

KU BADBAADSANOW SHAQADA

Xarunta xakamaynta Cudurrada (CDC) waxay leedahay tilmaamo loogu talagalay goobaha shaqada inta lagu jiro cudurka faafa ee COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>.

Hawlaha Marsden waxay ku saleysan yihiin talooyinka CDC waxaana loogu talagalay in ay buuxiyaan shuruudaha OSHA. Waqtigaani wuxuu muujinayaa sida loo dabaqo tilmaamaha CDC inta lagu jiro maalinta shaqada.

SHAQADA KAHOR



Hubi heerkulkaaga laba saacadood ka hor intaadan soo xaadirin shaqada. U sheeg maamulahaaga haddii aad qandho qabto ama aad dareento inaad ku xanuusato calaamadaha hargab ama dureyga oo guriga joogtid.



Isla markiiba u sheeg maamulahaaga haddii qof kuu dhow ama gurigaaga ku nool uu ku bukoodo astaamaha hargabka ama ifilada.



Dabool maqaarkaaga qaawan, xiro shay gacmo dhaadheer (garanka shirkadaada ayaa ok ah), surwaal dhaadheer, iyo kabaha xiran.

SHAQADA



Xiro waji gashi (mask) haddii aanay kaaga baahnayn PPE. Haddii mask aan loo baahnayn, waa inaad wali xirataa baro wajigaaga daboolaysa. Shirkadda ayaa ku siin doonta marada iyo/ama waji daboolka maska qaliinka waxad xiran kartaa mid aad ka soo qaadatay gurigaaga. Waligaa ha la wadaagin waji gashiga (mask) dadka kale. [Daawo sida loo samaynta mask-gaaga gaarka ah.](#)



Xidho Qalabka Ilaalinta Shaqsiga (PPE) ee ay bixiso Marsden oo ay uga baahan tahay CDC ama OSHA shaqada aad qabaneysa.



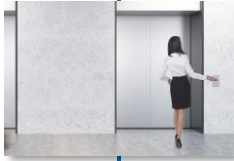
Ha taaban wajigaaga.



Dhaq gacmahaaga marka aad shaqo aado iyo mar labaad waa waxa ugu dambeeya kahor intaadan guriga aadin. Dhaq gacmahaaga kahor iyo kadib isticmaalka galoofyada. Dhaq gacmahaaga had iyo jeer (ku dhaq 20 ilbiriqsi ka dibna nadiifi 10 sekan). U isticmaal gacmo nadiifiye sidii difaac dheeri ah haddii la heli karo. [Daawo sida loo mayro gacmaha si habboon.](#)



Xitaa markaad xiranayso maask ama bandana, ka dheerow lix foodh (qiyaastii laba dherer oo gacmaha ah) dadka kale, oo ay ku jirto biririfta. Ha isugu soo ururin koox kasta oo cabbir kasta ah meelkasta oo aad iska ilaalin kartaan masaafada 6-fiit midba midka kale ka fogaado.



Xitaa markaad xirantahay maaskiga ama baandada, qof kaliya ayaa joogi kara wiishashka markiiba.



Joogtee masaafada 6-dhudhun ah saacadda soo galidda iyo bixidda oo tirtir taleefanka kahor isticmaalka kasta haddii lala wadaago dadka kale. Adeegso taleefanka isbiikarka haday suurtagal tahay inaad taleefanka ka fogayso wajigaaga.



Cuntada ha la wadaagin. Ha la wadaagin sheeko-wadaag, taleefanno, madax gashi, maacuun cunno, ama aalad kale ama aalad loo isticmaalo kudhow indhahaaga, sankaa, ama afkaaga mooyee haddii aan jeermiska jeermiska la isticmaalin ka hor iyo ka dib isticmaal kasta. Weligaa ha la wadaagin wejigaaga wejigaaga.



Dabool qufacaaga iyo hindhisadaada: adeegso soo laabashada gacanta iyo xusulka ama wejiga wejiga isla markaaba ku tuur qashinka.



Ha gacan qaadin. Fadlan ilaali masaafada 6-fiit ee u dhaxaysa naftaada iyo dadka kale mar kasta, xiitaa haddii aad xiranayso maaskaro ama bandana.



Haddaad u malaynaysid inuu kugu dhacay COVID-19 shaqada ama haddii aad maqashid tuhun laga shakisan yahay ama la xaqiijiyay oo ku dhex yaal dhismaha, ka hel meel gaar ah oo ka fog kuwa kale inaad u wacdid maamulahaaga iyo / ama COVID -19 Khadka Caawinta Shaqaalaha Shaqaalaha taleefanka 866-216-3782. Ka bax banaanka si aad u wacdo haddii aad karto.

SHAQADA KADIB



Ka saar oo kabahaaga bannaanka uga bixi. Ka saar wixii ikhtiyaari ah PPE oo ku tuur qashinka PPE qashin-qubka banaanka.



Dhaq gacmahaaga isla markaaba markaad gurigaaga soo gasho. Tirtir PPE kasta oo aad u xirnaan doontid mar labaad si aad u shaqeyso. Dhaq dharkaaga iyo maaskigaaga maro ah oo qubeyso.