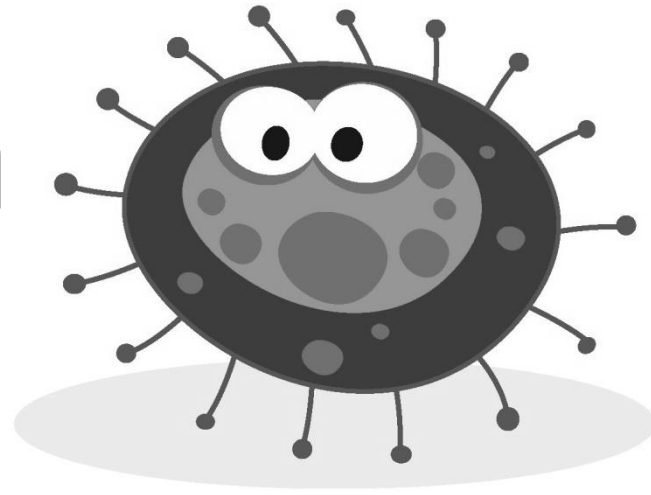


Ladagaalan Hargabka

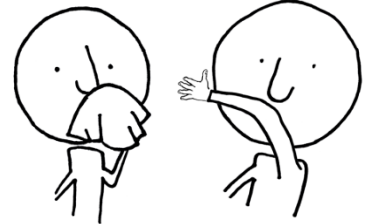


Ilaali caafimadka qoyskaaga xilli hargabeedkan!

- ✓ **Qof kasta 6 bilood jira ama kawayn waa inuu qaato tallaalka hartabka *sannad kasta*.**
- ✓ **Dabol qufaca iyo hindhisadaada si aad uga hortagto faafista jeermiska.**
- ✓ **Ku maydh gacmahaaga badanka saabuun iyo biyo ama isticmaale nadiifiye gacmeed.**
- ✓ **Guriga joog haddaad jirran tahay lana xidhiidh dhakhtarkaaga haddii astaamo kasii daraan.**



Is-tallaal



Dabool qufacaaga



Maydh gacmahaaga



Joog guriga markaad jirran

Waydii dhakhtarkaaga maanta tallaalka hargabka!

Rugaha hargabka dadwaynaha, booqo www.bphc.org/flu

Ma u baahan tahay helista dhaktar ama caymis caafimaadka? Wac Khadka Mayor's Health Line **617-534-5050**.

Macluumaad dheeraad, fadlan la xidhiidh:
Boston Public Health Commission
Infectious Disease Bureau
(617) 534-5611 ama www.bphc.org/flu

