



Talo bixin ku socoto somalida ka ganacsata dukaamada rashinka, si ay uga hortagaan cudurka coronafayras (COVID-19)

Recommendations for Somali grocery stores to protect against Coronavirus Disease 2019 (COVID-19) (Somali-English)

HIRGALINTA TALAABOYINKA KALA FOGAANTA BULSHADA IMPLEMENT SOCIAL DISTANCING MEASURES

1. Shaqaalaha jooga goobtooda shaqada waa in ay kala fogaadaan 6 ilaa 8 feet.
Employees at the worksite should be at least 6-8 feet apart.
2. Waa in Qorshe loo sameeyo shaqaalaha si aysan mar u soo wada galin shaqa
Stagger work schedules.
3. Markasta u ogolow tiro kooban oo macaamisha kamid in ay kujiraan gudaha waqtiga kooban aad siisay si loo taxadaro.
Allow a limited number of customers into the store at any given time, to prevent crowding and inability to maintain social distancing.
4. Rakibida aalad u dhaxayso maqalhayaha iyo macaamiisha waa arin aad u wanagsan
Installing physical barriers (plexiglass panels) at cash registers between cashiers and customers is fine.
5. Macaamisha laynka ku jirta ee u taagan bixinta waa in ay kala fogaadaan 6 ilaa 8 feet, baqaarada qaarkood waxay sameeyeen calaamado ay dhulka ku qoreen kana caawinayso macaamisha in ay ogadaan kala fogaanshaha.
Customers lining up to pay should maintain at least 6-8 feet from each other. Some stores put tape marks on the floor to help customers know how far apart to stand.
6. Ugadig in aan la-isku salaamin gacmaha, oo afka la-iska salaamo.
Discourage handshaking. Greetings can be done verbally.

DADKA XANUUNSANAYA/BUKA PEOPLE WHO ARE SICK

1. Shaqaalaha kuwa ay ka muuqato calaamadahan (sida qandho, gufac iyo neefta oo ku xidhanta) ama ku yaraato waa in ay guryahooda joogaan, hadii ay dhacdo in qof calaamadahaas leh uu yimaado goobta shaqada waa sida ugu dhaqsaha badana guriga loogu diraa.
Employees who appear to have symptoms (i.e., fever, cough, or shortness of breath) should not come to work and stay home. Immediately send home anyone who has symptoms.
2. Goodbaha qaarkood shaqaalaha waxaa laga cabiraa heerkulka jirka iyadoo la fiirinaayo in qandho hayso iyo kale, inkastoo ay dhici karto in aad qabto xanuunka coronafayras adigoo gandho lahayn.
Some employers have been measuring temperatures, and it is a concern if you have a fever. However, you can have coronavirus infection without developing a fever.
3. Hadii qof shaqaalaha kamida uu gurigooda joogo qof xanuunkaan qaba ama xiriir dhaw la leh qof xanuun kaan qaba waa in uusan imaanin shaqa, ilaa uu ka dhamaysto 14 maalmood oo karantiil ah, sababta oo ah waxaad ahaan kartaa qof qaba xanuunka adigoo wax calaamad ah kaa muuqan.
Employees who have a sick family member at home or who have had close contact with someone who is sick should not come to work until after they have completed a 14 day quarantine period. This is because you can be infected before you develop symptoms.

ISILAAALINTA SHAQSYADEED PERSONAL PROTECTION

1. Waa in aad ku haysataa sabuun iyo biyo goobtaada shaqada, dhaq gacmaaga marwalba ku dhaq sabuun iyo biyo ugu yaraan 20 ilbiriqsi.
Providing soap and water in the workplace. Wash your hands often with soap and water for at least 20 seconds.
2. Isticmaal gacmo nadiifiye kaasoo 60% ah alkolo hadii aadaan haysanin sabuun iyo biyo.
Use hand sanitizer with at least 60% alcohol if soap and water are not available.
3. Iska ilaali in aad ku taabato indhahaaga, sankaa, iyo afkaaga gacmo aan dhaqnayn.
Avoid touching your eyes, nose, and mouth with unwashed hands.
4. Kuqari afkaaga iyo sankaa safaleeti marka aad qufacdo ama aad hindhisto, ama ku qari xusulkaaga. Tuur safaleetigii qashinkana ku dar sida ugu dhaqsaha badan, kadib gacmaha ku dhaq sabuun iyo biyo, hadaad waydo isticmaal gacma nadiifiye.
Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow. Throw used tissues in the trash and immediately wash hands with soap and water or (if soap and water are not available), hand sanitizer.
5. Kulatali shaqaalaha in ay albaabka ku furaan suxulka ama gadiyaan gacantooda.
Advise employees to open doors with an elbow or the back of a hand
6. CDC waxay kugutalinaysaa in aad maro kuxidhato gafuurka meelaha dadwaynuhu iskugu yimaado sida baqaarada raashinka, meelahaas oo ay adagtahay kalafoganshaha dadwaynaha si laiskaga ilaaliyo gudbinta cudurka qof qaba xanuunka balse uusan wali soo ridan.
CDC recommends wearing cloth face coverings in public settings (including grocery stores) where social distancing may be difficult to maintain, to prevent transmission from someone who may be infected but not yet sick.

LADAGAALANKA JEERMISKA EE GOOBTA SHAQADA. DISINFECTION OF THE WORKSPACE

1. Si caadi ah u nadiifi oo uga dil jeermiska, meelaha la taabtaabto sida furayaasha, telefoonada, miisaska iyo sagxadaha ama iskafaalada. Si loo hubiyo baqaarka rashinka, xakamee firitijeerka, albaabada iyo wixii lamida (iwm), ka dheerow in aad isticmaasho telefanada shaqaalaha kale miiskooda ama qalabkooda kale ee shaqada, haday ay dhacday in aad isticmaashay nadiifi oo jeermiska kadil isticmaalista kahor iyo kadiba.
Routinely clean and disinfect all frequently touched surfaces, such as keyboards, phones, handrails, counters and other surfaces for checking out groceries, handles on freezers/refrigerators, doorknobs, etc. When possible, avoid using other employees' phones, desks or other work equipment; if you do, clean and disinfect them before and after use.
2. Sagxada wasaqda ah waxaad ku nadiifinkartaa saabuun iyo biyo si aad u disho jeermiska.
Dirty surfaces can be cleaned with soap and water prior to disinfection.
3. Si aad u disho jeermiska waxaad isticmaasha dareeraha midakaleh waxad isticmaasha qamca gashi latuuri karo marka aad nadiifinayso sagxada si aad u ilaaliso gacmahaaga, marka aad dhamaysana iska tuur gacma gashiga.
To disinfect, use products such as liquid bleach. You can use disposable gloves when cleaning to protect your hands, and then throw them away when done.
4. Markasta waxaad u furta hawada dukanka waqtikasta samee albaabada iyo daaqaaduhu in ay furanyihiin.
Increase outdoor air into the store by periodically keeping doors and windows open.

LITERATURE

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