

## Bogga Macluumaadka Caafimaadka Degdegga ah ee Qofka Safraya

Aalad shabakadeed oo bilaash ah, si fudud loo isticmaali karo oo bixisa talo caafimaad oo la habeeyey oo loogu talagalay safar badbaado leh, oo ku salaysan da'DAADA iyo meelaha aad u socoto!

Waxaa lagu heli karaa 11 luqadood!



<http://gten.travel/trhip>

## Na soo booqo!

### Websaaydkeena

[www.headinghomehealthy.org](http://www.headinghomehealthy.org)



### Baraha Bulshada

 /headinghomehealthy

 @healthfultravel

## Heading Home Healthy

The Massachusetts General Hospital  
55 Fruit Street, Jackson 520  
Boston, MA 02114  
[globaltravepinet@partners.org](mailto:globaltravepinet@partners.org)



[www.headinghomehealthy.org](http://www.headinghomehealthy.org)

## Safarka Caalamiga ah

Sannad kasta, ku dhawaad 70 milyan oo qof ayaa ka safra Mareykanka oo taga dalal shisheeye.

Dadka safraya waxaa laga yaabaa inay meel ka baxsan Maraykanka ka soo qaadaan cuduro waxayna cuduradaas ku soo celin karaan gudaha Mareykanka.



**Heading Home Healthy** waa barnaamij bilaash ah oo ay taageeraan Massachusetts General Hospital iyo Centers for Disease Control and Prevention.

Hadafkeena waa inaan dadka safraya ka caawino inay caafimaad qabaan markay guriga ku noqonayaan si ay u booqdaan asxaabta iyo qaraabada!



## Booqashada Asxaabta iyo Qaraabada

Dadka safraya ee booqanaya asxaabta iyo qaraabada waxay la kulmaan heerar sare oo ah cudurrada faafa ee la xiriira safarka, oo ay ku jiraan duumada, tiifowga, iyo cagaarshowga A.



## Caafimaad Ku Joog Safarkaaga

- ✓ La kulan bixiye daryeel caafimaad 4 – 6 usbuuc ka hor safarkaaga.
- ✓ Iska ilaali qaniinyada kanecada iyo cayayaanka kale.
- ✓ Si badbaado leh ula joog xayawaanada
- ✓ Badbaado ku mar waddooyinka caalamka
- ✓ Ku dhaq gacmahaaga saabuun iyo biyo marar badan oo isticmaal jeermis dilaha gacmaha la marsado, haddii loo baahdo.



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