

Si looga hortago faafitaanka COVID-19, caruurta 2 jirka ah iyo wixii ka wayn waa inay xidhaan waji xirka goorta aysan dadka kale u jirsan karin 6 fiid. Waxaa aanu ka caawin karnaa caruurta inay fahmaan sida ay isku ilaalin karaan iyo inuu waji xirku uu qayb ka noqdo hawl maalmeedkooda inta ay ciyaarayaan, baranayaan, iyo hawlaha kale si ay markaa u badqabaan ilaa inta macquulka ah.

Waji xirka guriga lagu samaysto ama lasoo iibsado ayaa ku filan badanaa dadka inay xidhaan. Caruurta, in si wanaagsan ula ekaado ayaa muhiim ah. Waxaa caruurta aad ugu wanaagsan waji xirka leh dhaga gashi laastiig ah. Waxaa aad isku daydaa inaad u hesho cabirka saxda ah wajiga ilmahaaga oo waa inaad u habaysaa si amaan ah.

## Yay Tahay Inuu Xidho Waji xirku?



- Caruurta 2 sano jirka ah iyo wixii ka waawayn ee sida wanaagsan u xidhan kara

Waji xiradka ku haboon caruurta heerka korniinkooda marka ay awoodaan inay xidhaan, iska saari karaan ama ayna taatabanaynin ama jaqaynin weji daboolka.

## Yay Tahay In Aanu Xidhan Waji xirka?



- Caruurta ka yar 2 sano jirka
- Caruurta qaba xanuun ama sababo handhaqan aan u xidhan karin waji xirka **waa inaynan** xidhan.

Waji gashadka waxaa dhici karta in aanu ku haboonayn caruurta heerka korniinkoodu uu markaa ku adkaynayo inay xidhaan waji gashadka.

Waalidka iyo wixii shaqaalaha daryeelka ilmaha iyo dugsiga waa inay kala hadlaan baahiyaha ilmaha shakhsi ahaaneed, oo ay kala sheekeystaan daryeelka caafimaad bixiyaha hadii ay daruuri tahay (tusaale ahaan, caruurta qaba xiiqda) in la ogaado hadii ay si amaan ah u xidhan karaan oo joogto ah waji gashiga.

## Goorma Ayay Tahay In La Xidho Waji Gashadka?

Waji gashadka waa in la xidho marxaladaha caruurta iyo dadka waawayni ayna isku jirsan karin 6 fuudh. Waxaa taas kamid ah dejintadaryeelka ilmaha, xarumaha xagaagii caruurta lagu xareeyo iyo dugsiyada. Tusaalayaasha kale waxaa kamid ah:

- Marka hawlo lasoo qabsanayo, sida marka la tagayo dukaanka
- Dejinta daryeelka caafimaadka marka balanta la leeyahay
- Booqashada xubnaha qoyska ee ka baxsan inta guriga wada degan
- Raacitaanka gaadiidka shacabka ama wadaagista gaadiidka dadka ka baxsan qoyska
- Lugaynta wadooyinka mashquulka ah ama dadka badan ku sugan yihiin
- Guriga hadii qof qoyska katirsani uu xanuunsanayo

Somali

Badqabka

- Waji xiradku waa in AANAN lahayn wax ku xidhiidhsan (sida qayb hoose, waraaq ku dhajisan, iwm.) taas oo marka ilmo inta uu liqo ku istaagi kara.
- Waji xirkaleh xadhkaga laguma taliyo in caruurta yaryar loo xidho maadaama oo ay ku keeneyso inuu inta uu liqo uu ku istaago.
- Waxa aad ka saartaa waj xirka caruurta inta ay hurdaan, wax cunayaan, ama dabaalanayaan (ama marka ay qoyi karaan).

## **Sidee Ayaan Caruurta Uga Caawin Karaan Xidhashada Waji Xirku?**

Caruurta yaryar waxay u baahan karaan in laga caawiyo xidhashada waji xirka. Waxaa aad raacdaa tilmaamaha ka caawinaya caruurta yaryar inay gashan karaan oo ay iska saari karaan waji xirku:

- Farxalo kahor inta aanad u xidhin waji xiriyo marka aad ka saarto kadib.
- Waxa aad kaga dabooshaa wajixirka sanko iyo afka.
- Waxa aad bartaa caruurta inaynaan taaban waji xirkaama wajigooda inta ay xidhan yihiin waji xirka.
- Waa inayna wadaagin asxaabtu waji xirku.
- Waxa aad ka saartaa waji xirka kaliya adiga oo xadhiga taabanaya.
- Waxa aad ku ridaa waji xirkala isticmaalay warqad nadiif ah ilaa inta loo baahanayo in dib loo xidho; waa in warqada la calaamadiyaa hadii ay jiraan caruur badan oo meesha joogtaayi.
- Waxa aad maydhaa waji xirkakadib marka la isticmaalo maalin kasta.

## **Tilmaamaha Ka Caawinaya Caruurta Inay La Qabsadaan**

Waxaa aad ka caawisaa caruurta inay fahmaan in xidhashada waji xirkuu kahor tagi karo faafitaanka jeermiska. Waxaa aad isticmaashaa tilmaamaha soo socda ee khabiirada, buugaagta iyo fiidyawada:

- Caruurta ka yar 3 jirka, waxaa aad u sharaxdaa in jeermisku uu gaar u yahay jidhkooda. In jeermisyada qaar ay wanaagsan yihiin qaarna xun yihiin. Kuwa xun in dadka ay u horseedaan inay xanuunsadaan. Maadaama aanaan mar kasta kala garanaynin inay wanaagsan yihiin iyo inay xun yihiin, waji xirkuwaxa uu inaga caawinayaa in jeermisku aanu soo gelin jidhkeena.
- Hadii ilmuhu ka baqanayo inuu xidho wajixirku, waxa aad isku daydaa inaad u xidho mid leh caruusad ama xayawaan, inaad ugu qurxiso sawiro, inaad ku barbartaan xidhashada guriga, iyo inaad tusto ilmaha sawiro caruur kale oo xidhan.
- Waxa aad ka eegtaa khayraadka online ahaan sida:
  - [Buuga Hawlaha COVID-19](#)
  - [Fiidyawga Caruurta ee PBS](#)
  - [Tilmaamaha aad kagala hadlayso caruurta socod baradka ah xidhashada waji xirka](#)

To help prevent the spread of COVID-19, children ages 2 and older should wear a face covering in settings where they cannot keep a distance of 6 feet away from others. We can help children understand how to protect one another and make face coverings part of our daily routine so that play, learning, and other activities can be as safe as possible.

Homemade or purchased face coverings are fine for most people to wear. For children, the right fit is important. Pleated face coverings with elastic ear loops are best for kids. Try to find the right size for your child's face and adjust it for a secure fit.

## Who Should Wear a Face Covering?



- Children age 2 and older who can wear it properly

Face coverings are appropriate for a child's stage of development when they can properly put on, take off, and not touch or suck on the covering.

## Who Should Not Wear a Face Covering?



- Children under age 2
- Children who have a medical or behavioral reason for not wearing a face covering **should not** be required to wear one.

Face coverings may not be appropriate if a child's stage of development would make wearing a face covering difficult.

Parents and any child care and school staff should discuss the needs of the individual child, and consult with a health care provider if necessary (for example, for children with conditions such as asthma) to determine if they can safely and consistently wear a face covering.

## When Should Face Coverings Be Worn?

Face coverings should be worn in settings where children and adults cannot keep a distance of 6 feet between themselves and others. This includes childcare settings, summer camps and schools. Other examples include:

- Running errands, such as trips to the store
- In a health care setting for an appointment
- Visiting family members outside your household
- Riding public transportation or sharing a ride with people outside your household
- Walking on a busy or crowded street
- At home if someone in the household is sick

## Safety

- Face coverings should NOT have any attachments (such as buttons, stickers, etc.) that may be a choking hazard.
- Face coverings with strings are not recommended for young children as they pose a risk of choking or strangulation.
- Remove face coverings while children are sleeping, eating, or swimming (or when they would get wet).

## How Can I Help Children Wear a Face Covering?

Younger children may need help while wearing a face covering. Follow these guidelines when helping children to put on and remove a face covering:

- Wash hands before putting on a face covering and after removing it.
- Place the face covering over the nose and mouth.
- Teach children to avoid touching the face covering or their face while wearing a face covering.
- Face coverings are not to be shared with friends.
- Remove the face covering by touching only the straps.
- Place the used face covering in a clean paper bag until it needs to be put on again; the bag should be labeled if there are multiple children in the setting.
- Wash the face covering after daily use.

## Tips to Help Children Adapt

Help children understand that wearing face coverings can prevent the spread of germs. You can use the following expert tips, books, and videos:

- For children over age 3, explain that germs are special to their body. Some germs are good and some are bad. The bad ones can make us sick. Since we cannot always tell which are good or bad, the face coverings help make sure you keep bad germs away from your body.
- If a child is afraid of wearing a face covering, try putting one on a favorite stuffed animal or doll, decorate it with drawings, practice wearing it at home, and show the child pictures of other children wearing them.
- Refer to online resources such as:
  - [COVID-19 Activity Book](#)
  - [PBS Kids video](#)
  - [Tips for talking to toddlers about face covering](#)