

talo-siin caafimaad:

# ogow waxa lagu sameeyo wixii ku saabsan



## har-gabka



- Ku dabool qufacaaga ama hindhisadaada mar walba istiraasho ama gacmaha shaatigaaga.

- Gacmahaaga ugu dhaq si joogto ah oo wanaagsan saabbuun iyo biyo ama isticmaal gacmo nadiifiye.

- Guriga joog haddii aad jirran tahay, ugu yaraan 24 saacadood kaddib marka ay qandhada ay kaa tagto. Hore u qorshayso in aad guriga u sii joogtid.

**Har-gabkaaga hala daaweeyo — wadajir waxaan taageeri karnaa in uusan cudurka faafaan!**

Si aad wax badan u ogaatid, booqo [flu.gov](http://flu.gov),  
[healthvermont.gov](http://healthvermont.gov) ama wac 2-1-1

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