

Ku caawi Joojinta Faafida ee Marin habaabinta Caafimaadka

Warbixinta qaldan waa warbixinta **beenta ah, aan sax aheyn, ama marin habaabinta ah** sida waafaqsan cadeynta ugu wanaagsan ee la heli karo waqtiga.



Baro warbixinta qaldan ee caafimaadka oo ka fogaw wadaagideeda

Isticmaal Liiska Hubinta **Warbixinta Qaldan ee Dhaqtarka Guud ee Qaliinka** waqti walba ee aad la kulantid waxyaabaha caafimaadka la xiriiro ee aan aadan hubin.

- Miyaad **la hubisay CDC ama waaxda caafimaadka dadweynaha deegaanka** si loo arko haddii ay jiraan warbixin walba ee ku saabsan sheegashada la sameeyay?
- Miyaad **weydiisay xirfadlaha daryeelka caafimaadka lagu kalsoonaan karo** sida dhaqtarkaaga ama kaalisada haddii ay hayaan wax warbixin dheeraad ah?
- Miyaad **ku qortay sheegashada aalada raadiyaha** si aad u aragtid haddii ay xaqiijiyeen illo lagu kalsoonaan karo?
- Miyaad fiirisay **bogga “Inaga Nagu saabsan”** ee websaydka si aad u aragtid haddii aad aamini kartid illaha?
- Haddii aadan hubin wax ku saabsan tasmada, **ha wadaagin!**



Aad muhiim u ah



Ku dhiirogeli dadka inay la hadlaan xirfadlaha daryeelkooda caafimaadka

- Soo jeedi inay **weydiyeen dhaqtarkooda ama kaalisada** wax ku saabsan walaacyada caafimaadkooda.

Ku faafi erayga bulshadaada

- Hel **qoyskaaga, saaxibada, iyo kooxaha bulshada** si loo qaado tallaabo wanaagsan si loo joojiyo warbixinta qaldan ee caafimaadka.
- La wadaag iyaga **Qalabka Bulshada ee Dhaqtarka Qaliinka Guud** ee [SurgeonGeneral.gov/HealthMisinformation](https://www.SurgeonGeneral.gov/HealthMisinformation).



Waan joojin karnaa faafinta warbixinta qaldan ee caafimaadka oo aan dhisno caalam caafimaadan!

