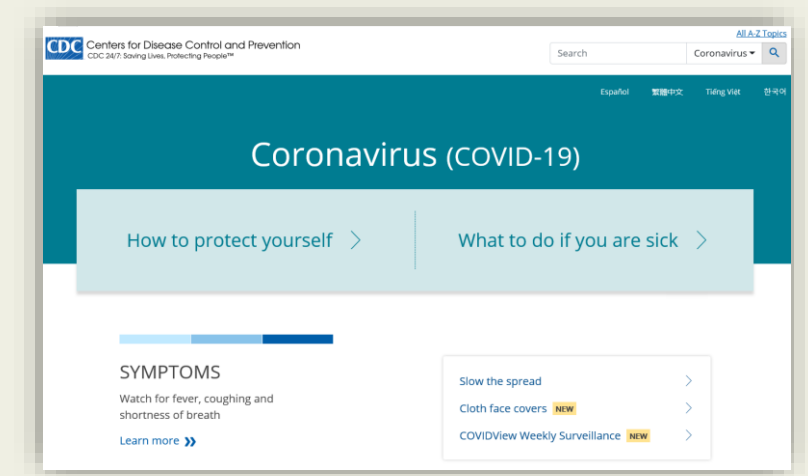
Latest situation summary:  
[www.cdc.gov/coronavirus/2019-ncov/](https://www.cdc.gov/coronavirus/2019-ncov/)



# Xanuunka Hada

## Kiisaska COVID-19 ee Mareykana Waxa ka mida:

- Kiisaska ay dadka safraa keeneen.
- Kiisaska taabashada qofkuu dhow.
- Ka qaadista kiisaska bulshada meesha aan caabuqa laga warheyn.
- Inta badan gobolada Mareykanku waxay soo sheegayaan fiditaanka bulshada ee COVID-19.



Latest situation summary:  
[www.cdc.gov/coronavirus/2019-ncov/](https://www.cdc.gov/coronavirus/2019-ncov/)

# Hadii halis lagugu galiyey/qaadsiyey

- Ka hor intaanad raadin daaweyn, wargali daryeel caafimaad bixiyahaaga ama dhakhtarkaaga hadii aad u maleynaysid inaad leedahay COVID-19.
- U sheeg adeeg daryeel caafimaad bixiyahaaga inaad ku dhawaatay qof leh fayraska oo aad leedahay calaamadaha/astaamaha caabuqa, iyo sidoo kale aad u socdaashay dhawaan meel uu ku fiday COVID-19.
- Hadii neefsigu kugu adag yahay ama aad leedahay astaamo kale, u wac su degdeg ah 911.



Photo: CDC / Scott Housley

# Baadhista iyo Daaweynta

- Adeeg Caafimaad bixiyahaaga ayaa go'aamin kari in ay tahay in lagaa baadho COVID-19 iyadoo lagu saleynayo astmaaha aad lahaan kartid, iyo darnaantooda.
- Hada ma jirto daawo ama daaweyn u gaara COVID-19.
- Bukaanka qaar, gaar ahaan kuwa aad u xanuusanaya, waxay u baahan karaan daryeel cisbitaal.



Photo: CDC / Scott Housley

# Khatarta Shaqada

- OSHA waxay si dhow ula shaqeynaysaa CDC, oo ay ku jiraan Machadka Qaranka ee Badqabka iyo Caafimaadka Shaqada, iyo wakaaladaha kale si ay ula socoto xanuunka hada.
- Khatarta xanuunka ee goobo badan oo shaqada ah waxay ka turjumaysaa khatarta dadweynaha ee goobta shaqada ku taal.
- Khatartu waxay kordhi kartaa marka shaqaaluhu la leeyihiin xidhiidh joogto oo dhow dadweynaha ama shaqaalaha kale.



Photo: U.S. Navy / Seaman Rob Aylward

# Khatarta Shaqada

- Shaqaalaha waaxo gaara waxay u yeelan karaan khatar badan COVID-19, oo ay ka mid yihiin:
  - Daryeelka Caafimaad iyo Shaybaadhka
  - Xaalada degdega ah ka jawaaba
  - Qolalka maydka iyo adeegyada dhimasho ee kale
  - Shaqaalaha diyaaradaha
  - Ilaalada xuduudaha iyo baadhista rakaabka
  - Tafaariqlayaasha muhiimka ah(tusaale., buushariyada, farmasiiyada)



Photo: U.S. Customs and Border Protection / James Tourtellotte

# Xeerarka OSHA ee ka ilaalinaya shaqaalaha xanuunka

- Raac xeerarka jira ee OSHA si aad uga ilaalisid shaqaalaha xanuunka SARS-CoV-2 iyo caabuqa COVID-19.
- Shaqaaleysiiyayaashu waa inay sidoo kale xasuustaan in OSHA ay isticmaali karto Xeerka Waajibaadka Guud, Qeybta 5 (a)(1), ee Xeerka Badqabka iyo Caafimaadka Shaqada si loo hubiyo in shaqaalaha laga ilaaliyey khataraha caafimaad ee la ogyahay ee sababa kara khatar weyn.

## Shuruudaha OSHA

- Qalabka Badbaadada(29 CFR 1910 qeybta I), Ay ku jiraan:
  - Shuruudaha Guud PPE(1910.132)
  - Ilaalinta indhaha iyo wajiga(1910.133)
  - Ilaalita neefsiga(1910.134)
  - Ilaalinta Caafimaadka (29 CFR 1910.138)
- Xanuunada dhiiga(29 CFR 1910.1030)
- Xidhiidhka Khatarta (29 CFR 1910.1200)
- Kaydinta (29 CFR part 1904)

# Waaxda khatarta badan– AADKA UGU BADAN TAHAY

- Shaqaalaha caafimaadka (tusaale, dhakhaatiirta, kalkaalisoooyinka, dhakhtarka ilkaha, dhaktarka kabniinka, EMTs) gudanaaya ama matalaaya nidaamyada buufinta (tusaale, tuyuub galinta, qufaca, qalabka neefsiga, CPR, iyo nidaamyada kale ee ilkaha iyo baadhitaanada, ururinta muunadaha) ee bukaanka xanuunka lagu ogyahay ama looga shakisan yahay COVID-19.
- Shaqaalaha caafimaadka ama shaybaadhka ee ururinaya ama la tacaalaya muunadaha bukaanka looga shakisan yahay ama lagu ogyahay COVID-19.
- Shaqaalaha qolalka maydka ee baadhaya maydadka dadka lagu oгаа ama looga shakisanaa COVID-19 in ay qabaan wakhtiga dhimashadooda.

# Waaxda khatarta badan– AADKA UGU BADAN TAHAY

- Shaqaalaha caafimaadka iyo caawimada (tusaale, dhakhaatiirta, kalkaalisoooyinka, iyo shaqalaha kale ee galaaya qolalka bukaanka) ee u dhawaaday bukaanka lagu ogyahay ama looga shakisan yahay COVID-19. (Intii aan lasameyn wax buufin ah.)
- Shaqaalaha gadiidka caafimaadka (tusaale, gawaadhida anbalaaska) ee sida bukaanka lagu ogyahay ama looga shakisan yahay COVID-19.
- Shaqaalaha qolalka maydka ee baadhaya maydadka dadka lagu ogaa ama looga shakisanaa COVID-19 in ay qabaan wakhtiga dhimashadooda.



# Waaxda Khatarta – DHEXDHEXAADKA AH

- Shaqooyinka u baahan joogteyn (tusaale, in badan dhowr daqiiqo) iyo /ama (la odhan karo 6 feet gudaheed) xidhiidhka dadka yeelan kara caabuqa SARS-CoV-2, bukaanka lakiin aan looga shakisneyn ama lagu ogeyn COVID-19.
- Tusaalayaal waxa ka mida:
  - Shaqaalaha tafaariqlayaasha , sida kuwa booshariyada iyo farmasiiyada.
  - Shaqalaha socdaalka, sida baslayaasha, darawalada tareenada , iyo tagaasida
  - Shaqaalaha gadiidka kale

## Waaxda Khatarta – HOOSE (Taxadir)

- Shaqooyinka aan u baahneyn xidhiidhka dadka looga shakisan yahay ama leh SARS-CoV-2, ama taabasho joogto ah (6 feet gudaheed) dadweynaha.
- Shaqaalaha qeybtani waxay la leeyihiin xidhiidh shaqo oo koobaan dadweynaha iyo shaqaalaha kale.

# SHURUUDAHA CAAFIMAAD IYO BADQAB EE KHASABKA KU AH DHAMAAN HAWL GALADA GANACSIGA, HAAYADAHA IYO DAWLADA

Dhamaan ganacsiyadu waa in ay raacaan Waaxda Caafimaadka Vermont iyo  
Tilmaamaha CDC iyo Nidaamyada VOSHA

# Shuruudaha Khasabka ah

- Dhamaan shaqaaluhu waa in aanay u warin, ama loo ogalaan in ay joogaan, goobta shaqada hadii ay bukaan ama leeyihiin astaamaha (xumad, qufac, iyo/ama neefsasho adkaan).
- Shaqaalaha aan lahayn astaamaha COVID-19 looma ogola shaqada oo shaqaale kasta oo taabta shaqale ama qof leh COVID-19 waxaa looga baahan yahay iskarantimeyn 14 cisho ah.

# Shuruudaha Waajibka ah

- Calaamadaha waa in lagu qoraa dhamaan meelaha laga galo oo si fiican u muuqda kaas oo sheegaya in aanay cidna galin hadii ay isku arkaan calaamadaha ama xanuun xaga neefsashada.
- Ilaa inta la gaadhi karo, ka hor inta aan la ansixin xili shaqeed kasta, qaybta cilmi baadhista waxa looga baahanyahay in ay xaqiijiyaan in shaqaale kastaa aanu lahayn wax calaamado ah oo ku tacaluqa neefsashada ( Xumad, qufac, ama neefsashada oo ku yar), oo ay ku jiraan hubinta heer kulka.

# Shuruudaha Waajibka ah

- Hubinta heerkulka
- –Heerkulka  $100.4^{\circ}F/38^{\circ}C$  ama wax ka badan, waxa loo tixgalinayaa xumad, marka loo eego CDC
- Wakhti xaadirkan heerkulbeega aan la taabanayn qofka ayaa sii gabaabsi ah, si kastaba ha ahaatee waa in shaqaaluhu dalbaan oo ay isticmaalan kartidooda si ay u helaan heerkulbeeg si ay usii wadaan karaan shaqadooda hubinta heerkulka .

# Shuruudaha Khasabka ah

- Dhamaan shaqaaluhu waa inay u hogaansamaan kala fogaanshaha khasabka ah ee bulshada 6 feet inta shaqada lagu jiro, ilaa la ogeysiiyo, waana in ay iskal ilaaliyaan taabashada wajigooda.
- Wax isku urur shaqaale ah lama ogala.

# Shuruudaha Waajibka ah

- Hadii ay suuro gal tahay, galitaanka meelaha guud, qolaalka qadada ama nususaacaha waa in la xidhaa ama la xadidaa.
- Hadii dabecada shaqaalaysiiyaha, ama meelaha shaqada kaas oo aan u ogaalanayn shaqalaha in si amaan ah u isticmaalan cuntada ee goobabaha shaqada waa in loo shaqeeyuhu uu qaabeeyaa goobo si amaan ah shaqaaluhu ugu isticmaali karaan oo leh dhamaan shuruudaha:



# Shuruudaha Waajibka ah

- Galitaanka meelaha loo qaabeeyay in loo isticmaalo si guud ama qolka shaqaalaysiiyaha waa in si cad loogu qoraa shuruudaha xadidaya buuxinta goobaha, iyo inta ugu yar ee la kala fogaanayo, gacmo dhaqida, geermis dilaha gacmaha iyo shuruudaha nadaafada ee kala fogaanshaha

# Shuruudaha Waajibka ah

- Shaqaalaysiiyuhu waa in uu xadidaa buuxitaanka meelaha loo qaabeeyay in si guud loo wada isticmaalo ama qolalka hadaba waa in isticmaalayaashu ilaaliyaan kala fogaanshaha bulshada oo aanay ka yaraan 6 feet shaqsigiiba. Shaqaalaysiiyuhu waa in uu dhaqangaliyaa xadiga goobaha la galayo

# Shuruudaha Waajibka ah

- Shaqaluhu waa in ay masaxaan goobaha ka hor inta aanay ka tagin ama waa in ay nadiifiyaan goobaha sida joogtada ah loo isticmaalay intii lagu guda jiray maalinta
- Waxybaaha fudaydinaya gacmo dhaqista ama jeermisdilaha gacmaha waa in si dhakhso ah looga helaa meealaha laga galayo goobaha caamka ah ama qolka.

# Shuruudaha Khasabka ah

- Marka gudaha laga shaqeynaayo, fur albaabada iyo daaqadaha si aad u ogalaatid soo galista hawada inta ugu sareysa ee ugu macquulsan oo xadid tirada dadka ku jira gudaha meel kaliya.
- In ka badan 2 qof ma buuxin doonaan hal gaadhi marka shaqo la gudanaayo ama waxay xidhan doonaan waji dabool markay wada raacayaan baskiil.

# Shuruudaha Khasabka ah

- Dhamaan shaqaaluhu waa in ay xidhaan waji daboole sanadkooda iyo afkooda marka ay la joogaan dadka kale. Xaalada lacag qabtayaasha, gaashaan muraayad ama “maro hindhso” ayaa la aqbalayaa halkii maaskarada.

# Shuruudaha Khasabka ah

- Dhamaan goobaha iyo qalabka caanka ah, oo ay ku jiraan suuliyada, meelaha badanaa la taabto iyo albaabada, qalabka iyo alaabaha iyo baabuurta waa in la nadiifiyaa lagana dilaa jeermiska bilowga, badhtanka iyo dhamaadka galinkasta, iyo marka ay suurto gal tahay, ka hor inaad qof kale loo gudbin.

# Shuruudaha Khasabka ah

- Shaqaaluhu waa in ay si fudud u heli karaan saabuunta iyo biyaha ama gacmo nadiifiyaha inta lagu jiro shaqada, iyo gacmo dhiqista ama gacmo nadiifinta oo loogu baahan yahay si joogto ah sida ka hor galitaanka iyo ka bixitaanka meelaha shaqada.

# Shuruudaha Khasabka ah

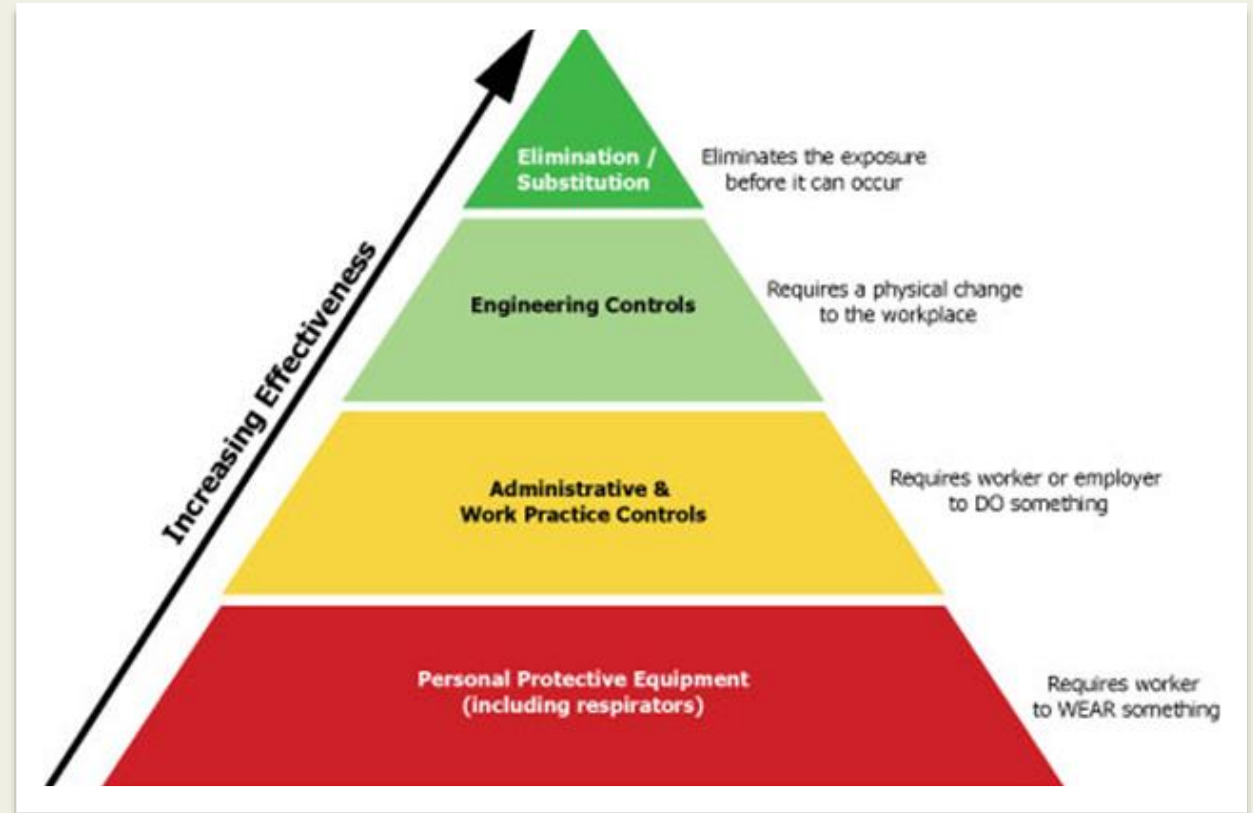
- Ganacsiyadu waa in ay weyddiyaan Macaamiisha iyo dadweynaha oo dhan, in ay xidhaan waji daboole wakhti kasta oo ay la macaamilayaan dadka kale ee ka baxdan qoyskooda.
- Warbixinta Badqabka Dheeraadka ah ee Shaqada ee Joogista Guriga, Amarka Joogista Guriga:  
<https://accd.vermont.gov/news/update-new-work-safe-additions-stay-home-stay-safe-order>



# Tilmaamaha Shaqaaleysiiyayaasha

# Qorshe Yeelo

- Ku bilaw qiimaynta dhibaatooyinka goobtaada shaqo
- Si la mid ah dhibaaatooyinka kale, “Xakamayntu sida ay u kala sarayso” waa mawduuc muhiim ah



# Joojinta/ Badelista

- Shaqooyinka waa in loo qiimeeyaa sida ugu macquulsan ee looga soo qaban karo meel durugsan
- Shirarka/ kulamada iyo tababarada waxa lagu qaban doonaa iyadoo la isticmaalayo internet-ka
- Adeegyada Macmilka/ bukaanka waa in looga qabta iyadoo la isticmaalayo internet
- Xidhiidhka shaqaale ilaa shaqaale waa in meesha laga saaraa iyadoo la kala fogaanayo goobaha shaqada
- . Shaqaalaha waa in lagu dhiiri galiyaa in joogaan guryahooda hadii ay dareemaan xanuun si kastaba ha ahaatee.

## **WAA IN TAN SI SIMAN LOOGU WADA XIDHIDHAA**

- Hadii la samayn karo waa in heerkulka shaqaalaha la baadhaa

# Xakaymayn Duleed

- Tixgali xayndaabka duleed si looga hortago faafida;
  - Tusaale. Xayndaabka goobta shaqada
  - Tusaale. Afdaboolka Lacagqabtayaasha
- Kalasaarida shaqooyinka waa in la tixgaliyaa meelaha ay macquulka tahay
- Qaababka hawo qaadashadu iyo isbadalka waxay caawin karaan yaraynta isqaadsiinta

# Maamulka iyo Xakamaynta Qabashada Shaqada

Xakamaynta qabashada shaqada waxay noqon kartaa mid aad wax ku ool ah marka laga hortago faafida COVID-19

- Faham sharciyada aas aasiyaadka ah ee ka hortaga:
  - **Kala fogaanshaha Bulshada:** Kala fogaanshaha bulshadu waa marka dadku ay awood u leeyihiin in kala durkaan ugu yaraan **6 feet** .
  - **Nadaafada Shaqaalaha:** Maydhida gacmaha iyo jeermisdilaha loo isticmaalo gacmaha waa in la siiyaa, diyaar ah oo la heli karo, isticmaalkoogana waa in lagu dhiiri galiyaa.
  - **Nadaafada Goobta Shaqada:** Loo shaqeeyayaashu waa in hirgaliyaan hab dhaqan si joogto loogu nadiifiniyo meeshana looga saarayo meelaha sare ee la taabanayo ee goobta shaqada.
    - Masax meelaha sida sidayaasha albaabada, salada adeega, mashiinka iibka, kuraasta meelaha sugitaanka, iyo meelaha kale ee booqdayaasha ama shaqaaluhu inta badan taabtaan.

# Tababarka Shaqaalaha

- Ku tababar dhamaan shaqaalaha in ay ka taxadaraan dhibaataada xanuunka COVID-19 iyo sidoo kala waxay samayn lahaayeen hadii ay u socdaalaan in ay meelo khatar badan ama ay u ban baxaan meelo kiisas macquul ah.
- La falanqee Shaqaalaha sida gaarka ah ugu nugul khatarta ( Tusaale., Waaxaha caafimaadka), :
  - Goobaha u nugul virus-ka iyo dhibaatooyinka la xidhiidha khatartaa.
  - Hababka ugu haboon ee looga hortago loona yareeyo dayaacadaha suurto galka ah, oo ay ku jiraan xakamaynta duleed iyo maamul, badqabka qabashada shaqada, iyo PPE.
  - Qaar ka mid ah nidaamka caalamiga ah ee OSHA (Tusaale., BBP, PPE) waxay u baahanyihiin tababar shaqo.

# Qalabka Ilaalada Shaqsiga (PPE)

- Iska hubi waxyaabaha aan lagu tixgalinayn iyo waxa lagu tixgalinayo PPE
- Waxyaabaha ku jira PPE ;
  - **Galoofa:** Goloofada kala duwan waxa ay ka hortagaan dhibaatooyinka kala duwan, kuwa caansan, kuwa ugu caafimaadka, galoofiska laga sameeyay dhirta waxa loo isticmaala ka hortaga khataraha xanuunada keena
  - **Ilaalinta jidhka;** Inta ugu badan noocyada isku jooga ee la xidho kuwaas oo lagaga hortago si layskaga ilaaliyo khataraha xanuunada. Xaaladaha uu qofku si toos ah u taabanayo shay la ogyahay ama looga shakisanyahay in ay qabaan caabuqa COVID-19, Isku jooga Tyvek ayaa la xidhan karaa. Si kastaba ha ahaatee si aanu u samaayn nashqada, dhamaan muqaalada waa in la daboolaa.
  - **Ilaalinta Indhaha/wajiga;** Indho ilaaliye waa in ay xidhaan kuwa sida tooska u taabanaya kuwa lagu ogyahay ama looga shakiyay caabuqa COVID-19. Gaashanka wajiga wuxu sameeyaa ilaalada ugu fiican, gaar ahaan marka lala isticmaalo ilaalinta indhaha.
  - Ogow kala duwaanshaha u dhexeeya marka maaskarada la bar bar dhigo hawo keenayaasha si saxana loo isticmalo



# Tilmaamta Shaqaalaha



# Ogow Qorshaha

- Cida aad u shaqaysaa waa in ay qorshe ka yeelataa faafitaanka caabuqa COVID-19 shaqaale ahana waa in aad fahamtaa oo aad waydiisaa qorshahan
- Qorshahan wuxuu koobsanayaa waxyaabahan soo socda si looga ilaaliyo shaqalah caabuqa COVID-19;
  - Wax ka badallida goobaha shaqo ( Gaashaanka/ gidaarada, rarida miisaska)
  - Kala fogaanshaha bulshada
  - Nadaafada
  - Qalabka ilaalinta ee shaqalaha
  - Waji daboolasho

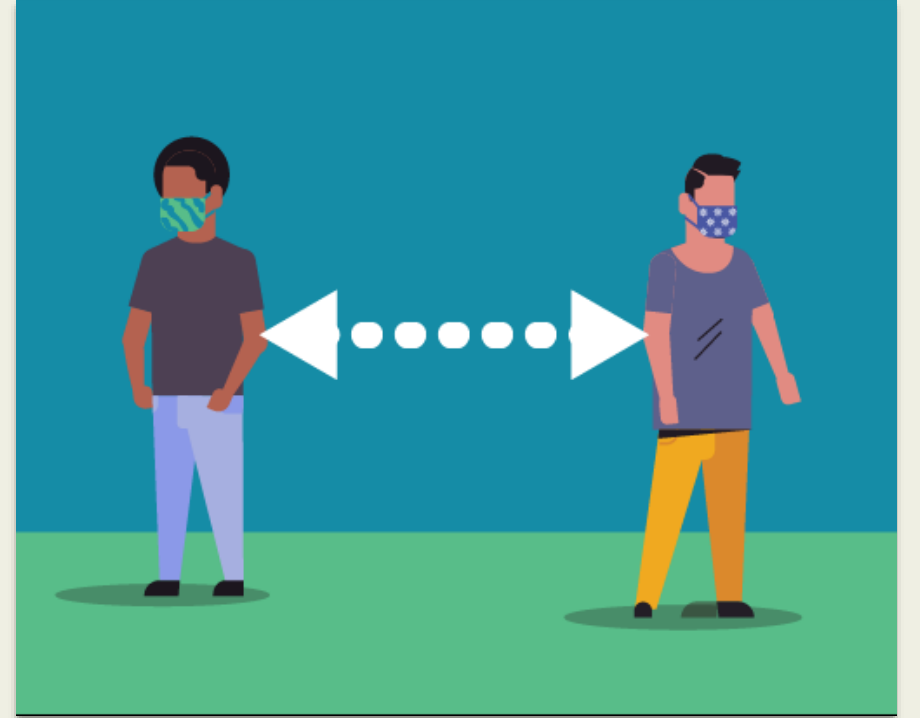


# Kala Fogaanshaha Bulshada

Kala fogaanshaha bulshada sidoo kale waxa loo yaqaana “kala fogaanshaha duleed” micnaheedu waxa weeyi in aad kala fogaataan adiga iyo dadka kale meelaha ka baxsan guriga, waana nidaamka ugu wanagsan ee lagaga hortago nuglaanshaha iyo faafida.

- Ugu yaraan u jirso dadka kale 6-feet.
- Ha isku urursanina kooxo .
- Taabasho kasta oo waji ka waji ahi oo ka yar 6-Feet waa waxba ma tarayso kaliyana waxa la samayn karaa marka la isticmaalayo maaskaro.

[Faahfaahim dheerada oo la xidhidha kala fogaanshaha bulshada CDC](#)



# Joog Guriga, Is Ilaali

- Shaqaaluhu waa in aanay warin, ama aan loo ogolaada in ay sii joogaan goobta shaqada haduu uu xanuusto ama uu isku arko astaamahan ( xumad,qufac iyo neefsashada oo ku adkaata).
- Aan lahayn astaamaha ama shaqaalayaaha qaba xanuunka COVID-19 looma ogola goobaha shaqada.
- Shaqaale kasta kuwaas oo xidhiidh la leh shaqaale ama shaqsi kale kaas oo laga baadhay caabuqa COVID-19 waxa looga baahanyahay in la karantiilo mudo 14 cisho ah.

Faahfaahim dheerada oo la xidhidha kala fogaanshaha bulshada CDC



# Gacmo dhaqid/ Geermisdilaha Gacmaha

Gacmo maydhistu waa mid ka mid ah hababka ugu muhiimsan ee aad kaga ilaalin karto naftaada iyo familkaagaba xanuun.

Dhamaan shaqaalaha, iyada oo aan loo eegayn khatar gaar ah:

- Si fiican oo joogto ah u qabo una nadiifi gacmaha.
- Raac dhaqan wanagsan qufac/hindhisada
- Iska ilaali in aad taabato indhaha, sankaa ama afka adiga oo isticmaalay gacmo aan maydhnayn.
- Iska ilaali in aad xidhiidh la samayso qof xanuunsan.
- Istimmaal jeermis dile adiga oo la isticmaalay saabuun iyo biyo

Faahfaahin ku saabsan gacmo dhaqista waxay kaaga timid CDC



Photo: CDC

# Gacmo dhaqid/ Geermisdilaha Gacmaha

Raac shantan talaabo wakhti kasta kasta.

- **Ku dhaq** gacmahaaga biyo nadiif oo qabow ama diiran, xidh qasabada oo ku maydh saabuun.
- **Kaga xuunbaysii** gacmahaaga adiga oo isku xoqoya isla markaana la isticmaaya saabuun, kaga xuunbaysii xagaaga dambe ee gacmahaaga, faraha dhexdooda iyo cidiyahaaga hoostooda.
- **Isku xoq** gacmahaaga ugu yaraan 20 ilbidhiqsi. Waxaad u baahantahay wakhti ilaaliye? Ku hees heesta “ Dhalasho Wanaagsan” bilaw ilaa dhamaad laba jeer.
- **Ku maydh** gacmahaaga biyo nadiif ah oo soconaya.
- **Ku qalaji** gacmaahaga adiga oo isticmaalaya tuwaal nadiif ah ama qalaji iyaga.



Photo: CDC

Faahfaahin ku saabsan gacmo dhaqista  
waxay kaaga timid CDC

# Maaskaro iyo Waji dabool

Masks are an important tool in protection from the Maaskaro waa agab oo muhiim ah oo lagaga hortago faafida caabuqa COVID-19. intaa waxa dheer amarka badhasaabka [CDC waxay ku talinasa](#) in la xidho maro lagu daboolo wajiga goobaha dadku iskugu yimaadan halkaas oo ay adagtahay in ay bulshadu kala fogaato

- Shaqaaluhu waa in wajigooda daboolaan iyag oo ku daraya sanko iyo afka marka ay la joogaan cid kale.
- Marka lacag qabtaha tafaariqlaha ahi, gaashaan aan adkayn ama “hindhiso ilaaliye” waa la ogolyahay halkii laga isticmaali laha maaskaro.
- Maaskarada baadhista iyo qaliinada caafimaad waa in loo ilaaliyaa shaqaalaha caafimaadka. Si aad ubarato sida loo samaysto maaskaro ama waji dabool, [halkan guji.](#)


**FACE COVERINGS SHOULD:**

FIT SNUGLY BUT COMFORTABLY AGAINST THE SIDE OF THE FACE

BE SECURED WITH TIES OR EAR LOOPS AND INCLUDE MULTIPLE LAYERS OF FABRIC

BE ABLE TO BE LAUNDERED AND MACHINE DRIED WITHOUT DAMAGE OR CHANGE TO SHAPE

ALLOW FOR BREATHING WITHOUT RESTRICTION



**NEW CDC GUIDANCE**

Wear a cloth face covering in public when social distancing is difficult to maintain.


The cloth face coverings recommended are not surgical masks or N-95 respirators. Those must continue to be reserved for healthcare workers and other medical first responders.

# Hawo siiye

- Hawo siiyuhu waa qalab ku gijisan waxaana loo tixgaliyaa agab ilaalo oo shaqaaluhu isticmaalan.
- If N95 masks are used voluntarily, there is no need to have fit test conducted Hadii maaskarada N95 loo isticmaalo si mutadawacnimo, ma jirto baahi loo qabo in tijaabiyo ([laakiin u baahan in lasiiyo tasmada qasabka ah D](#)) [LINK](#)
- Hadii hawo siiyaayaal looga baahdo goobta shaqada, tijaabo saxa waa in la dhameeya loo shaqeeyahana waxa laga rabaa mashaariic buuxda oo faah faahsan (1910.134)
- Hawo siiyayaasha waa in la isticmaala hadii ay ku lug leeyihiin nidaamyo caafimaad marka la buufiyo virsu ka ( Tuunbo lagu dhaadhiciyo, daawaynta qufaca, IWM.)
- virus (intubating, treatment of coughing, etc.)

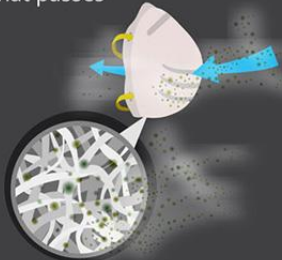
[Ku xidhnow Hagaha VOSHA ee Maaskaro/ Hawo siiye](#)


Three Key Factors Required for a Respirator to be Effective



**Correct\*** **Incorrect**

- ① The respirator must be put on correctly and worn during the exposure.
- ② The respirator must fit snugly against the user's face to ensure that there are no gaps between the user's skin and respirator seal.
- ③ The respirator filter must capture more than 95% of the particles from the air that passes through it.



 \*If your respirator has a metal bar or a molded nose cushion, it should rest over the nose and not the chin area.

# Ku xidhnow Dhokumantiyada Ku caawinaya

- OSHA guidance for grocery and retail worker safety: <https://labor.vermont.gov/document/osha-protecting-grocery-store-workers-covid-19>
- OSHA guidance for construction worker safety: <https://labor.vermont.gov/document/osha-protection-construction-workforce-during-covid-19>
- OSHA guidance package delivery worker safety: <https://labor.vermont.gov/document/osha-covid-19-guidance-package-delivery-workforce>
- OSHA guidance for manufacturing worker safety: <https://labor.vermont.gov/document/osha-covid-19-guidance-manufacturing-industry-workforce>
- Agency of Commerce guidance for stage one going back to work: <https://accd.vermont.gov/news/update-new-work-safe-additions-stay-home-stay-safe-order>



# Warbixin Joogto ah

- Booqo mareegta OSHA adiga oo raacaya linkigan <https://www.osha.gov/SLTC/covid-19/>
- Booqo mareegta CDC COVID-19 adiga oo raacaya linkigan <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Booqo Qaybta caafimaadka ee Vermont adiga oo raacaya linkigann <https://www.healthvermont.gov/response/coronavirus-covid-19>
- Booqo wakilka ganacsadaha iyo horumarinta bulshada adiga oo raacaya linkigan <https://accd.vermont.gov/covid-19>
- Kala soco OSHA baraha bulshada
  - Twitter: @OSHA\_DOL
  - Facebook: Follow the Department of Labor page

# SHAHAADADA DHAMAYSTIRKA

*\*Dhamaystirka shahaadada, waxay cadaynasaa in aad dhamaysatay tababarkan oo aad fahamtay hagaha badbaadineed ee lagu siiyay\*.*

Fadlan dhamaystir shahaadada la buuxin karo. Oo koobi sii cida aad u shaqaynasid, Ku Ilaali koobi ka mid diwaankaaga sidoo kale,

\*Eeg Slide-ka ku xiga si aad u hesho macluumaad ku saabsan sida aad ugu ilaashan lahayd c\*

Si aad u dajisato shahaadaada dhamaystirka ee tababarkan.fadlan booqo: <https://labor.vermont.gov/document/covid-19-training-certificate>

1 of 1

CERTIFICATE

THIS IS TO CERTIFY THAT

John Doe

SUCCESSFULLY COMPLETED VOSHA ONLINE TRAINING IN METHODS OF PROTECTION FROM COVID-19 VIRUS IN THE WORKPLACE

DATE 4/26/2020 EMPLOYER NAME Company ABC

VERMONT DEPARTMENT OF HEALTH DEPARTMENT OF LABOR

Step 1:  
Click "Save As"



The image shows a PDF form titled "template\_FILLABLE\_0.pdf" with a "Save As" dialog box open. The dialog box shows the file name "VOSHA Certificate John Doe" and the save type "PDF (\*.pdf)". The form contains the following text:

**Step 2:** Name your document and save to your computer.

**Step 3:** Attach the file in an email to your employer or print and mail it.

**DATE** 4/26/2020 **EMPLOYER NAME** Company ABC

**Doe**

ONLINE TRAINING IN METHODS OF PROTECTION FROM COVID-19 VIRUS IN THE WORKPLACE

VERMONT DEPARTMENT OF HEALTH DEPARTMENT OF LABOR