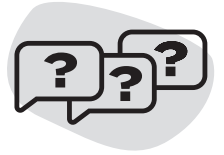


## Waxbadan ka ogoow

Iskaan garee QR koodhka, kadibna hoos ka eeg qaybta **Misinformation Document** si aad u hesho mareegaha xaqiiq hubinta ee lagu taliyay iyo aggabyo kale.



Macaamishu waxa laga yaabaa in ay kuula yimaadaan xog marin habaabin ah oo ay soo arkeen kana maqleen tallaalada.



**Waa tan sida aad uga caawin karto iyaga helista xaqiiqooyinka.**

# Sixida xog qaldan.



Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

Tan waxa lagu maalgeliyay deeq ka timi US Centers for Disease Control and Prevention (Xaruunta Mareykanka ee Xakamaynta Xanuunka iyo ka Hortagga) taas oo la siiyay Washington State Department of Health (Waaxda Caafimaadka Gobolka Waanshitoon) (6NU50CK000515-05-14). **DOH 130-114 Abriil 2026 Somali**



## Sidee uga caawin karaa macaamiishayda in ay aqoonsadaan xogta tallaalka ee beenta ah?

Marka macaamiishu ku arkaan ama ka maqlaan wax su'aal ka dhalan karto onlaynka ama bulshadooda dhexdeeda, waxa aad u soo jeedin kartaa in ay isweydiyaan iyagu su'aalahan muhiimka ah.

### ○ XAGEE XOGTU KA TIMI?

Waxa ay ka timi cisbitaal, rug caafimaad ama waax caafimaad oo maxalli ah, badanaa waa u qalantaa in la rumaysto. Waxa ay ka timi qof wadaagaya aaraa aan xaqiiqooyin la socon, iska dhaaf.

### ○ MIYAY ISTICMAALAYSA EREYO KA BADBADIN AH SIDA "MARWALBA,"

"WELIGAA" AMA "DHAMAAN"? Tusaale ahaan: "Weligaa hays tallaalin" ama "dhamaan tallaaladu isku si bay u shaqeeyaan." Xogta caafimaadku sidaa uma sahlana, tallaal walbaana waa ka gaar kuwa kale.

### ○ MA WAXA AY ISKU DAYAYSAA IN AY KU BAQO AMA WALAAC GELISO?

Ma waxa ay kug hoggaminaysaa ereyo kicin ah sida "Waa tan waxa aanay doonayn in aad oggaato" ama "10 sirood oo tallaalka oo kaa yaabin doona!" Haddii ay ku dareensiiso baqdin, naxdin, xanaaq, waxay u badantahay in ay been tahay.

### ○ MA WAXA AY WEERARAYSAA QOF LA YAQAAN AMA URRUR IYADOO AAN WADAAGAYN XAQIIQOYIN?

Tusaale ahaan: "Dhakhaatiirtu been bay kuu sheegayaan!" ama "dawladdu waxa ay qarintaa xaqiiqda ka danbaysa tallaalka!" Haddii ay sida tahay, labbo jeer feker.

### ○ MA WAXA AY ISKU DAYAYSAA IN AY WAX KAA IIBISO?

Xogo badan oo been ah baa loo isticmaalaa si oogu suuq geeyo alaabo. Haddii ay kugu riixdo in aad wax iibsato mar uun, waxa laga yaabaa in aan la aamini karin.

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