



# SYRACUSE CITY SCHOOL DISTRICT (DEGMADA DUGSIGA MAGAALADA)

Adeegyada Caafimaadka

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Gacaliye Waalid/masuul:

Ayadoo tirada dadka laga helay fayriska novel coronavirus (COVID-19) New York ay sii kordhayaan waxaan doonaayay inaan idin la wadaago macluumaad. Khatarta ah in ardaydeena iyo qoysaskeenu qaadaan cudurka COVID-19 wali way hoosaysaa inkastoo aan filayno in tirada dadka laga helaayo fayriska ay sii kordhayaan. Hadda, ma jiraan warbixinno muujinaaya qof fayriska qaba oo ku nool degmada Onondaga.

Waaxda Caafimaadka ee Degmada Onondaga ayaa si feejigan ugu diyaar garoobaysa dhammaan xaaladaha ka dhalan kara haddii dadka deegaanka laga helo cudurka. Haddaan nahay Syracuse City School District waxaan sii wadaynaa inaan raacno talooyinka kasoo baxa Waaxda Caafimaadka ee degmada Onondaga, Waaxda Caafimaadka ee Gobolka New York iyo Xarunta Xakamaynta Cudurada anagoo la soconayna saamayn kasta oo ka dhalan karta ee saamaynaysa bulshada dugsigeena.

Waxaan dajinay habraacyada nadaafada oo dheeraad ah dhammaan dugsiyadeena iyo xafiisyadeena. Waxaa intaas dheer, waxaan sii wadaynaa farxalka wixtarka leh anagoo ku dhiiri galinayna dadka xanuunsan inay guriga joogaan. Talaabooyinkaan waxaa loogu talagalay in lagu yareeyo faafida xanuunka.

Dhammaan ardayda SCSD, qoysaska iyo shaqaalaha waa inay sii wadaan raacista talaabooyinka guud ee ka hortaga hargabka si loo yareeyo faafida xanuunada neef mareenka ee uu ku jiro COVID-19. Waxaa kamid ah kuwaas:

- Inaad qufacaaga ama hindhisadaada ku daboosho tiish ama marada gacanta
- Dhaq gacmahaaga si joogto ah
- Ka dheeroow inaad wajigaaga taabato
- Ka dheroow inaad u dhawaato dadka jirran
- Caabuqa ka dil meelaha badanaa la taabto (xakabadaha albaabka, taleefanada, iwm)
- Soo qaado talaalkaaga hargabka - marna maaha xili danbe
- Guriga joog haddii aad xanuunsan tahay. Wac dhakhtarkaaga una sheeg astaamaha xanuunka iyo wadanka aad u socdaashay.

Haddii cunugaagu jirado intuu dugsiga joogo ama uu yimaado dugsiga asagoo astaamo hargab u eeg qaba, waxaa lasiin doonaa waji gashad waxaana lagaaga baahan doonaa inaad cunuga kasoo wado dugsiga si xanuunka looga hortago. Fadlan la tasho dhakhtarka caafimaadka cunugaaga sida looga baahanyahay xanuunkiisa.

**ilaha Dheeraadka ah:**

- Webseetka CDC ee gaarka u ah 2019-nCoV ood ka helayso <https://www.cdc.gov/nCoV>.
- Webseetka NYSDOH ee gaarka u ah 2019-nCoV ood ka helayso <https://www.health.ny.gov/diseases/communicable/coronavirus/>
- Waaxda caafimaadka degmada Onondaga: <http://www.ongov.net/health/coronavirus.html>
- Kaydka NYSDOH ee waaxaha caafimaadka ee maxaliga ah [https://www.health.ny.gov/contact/contact\\_information/](https://www.health.ny.gov/contact/contact_information/)
- Webseetka Xarunta Caafimaadka Dugsiga ee gobolka New York [www.schoolhealthny.com](http://www.schoolhealthny.com)

Waxaan sii wadaynaa inaan si cad ugala xidhiidhno bulshadeena SCSD dadaaladayada socda ee ku aadan caabuqa coronavirus.

Daacad kuu ah,



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TT/sm