



# Xiro Maaskarada Wajiga

Wear a Face Mask

To limit the spread of the virus that causes COVID-19, we are asking all patients and visitors in the hospital to wear face masks anytime you are around other people. You will be given a face mask when you arrive. If you come in wearing a homemade mask, you will be asked to remove it and wear the mask we provide to you. If you are admitted to the hospital, you will also be given a paper bag to store your mask when you are not wearing it.

For your safety, we will not give you a mask to wear if you are having problems breathing or if you are not able to remove a mask without help.

Si loo xaddido faafitaanka fayraska sababa COVID-19, waxaan ka codsaneynaa dhammaan bukaannada iyo soo booqdayaasha isbitaalku inay xirtaan maaskarada wajiga markasta oo ay ag joogaan dadka kale. Waxaa lagu siin doonaa maaskarada wajiga marka aad timaadid. Haddii aad timaado adigoo xiran maaskarada wajiga ee aad guriga ku soo samaysatay, waxaa lagaa codsan doonaa inaad ka saarto oo aad xirato maaskarada aan ku siiney. Haddii isbitaalka lagu dhigo, waxaa sidoo kale lagu siin doonaa bac si aad ugu keydsatid maaskarada markii aadan xirneyn.

Badbaadadaada awgeed, kuma siin doonno maaskaro aad xirato haddii aad dhib ku qabtid neefsashada ama haddii aadan awoodin inaad iska saarto maaskarada caawimaad la'aan.

## Wearing the mask

- **Wash your hands well before putting the mask on and after taking it off.** Also wash your hands if you touch the mask to adjust it. Use soap and water or alcohol based hand sanitizer.



## Xirashada maaskaro

- **U dhaq gacmahaaga fiican ka hor inta aadan xiirin maaskarada iyo kadib markaad iska saarto.** Sidoo kale dhaq gacmahaaga haddii aad taabatid maaskarada si aad u hagaajiso. Isticmaal saabuun iyo biyo ama nadiifiye leh aalkolo.

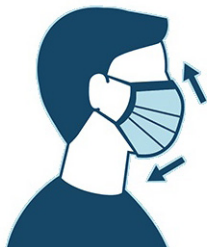


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- Fit the elastic bands behind your ears, or tie the top ties at the middle of your head and the bottom ties around the back of your neck.
- Pinch the wire at the top of the mask edge around the top of your nose to make a snug fit.
- Pull the bottom of the mask down over your chin. Be sure the mask covers your nose and mouth.
- Try to avoid touching the mask to prevent spreading germs to or from the mask.



**Wear the mask anytime you are in a room with other people, anytime someone comes into your room and anytime you leave your patient room.** You can remove the mask if you are alone in your patient room. If you are sharing a room with another patient and the curtain is pulled across the room, you can remove your mask if no care providers are in the room.

## Removing and storing your mask

You will be given a paper bag with your name on it to store your mask when you take it off.

- Wash your hands well.
- Remove the mask without touching the front of the mask.
  - Grab the elastic bands from behind your ears to remove the mask away from your face

- Xargaha ku xir dhegahaaga gadaashooda, ama ku xir xargaha sare qeybta dhaxe ee madaxaaga iyo xargaha hoose qeybta dambe ee qoortaada.
- Ku dheji fiilada dusha sare uga dhegan maaskarada qeybta sare ee sankaa si ay ula ekaato.
- Hoos u soo jiid badhanka maaskarada xagga sare ee garkaaga. Xaqiiji in maaskaradu daboosho sankaa iyo afkaaga.
- Isku day inaad ka fogaato taabashada maaskarada si aad uga hortagto in jeermiga uu galo ama ka soo baxo maaskarada.

**Xiro maaskarada markasta oo aad qol kula jirto dadka kale, mar alla markii qof soo galo qolkaaga iyo waqti kasta oo aad ka tageyso qolkaaga bukaanka.** Waad iska saari kartaa maaskarada haddii aad kaligaa ku tahay qolkaaga bukaanka. Haddii aad qol la wadaageyso bukaan kale isla markaana daahyo lagu dabooley qolka, waad iska saari kartaa maskadaada haddii bixiyeyaasha daryeelku aysan qolka ku jirin.

## Iska saarista iyo keydinta maaskarada

Waxaa lagu siin doonaa boorso bac ah oo magacaagu ku qoran yahay si aad ugu keydsato maaskarada markii aad iska furto.

- U dhaq gacmahaaga had iyo jeer.
- Iska saar maaskarada adigoon taaban wejiga hore ee maaskarada.
  - Ka qabo xargaha qeybta dambe ee dhegaha si aad maaskarada uga saarto wajiga.

**OR**

- Untie the bottom ties and then untie the top ties. Holding onto the top ties, remove the mask away from your face.
- Fold the mask with the inside facing out, long sides together, and place it in the paper bag. Fold the top of the bag over to close it. Wash your hands again.

When you need to put the mask back on, wash your hands. Open the bag and grab the elastic band or ties to remove the mask from the bag. Unfold the mask and put it on.

**AMA**

- Fur batoonada hoose ka dibna fur batoonada kore. Adigoo haynaya hargaha kore, wejiga ka saar maaskarada.
- Laalaab maaskarada adigoo qeybta gudaha marinaya dibada, isku qabanaya geesaha dhaadheer, oo ku ridaya boorsada bacda ah. Bacda qeybteeda kore soo laab si aad u xirto. Dhaq gacmahaaga mar labaad.

Markaad u baahan tahay inaad maskarada dib u xirato, gacmaha iska dhaq. Fur bacda oo soo qabo xargaha si aad maaskarada uga soo saarto bacda. Furfur maaskarada oo gasho.