

Xog ku saabsan COVID-19

TALLABOOYINKA LOOGU TALA GALAY TAGSIYADA (TAXI), LIMOSIINADA (LIMO) IYO GAWAADHIDA LACAGTA LAGU RAACO

Dulmar guud

Tallaabooiyinkani waxay caawinayaan taxi-yada, limosiinda iyo dareewalada dadka lacagta ku qaada si ay iskaga ilaaliyaan cudurka COVID-19, maclumaaadkani dheeraad waxay uyihiin [Workplace Guidance for Business Owners](#), oo caawinaya ganacsiga iyo qaybaha kale marka laga reebo (goobaha caafimaadka) ka hortaga cudurka COVID-19 ku faafaya shaqaalaha dheddooda, dadka si tabaruca ushaqeeya iyo ilaaliyayaaasha.

Intaanad aqbalin qofka inaad qaado, waydi inay is go'doomin ku jiraan ee ku saabsan COVID-19, gaar ahaan:

- Safar ama dhoof ka baxsan Alberta miyaad ka timi 14 maalmood ee ugu dambeeyay?
- Miyaad udhawaatay qof qaba xanuunka COVID-19?
- Calaamadan miyaad isku aragtay 10kii maalmood ee ugu dambeeyay: qufac, xumad ama qandho, neefta kugu dhagaysa iyo sanka diif ka socdo ama cuna xanuun?
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Haday jawaabta suaalahan tahay maya, isticmaal halis yaraynta ku sharaxan qaybta hoose, sido kale haday jawaabtu haa tahay adeegso halis yaraynta waraaqdan ku sharaxan.

Hadii rakaabka qof kaliya ka badan yahay, usheeg in dadka guri kaliya isla degan inay gaadhiga isla raaci karaan.

Hadu dareewalku dareemo in oo COVID-19 qaaday wa ino isticmaalo websaydka la isku baadho ee ah [COVID-19 Self-Assessment](#) ama wac 811.

Halis Yaraynta COVID-19

Nadaafadda Dareewalka	<ul style="list-style-type: none">• Si joogta ah gacmaha udhaq ama isticmaal jirmis dilaha (alcohol-based sanitizer with at least 60%) hadii aad heli waydo saabuun iyo biyo; gaar ahaan:<ul style="list-style-type: none">◦ Markaad so galayso ama ka baxayso gaadhiga,◦ iyo hadaad lacagta ama rakaabka alaabtooda taabato.• Qofaca iyo hindhisada ku dabool suxulkaaga, adigu ka jeesanaya dadka kale, kadib isticmaal jirmis dilaha.• Ha taaban wajigaaga adigoon gacmaha iska dhaqin.• Dareewaladu wa inay dharka iska badalaan oo dhaqaan shifti kasta.• Isku baadh calaamadaha COVID-19 sida xumada (qandhada), qufacamaa neefta oo kugu dhagta, cuna xanuun iyo diif intaadan shaqada galin. Hadu dareewalku calamadaha isku arko wa inaanu shaqo tagin dadka kalena ka fogada, isticmaalo websaydka laagu tala galay in la isku baadhi karo ee ah COVID-19 Self Assessment ama wac 811.• Isku day inaad xirato marada afka iyo sanka lagu daboolo.• Gaadhiga hawada ama neefta ku dhex jirta wa inaad debeda usaarta.
Nadaafadda iyo jeermis dilida	<ul style="list-style-type: none">• Badi inta jeer aad nadiifiso ama jeermiska ka disho meelaha gacan tabashadu ku badan tahay sida albaabada, suunka gaadhiga, taleefanada, kursiga lagu fadhiisanayo iyo steengka (steering wheel) iyo qalabka hagidda (GPS).• Isku day inaad haysato buug ama diiwaan aad ku qortu xiliyada aad nadiifiso am jeermiska ka disho gaadhiga.
Kala fogaaanshaha	<ul style="list-style-type: none">• Hadii aad awoodu ha qaadan lacagta kashka ah.<ul style="list-style-type: none">◦ Istimmaal gacan gashiga ama galoofyada marka kaliya la isticmaalo markaad lacagta kaashka ah qaadanaysid, kadib iska tuur galoofyada gacmahaagana dhaq.Consider.• Usheeg rakaabka qofka kaliya ah ino kursiga dambe fadhiisto, ee aan ahayn kursiga dareewalka ka dambeeyaa sidu dareewalka qofkaasi uga fogaadu.• U ogoloow rakaabka inay so galaan ama ka baxaan gaadhiga oo alaabtooda iyagu la degaan adigoon caawin.

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	<ul style="list-style-type: none">Isku day inaad samayso qalab aad iskaga dhaxaysiiso adiga iyo meeshay rakaabku fadhiistaan.Iska ilaali inaad qaado dadka aan guri isla deganayn.
Rakaabka	<ul style="list-style-type: none">Hawl wadeenada waxay ogaysiin karaan rakaabka siyaabaha la iskaga ilaaliyo faafinta cudurka COVID-19. Tusaale ahaan:Gaadhiga waxa wada raaci kara dadka guri kaliya wada degan.Isticmaal jeermis dilaha ama gacmahaga ku dhaq sabuun iyo biyo ka hor iyo ka dib markaad gaadhiga raacdo.Isku day inaad isticmaasho marada afka iyo sanka lagu xiro (Mask). Consider wearing a non-medical procedure or cloth mask.<ul style="list-style-type: none">Sii rakaabka iyo dareewalada jeermis dilaha ku jiro ugu yaraan 60% alkoolo (sanitizer with at least 60% alcohol), istiraashooyin iyo meel qashinka lagu tuuro.Isku day inaad waraaq ku dhajiso gaadhiga ka hadlaysa habka qufaca ama hindhisada dadka kale looga ilaaliyo iyo nadaafadda.
Intaanad so qaadin	<ul style="list-style-type: none">Rakaab kasta wa in lala hadla intaan la qaadin sidii loogu sheego:<ul style="list-style-type: none">Ino kursiga dambe fadhiisto iyo ino so xирto maaskiga (Mask) ama maro afka iyo sanka ilaa gadhka intaanay so galin gaadhiga- eeg qaypta qalabka la xирto ee la iskaga ilaaliyo cudurada faafa.hadii oo rakaabka ubaahan doonu in alaabtooda laga caawiyi.In kaliya qofka rakaabka ah ee dalbaday gaadhiga la qaadi doonu.Rakaabka qofka kaliya ka badan waa la qaadi kara haday isku guri degan yihiin.
Ka hor taga – Gaadhida gudhiisa	<p>Gawaadhida oo dhan wa in ay udiyaarsan yihiin sidan:</p> <ul style="list-style-type: none">Haday suura gal tahay, qalab in loo dhaxaysiyo dareewalka iyo rakaabka si loo badbaadiyo dareewalka loona baahan ino xирto qalabka la iskaga ilaaliyo cudurada faafa.Haday ay suura gal ahayn, dareewalku wa ino qalabka la iskaga ilaaliyo cudurada faafa xirta eek u sharaxan qaypta hoose.Kuraasta ama marada kuraasta la saaro wa in ay tahay maro jilicsan oo aan laqan biyaha lana nadiifin karo oo aan lahayn meel jeexan .Hadii aan la masixi karin kuraasta, isticmaal maro kuraasta la saaro oo rakaabkiiba mar kaliya loo isticmaalo kadibna la iska tuuro.Jeermis dilaha (Alcohol-based hand sanitizer with at least 60% alcohol) wa in midna la dhiga xage hore midna xaga dambe sida dareewalku iyo rakaabku u isticmaali karaan.Si joogta ah u nadiifi oo u diyaari qalabka cudurada la iskaga ilaaliyo gaadhiga dhexdiisa inay ku jirto.Qashin qub yar udiyaari qalabka cudurada la iskaga ilaaliyo in lagu tuuro, wa ino yaala kursiga dambe lana iska bedalaya marku rakaab kasta dego. <p>Dareewalada oo dhan wa inay:</p> <ul style="list-style-type: none">Gacmaha ku dhaqaan jeermis dilaha markay so galaan am aka baxayaan gaadhiga.Inay gaadhiga ku jiraan inta rakaabku ka degayo.Rakaabka u daayaan in ay so galaan ama baxaan alaabtoodana iyagu la degaan isaguun caawin.Hadii ay rakaabku ubaahdaan caawimaad isticmaal qalabka la iskaga ilaaliyo cudurada faafa.Xasuusi rakaabka inay xirtaan qalabka cudurada faafa la iskaga ilaaliyo mar walba, sida marada afka iyo sanka la iskaga xiro (Mask).Xasuusi rakaabka inay gacmahooda ku dhaqaan jeermis dilaha markay so galaan kana degaan gaadhiga.
Ka hor taga – Gaadhiga	<ul style="list-style-type: none">Gaadhigu wa in la nadiifiya jeermiskana laga dilaa ka hor iyo kadib rakaabka kasta, gaar ahaan meelaha taabashadu ku badan tahay sida albaabada, suunka gaadhiga, taleefanada, kursiga lagu

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nadaafaddisa	fadhiisanayo iyo steengka (steering wheel) iyo qalabka hagidda (GPS).
Qalabka la xirto ee la iskaga ilaaliyo xanuuunada faafa.	<p>Rakaabka:</p> <ul style="list-style-type: none">• Xiro marada afka lagu xirto (Mask) mar kasta marka so galayso ku jirto kana baxayso gaadhiga. <p>Dareewalka:</p> <ul style="list-style-type: none">• Uma baahnid qalabka la xirto ee la iskaga ilaaliyo cudurda faafa kaliya hadii ku jirayso gaadhiga oo adiga iyo rakaabkuna wax idiin dhexeeyaan.• Hadii aan adiga iyo rakaabka waxba idiin dhaxayn:<ul style="list-style-type: none">◦ Xiro marada afka iyo sanka lagu xirto (Mask) iyo ukiyalaha indhaha (iska tuur marka rakaabkaasi ka dego).◦ Dhamaystir nadaafadda gacmahaga intaanad qalabka qalabka cudurada faafa la iskaga ilaaliyo xiran iyo markaad iska saaraysid.• Hadii rakaabku ubaahdo caawimaad:<ul style="list-style-type: none">◦ Usheeg ino gaadhiga ku jiro 2 mitirna ka fogaadu.◦ Dhaq gacmaha ka hor iyo ka dib markaad alaabta rakaabka udajiso. <p>Nadiifiyaha:</p> <ul style="list-style-type: none">• Galoofyada markaad nadiifinayso gaadhiga wa ubaahan karta hadii ay ku qoran tahay.• Hadii laga yaabo ino oo waajiga ka gaaro isticmaal marada afka iyo sanka lagu xirto, ukiyalaha indhaha iyo marada jirka loo xirto.