




**AUBURN**

**SCHOOL DISTRICT**

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# Ku Noqo Waraaqaha

Waraaqahan waxaa loogu talo galay inay muujiyaan dariiqooyin badan oo aanu wax uga badalayno nidaamyada shaqada inta aanu dib u furayso dugsiga si aanu shaqaalaha iyo ardayda aanu u ilaalino amaankooda ilaa inta macquulka ah.

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<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/FallGuidanceK-12.pdf>

# SIDA AANU ULA QABSANAYNO DUGSIYADEENA

## Waji Gashadka/Waji Daboolka & Nadaafada Shakhsi Ahaaneed:

- Waji gashadka/waji daboolku waa waajib dhamaan xarumaha iyo basaska laga bilaabi da'da 5 jirka iyo wixii ka wayn. Waji gashadka waa lagu dhiiri gelinayaa inay xidhaan caruurta u dhaxaysa 3-4 jirku.
- Farxalka iyo jeermis ka dilka ayaa waajib ah dhismaha oo dhan.
- Jeermis ka dilaha gacmaha waxaanu dhigi doonaa meesha laga soo galo dhismaha oo waxaa ay ku waajib tahay dhamaan dadka soo booqanaya.

## Gaadiidka Dugsiga:

- Calaamad ayaa loosoo dhajin doonaa si meesha ay u socdaan gaadiidka loogu sheego, si kala fogaanshaha dadka loo suurto geliyo oo loogu waajibiyo inay waji gashad xidhaan.
- Xafiiska guud waxaa jooga shaqaale, laakiin albaabka ayaa u xidhan. Si loo yareeyo faafitaanka, booqdayaasha, oo ay ku jiraan xubnaha qoyska waxa ay u baahan yihiin balan si ay usoo galaan dhismaha.

## Shaybaadhka Badqabka:

- Dhamaan shaqaalaha, ardayda iyo booqdayaasha waxaa ku waajib ah inay galaan shaybaadh badqab kahor inta ayna gelin xarunta degmada dugsi kasta.
- Sidoo kale nidaamka shaybaadhka dhijitaalka ah ayaa la heli karaa.
- Shaqaalaga dugsiga waxaa lagu tobobari doonaa sidii ay u garan lahaayeen xanuunka marka ay ardaydu timaado dugsiga iyo maalinta oo dhan.

## Nadaafada iyo Jeermis Ka Dilka:

- Jadwalka nadiifinta iyo jeermis ka dilka dugsiga oo dhan waxa uu ku salaysan yahay tilmaamaha Waaxda Caafimaadka.
- Environmental Protection Agency (Hay'ada Ilaalinta Deegaanka) shaqaalaha nadiifinta ee ay qiimayso ayaa la isticmaalaa.
- Meelaha badanaa la taatabto, sida gacmaha albaabada iyo iswiiyada laydhka, waa la nadiifin doonaa oo jeermiska ayaa si joogto ah looga dili doonaa.
- Shaqaalaha gacan ku haynta ayaa jeermis ka dili doona meelaha badanaa la taatabto (gacmaha albaabada, bulaacadaha, meelaha biyaha laga cabo) iyo qolalka suuliyada, xafiiska guud, qolka caafimaadka, iyo qolka COVID inta u dhaxaysa kooxaha.

## Faamalaydhka iyo Hawada Qolka:

- Nidaamka Kulayliyaha, faamalaydhka, iyo eer koondhisinka (Heating, ventilation, and air conditioning, HVAC) waxay ka shaqaynayaan sidii kor loogu qaadi lahaa awooda.
- Laba jeer libilaab hawada banaanka ayaa wareegi doonta si loo yareeyo dib u wareega hawada. Nidaamyada HVAC ayaa shaqaynaya sidoo kale 2 saacadood oo dheeraad ah kahor waxbarashada iyo 2 saacadood kadib.

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# SIDA AANU FASALADEENA U QAABAYNAY

Meelaha fasalada waxaa loo diyaarin doonaa sida loogu baahdo si markaa ay dadku u kala fogaadaan oo ay u taageeri karto kaalinta ilmo kasta inuu ilaaliyo caafimaad qabta deegaanka fasalka.

### Kala Fogaanshaha:

Kooxda isku qoran waxay iman doonaan dhismaha isku maalin. Ardayda way kala fogaan doonaan marka ay macquul tahay. Ardayda iyo shaqaaluhu waxay xidhan doonaan waji gashad/waji dabool. Agab iyo shaqooyin kala duwan ayaa lagu qori doonaa ardayda si loo yareeyo inay wadaagaan shayada. Kuraasta waxaa lagu qori doonaa ardayda fasal kasta. Ardaydu waxay isku jiri doonaan 6 fuudh.

### Nadaafada Shakhsi Ahaaneed:

- Shaqaalaha waxay bari doonaan ardayda khidado iyo tilmaamo farxalka iyo nidaamka nadiifinta.
- Calaamadaha nidaamka kahortaga caabuqa iyo isku gudbinta waxaa lagu soo dhajin doonaa fasalada.
- Shaqaalaha waxaa lagu dhiiri gelinayaa inay si joogto ah u farxashaan.

### Nadaafada & Jeerimis ka Dilka:

- Ardayda iyo shaqaaluhu waxay nadiifin doonaan miiskiisa iyo kuraastooda.
- Cida gacanta ku haysaa waxa ay nadiifinta doontaa meelaha badanaa la taataabto, sida gacanta albaabka iyo iswiiyada laydhka.
- Meelaha waxaa la nadiifin doonaa inta u dhaxaysa isticmaalka.



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# SIDA AANU U DIYAARINAY MEELAHEENA UGU WAAWAYN



Waji gashadka/waji daboolku waa ku waajib dhamaan ardayda iyo shaqaalaha. Hogaanka dugsiya ayaa wax ka badali doona hawlaha dhismaha si loo xadido baaxada kooxda. Calaamado ayaa lasoo dhajin doona si la iskugu khasbo nidaamka nadiifinta, waji gashadka/waji daboolka iyo kala fogaanshaha.

### Maqaaxida/Meelaha Caamka ah:

- Cunto ayaa lasiin doonaa dhamaan ardayda.
- Ardayda dugsiya dhexe iyo sare way kala fogaan doonaan marka ay meelaha caamka ah wax ku cunayaan, banaanada iyo meelaha kale ee dhismaha sida fasalada.
- Cuntada dugsiya hoose way qaadan doonaan oo laguma cuni doono dugsiya.
- Ardayda waxaa looga baahan yahay inay farxashaan kahor iyo kadib marka ay wax cunaan.
- Ardaydu ma wadaagi doonto cuntada.

### Jiimka:

- Jiimka dugsiya dhexe iyo sare waxaa loo isticmaali doonaa qaab fasalada jimicsiga lagu galo. Fasalada jimicsiga waxaa loo adeegsan doonaa meel kale.
- Fasalada jimicsiga dugsiya hoose waxaa lagu baran doonaa waxbarashada onleynka ah.

### Garoonka & Meelaha Furan ee Banaanka ah:

- Dhamaan ardayda dugsiya hoose way is kala bixin doonaan iyo/ama waxay xidhan doonaan waji gashad wakhtiyada nasashada.
- Nasashada iska kala bixinta, ardayda waxaa ku waajib ah inay farxashaan marka ay kusoo noqdaan fasalka.

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# SIDA LOO ISTICMAALAYO GAADIIDKEENA

Waxa aanu ku dhiiri gelinaynaa waalidka inay caruurtooda ku soo qaadaan gaadiidkooda ama ay u soo lugeeyaan/baaskiil u soo kaxaystaan ardaydu dugsiga si marka kala fogaansho loogu helo marka ay raaci waayaan baska.

## Waxka Badalka Raacitaanka Baska:

- Kuraasta waa la isku qori doonaa. Walaalaha/dadka isku guriga degan ayaa meel wada fadhiisanaya.
- Dadka raacayaa way kala fogaan doonaan ilaa inta macquulka ah.
- Ardayda iyo dirawada baska waxaa ku waajib ah inay xidhaan waji gashad/waji dabool inta ay baska saaran yihiin.
- Basaska waa la nadiifin doonaa oo jeermiska ayaa laga dili doonaa maalin kasta.
- Daaqadaha way furnaan doonaa ilaa inta ugu badan si ay hawada banaanku usoo gasho.
- Ardayda way farxalan doonaan ama jeermis ka dilaha gacmaha ayay isticmaali doonaa kahor inta ayna baska soo raacin.
- Waji gashad ayaa lasiin doonaa kuwa aan haysan waji gashadka.



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# IN UU MIDBA MIDKA KALE ILAALIYO AMAANKIISA

Auburn School District oo ay is kaashanayaan Waaxda Caafimaadka Degmada King & Seattle ayaa gaadhi doona go'aanka dib u habaynta si bulshada dugsigeena loo ilaaliyo amaankooda. Iskaashigan waxaa kamid ah isku dhawaanshaha iyo wada tashiga si loo xaqiijiyo caafimaadka iyo amaanka ardayda, qoysaska iyo shaqaalaha.

### Eegitaanka Badqabka:

- Waalidku waxay xaqiijin doonaan in ardaygoodu aanu lahayn astaamaha COVID iyada oo maalin kasta eegi doona badqabkiisa oo waydiin doona su'aalo oo ka qaadi doona heerkulka kahor inta aanu ardaygu qaban dugsiga.
- Wixii arday ah ee muujiya astaamaha COVID-19 maalinta waxbarasho waxaa la gelin doonaa qol gaar ah si shaybaadh looga qaado oo waalidka/koriyaha ayaa lala xidhiidhi doonaa si uu u qaado.
- Hadii ay jiraan wax walaac ah oo in adiga ama qof qoyska ah uu xanuunsanayo ah ama uu muujiyay astaamaha COVID-HA JOOGO GURIGA.
- Shaqaalaha muujiya astaamaha COVID-19 waxaa loo diri doonaa guriga isla marka oo waxaa shaqada lala socodsiin doonaa Qaybta Shaqaalaha iyo daryeelka caafimaad bixiyahooda.
- Hadii ardayda ama shaqaalaha uu yeesho KALIYA HAL astaan oo mudo gaaban ah; daal; madax xanuun; murqo xanuun ama jidh xanuun; cuno xanuun; sanko oo xidhma ama duuf; yalaalugo ama hunqaaco ama shuban-GURIGA HA JOOGO. Hadii astaamuhu ku bilaabmeen oo uu kaga ladnaado wax ka yar 24 saacadood waxa uu ku noqon karaa dugsiga maalinta xiga. Shaybaadhka COVID-19 maaha waajib, in kasta oo weli lagu taliyo. Sida: ardayda oo ku soo toosta cune xanuun. Ardayda oo seexan kari waayo calaamadahan dartood. Gelinkii danbe, waxaa ka baaba'ay cune xanuunkii. Ardayga ayaa soo toosa Talaatada isaga oo aan lahayn astaamo. Ardaygu waxa uu qaban karaa dugsiga.

### Waji Gashadka/Waji Daboolka:

- Waji gashadka/waji daboolka waa ku waaji dhamaan basaska ASD iyo xarumaha.
- Waji gashad waxaa lagu sheegaa laba ama wax ka badan oo lakab oo maro la maydhi karo, lagana dhax neefsan karo oo aan lahayn qasabad ama wax laga neefsado. Gebi ahaanka waxa uu daboolaa daanka, sanko iyo afka oo waxa ay wada gala dhabanada wajiga iyada oo aanu soo xafuujin.
- Waji gashadka waxaa bixin doonta degmada hadii loo baahdo.
- Shaqaalaha waa inay kala shaqeeyaan Waaxda Shaqaalaha wixii ku saabsan qaabilaada waji gashadka hadii aanu xidhan karin waji gashadka.

### Badqab:

- Si wanaagsan u farxalo oo joogto ah.
- Dadka ka fogow.
- Waxa aad xidhataa waji gashadkaaga/waji daboolkaaga mar kasta.
- Joog gurigaaga hadii aad xanuunsanayso ama aad yeelato astaamo COVID la xidhiidha.

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# IN UU MIDBA MIDKA KALE ILAALIYO AMAANKIISA... Sii Socda

## La Socodka Caafimaadka Maalin Kasta:

- Shaqaaluhu waa inay la socdaan naftooda iyo xubnaha qoyskooda kahor inta ayna iman shaqada.
- Qoysasku waa inay la socdaan ardaydooda iyo xubnaha qoyskooda kahor inta ayna iman dugsiga.
- Hadii ay jiraan wax walaac ah oo in adiga ama qof qoyska ah uu xanuunsanayo ah ama uu muujiyay astaamaha COVID-**HA JOOGO GURIGA..**

## Ka Jawaabida Warbixinta COVID:

- Hadii adiga, ama qof kamid ah qoyskaaga, uu leeyahay asmaato COVID-19 ah oo aad sugayso natiijada shaybaadhka, laga heley COVID-19, uu sugayo natiijada shaybaadhka COVID-19 ama uu u dhawaaday qof laga heley COVID-19, **KA WARBIXI—HA JOOGO GURIGA.**
- **Shaqaalaha** waa inay gaadhsiiyaan cida laga heley COVID horjoogahooda oo ay ku xidhaan markaba Waaxda Shaqaalaha.
- **Qoysaska iyo ardayda** waa inay gaadhsiiyaan kaaliyaha caafimaadka dugsiga ama maamulaha dugsiga isla markaba.

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# TILMAAMAHA COVID-19

**Xubinta shaqaalaha ah ama ardayda la xaqiijiyay inuu qabo COVID-19 waxay ku noqon kartaa shaqada ama dugsiga marka:**

- Ugu yaraan ay 10 maalmood kasoo wareegaan markii ugu horeysay ee uu qofku yeeshay astaamaha, IYO
- Ugu yaraan 24 saacadood ay kasoo wareegtay markii ay xumadu ka baaba'day (isaga oo aan qaadan dawo xumad ah) oo uu astaamaha ka ladnaaday.

**Shaqaalaha ama ardayda aan lahayn astaamaha ee la xaqiijiyay inay qabaan COVID-19 waxa ay ku noqon karaan shaqada ama dugsiga marka:**

- 10 maalmood ay kasoo wareegto taariikhdii laga heley COVID-19.

Hadii aad ka walaacsan tahay caafimaadkaaga, waxa aad wargelisaa daryeelka caafimaad bixiye (shaqaale) ama kaaliyaha caafimaadka dugsiga (ardayda) oo **HA IMANIN SHAQADA AMA DUGSIGA.**

**Ardayda ama shaqaalaha qaba astaamaha COVID-19 laakiin AAN GARANAYNIN cida ay u dhawaadeen:**

Ardayda ama shaqaalaha qaba astaamaha ee aan u dhawaan cid la xaqiijiyay inay qabto COVID-19 waxaa lagu dhiiri gelinayaa inay la xidhiidhaan daryeelka caafimaad bixiye, gaar ahaan hadii ay astaamahoodu kasii daraan.

**Hadii AAN shaybaadh lagaga helin COVID-19, waa inay:**

Joogaan guriga ugu yaraan 10 maalmood marka ay ku bilaabmaan astaamuhu laga bilaabo, IYO inta ay bilaa xumada noqonayaan 24 saacadood iyaga oo aan qaadan dawada xumaha, **OO** astaamuhu ay ka baaba'aan.

Hadii shaybaadh LAGAGA WAAYO COVID-19, oo ayna jirin cid la garanayo oo ay u dhawaadeen oo qabta, waa inay guriga joogaan 24 saacadood kadib marka xumadu ay ka baaba'do oo astaamuhuna ay ka ladnaanayaan.

**Ardayda iyo shaqaalaha u dhawaaday qof laga heley COVID-19:**

Ardayda ama shaqaalaha u dhawaaday qof laga heley COVID-19 oo la xaqiijiyay waa inay isku karantiimaan gurigooda oo ay la socdaan astaamahooda, ugu yaraan 14 maalood oo ka bilaabma taariikhdii ugu danbaysay ee qofka qaba ay u dhawaadeen, xataa hadii shaybaadh lagaga waayay COVID-19. Waa in lagu dhiiri geliyo inay is baadhaan oo waa inay wargeliyaan dugsiga isla markaba hadii iyada ama qof qoyskooda ah laga helo COVID-19.

**Hadii qofka ka warbixinaya laga heley COVID-19 uu wakhtigan joogo dugsiga:**

Qofku waa inuu ku noqdaa guriga ila markaba iyada oo aan la eegeynin astaamaha uu leeyahay. Waa inuu qofku soo dhamaystaa ugu yaraan 10 maalmood oo aysoleeshin ah kahor inta aanu kusoo laaban dugsiga. Cida uu u dhawaaday waa la wargelin doonaa.



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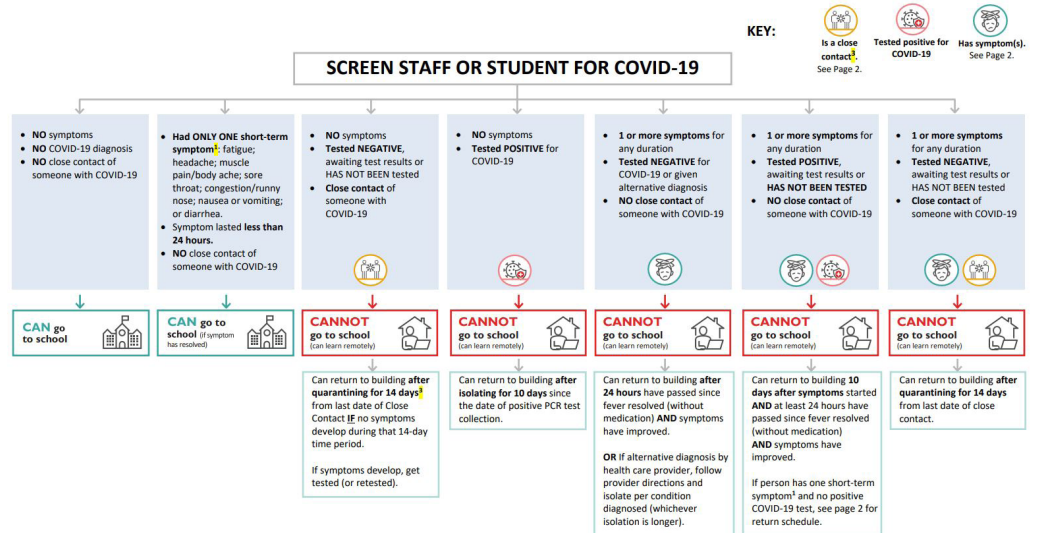
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# COVID-19 Symptom Flow Chart

Public Health  
Seattle & King County



Updated December 8, 2020. Adapted from document of Health Officers in Clark, Cowitz, Klickitat, Pacific, Skamania, and Wahkiakum Counties.

# COVID-19 Symptom Flow Chart

Public Health  
Seattle & King County

**COVID-19 SYMPTOMS<sup>1</sup>**

- Fever (100.4°F / 38°C or higher)
- Cough
- Loss of taste or smell
- Chills
- Shortness of breath or Difficulty breathing
- Fatigue
- Headache
- Muscle pain or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

<sup>1</sup>A short-term symptom is defined as: A person has only one of the following symptoms (fatigue; headache; muscle pain or body aches; sore throat; congestion or runny nose; nausea or vomiting; or diarrhea) **AND** the symptom begins and resolves in less than 24 hours **AND** no known COVID-19 exposure (close contact).

A person can return to school the next day if the short-term symptom resolves. A COVID-19 test is not required.

<sup>2</sup>That are not explained by a preexisting condition, such as asthma.

**CLOSE CONTACT DEFINITION<sup>2</sup>**

“Close Contact” includes anyone in one or more of the following categories:

- Been within 6 feet (2 meters) of a person with COVID-19 for a combined total of 15 minutes or more within a 24-hour period
- Live in the same household as a person with COVID-19
- Cared for a person with COVID-19
- Been in direct contact with saliva or other body secretions from a person with COVID-19 (for example: been coughed on, kissed, shared utensils, etc.)

Public Health will help identify close contacts.

**If you've been exposed to someone with COVID-19 and you have no symptoms, Public Health recommends the following:**

- Stay in quarantine for 14 days after your last contact. **This is the safest option.**
- If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing.
- If the first two options are not possible, stay in quarantine for 7 full days beginning after your last contact **and** if you receive a negative test result (get tested no sooner than day 5 after your last contact). **This option depends on availability of testing**

Updated December 8, 2020. Adapted from document of Health Officers in Clark, Cowitz, Klickitat, Pacific, Skamania, and Wahkiakum Counties.

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# TILMAAMAHA NIDAAMKA JAWAABTA COVID-19

Degmo Dugsiga Auburn (Auburn School District, ASD) waxa ay ka shaqaysiin doontaa nidaamka dhamaan xubnaha shaqaalaha ama ardayda ku sugan xarunta lagu sheegey cida qabta COVID-19 in la baadho. Qofka u dhawaaday shakhsiyaadka la sheegey inay qabaan waxa uu ku danbayn doonaa karantiinka waajibka ah ee Waaxda Caafimaadka (Department of Health, DOH). Ardayda ay saamaysay tani waxa loo wareejin doonaa waxbarashada onleyinka ah. Shaqaalaha uu sameeyay waxa ay kala shaqayn doonaa horjoogahooda iyo Waaxda Shaqaalaha cida shaqada lagu qorayo iyo/ama fasaxa.

### Nidaamka Shaqaalaha iyo Ardayda:

- Natijada laga heley waxaa la gaadhsiiyaa kaaliyaha caafimaadka dugsiga (ardayda) ama horjoogaha COVID (shaqaalaha).
- Ardayda: Kaaliyaha caafimaadka dugsiga ayaa gaadhsiinaya Kaaliyaha Maamulaha Adeega Caafimaadka.
- Shaqaalaha: Kormeeraha Goobta COVID ama cida uu wakiishay (Kaaliyaha Kormeeraha Goobta/Kaaliyaha Caafimaadka) waxa uu gaadhsiinayaa Kaaliyaha Maamulka ee Adeegyada Caafimaadka iyo Waaxda Caafimaadka.
- \*Baadhitaanka u dhawaanshaha cida qabta ayaa la qaban doonaa iyada oo lagala kaashanayo Waaxda Caafimaadka.
- Dhamaan dadka la ogaaday inay u dhawaadeen cid qabta waxa loogu sheegi doonaa taleefan ahaan iyo warqad ahaan si ay u bilawdo karantiinka.
- Dhamaan dadka la ogaaday inay u dhawaadeen cida qabta waxa lasiin doonaa tilmaamaha karantiinka.

\*Uga dhawaanshaha 6 fuudh wax ka badan 15 daqiiqo ama marka la isku geeyo 24 saacadood mudo ah, iyada oo uu xidhan yahay ama aanu xidhnayn waji gashad.

Macluumaad

Dugsiyo

Fasalada  
Meelaha Balaadhan

Gaadiidka  
In uu Midba  
Midka Kale Ilaaliyo  
Amaankiisa

Tilmaamaha  
COVID-19

Shaxda Socodka  
Astaamaha  
COVID-19

Tilmaamaha  
Nidaamka Jawaabta  
COVID-19

Xidhiidhka Kiisaska  
Laga Helo COVID-19

Jawaabta Shaqada  
Dhismaha

Saamaynta  
Karantiinka

Wixii macluumaadka  
ugu danbeeyay ah:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/FallGuidanceK-12.pdf>

# XIDHIIDHKA KIISASKA LAGA HELO COVID-19

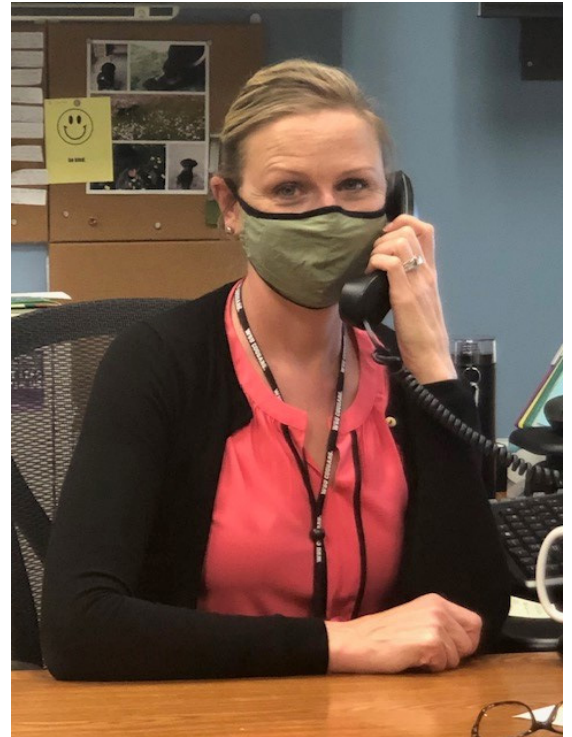
## Wargelinta Caafimaadka Shacabka:

Auburn School District waxay wergelin doontaa saraakiisha caafimaadka shacabka deegaanka dhamaan xaaladaha qaba ee naloosoo sheegey, ama xaalado kale oo u baahan in laga wada tashado.

## Xidhiidhka Ardayga, Qoyska iyo Shaqaalaha:

Waxaa weeye ASD yoolkeeda inay shaqaalaha iyo qoysaska la socodsiiso dadka laga heley COVID ee saamaynaya dugsiga iyo xarumaha degmada iyada oo sidoo kale la ilaalinayo sirta shakhsiga.

- Qof kasta oo laga helo COVID-19, dadka u dhawaada waxaa loogu sheegayaa taleefanka (ASD) iyo warqad (ASD).
- Marka laga tago sirta, wargelinta gaarka ah ee cida u dhawaatay, xudhiidhka dheeraadka ah waxaa loo samayn doonaa sida ay dhigayso Waaxda Caafimaadka ee Degmada King-Seattle.



## Macluumaad

### Dugsiyo

### Fasalada Meelaha Balaadhan

### Gaadiidka In uu Midba Midka Kale Ilaaliyo Amaankiisa

### Tilmaamaha COVID-19

### Shaxda Socodka Astaamaha COVID-19

### Tilmaamaha Nidaamka Jawaabta COVID-19

### Xidhiidhka Kiisaska Laga Helo COVID-19

### Jawaabta Shaqada Dhismaha

### Saamaynta Karantiinka

### Wixii macluumaadka ugu danbeeyay ah:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/FallGuidanceK-12.pdf>

# JAWAABTA SHAQO EE DHISMAHA



Auburn School District waxay dhaqan gelisay nidaam jeermiska lagaga dilayo dhamaan goobaha. Hadii la ogaado cid qabta COVID-19, talaabooyin dheeraad ah ayaa la qaadi doonaa kuwaas oo ku salaysan tilmaamaha Washington State Department of Health kuwaas oo ay kamid yihiin:

- In la xidho meelaha ay saamaysay ilaa inta nidaamka nadiifinta la dhamaystirayo.
- Xidhitaanka mudada gaaban - ama dheer - go'aanka waxaa la gaadhayaa iyada oo lagala tashanayo saraakiisha caafimaadka shacabka.

### Safmarka COVID-19 ee dugsiya:

Safmarka COVID-19 waxaa loo arkaa inuu jiro marka kuwa soo socdaa ay yimaadaan:

- Waxaa jira laba ama wax ka badan oo shaybaadh lagaga heley (PCR ama antigen) oo ah kiisas COVID-19 ah oo shaqaalaha ama ardayda ah.
- Kiisaska waxay ku bilaabmeen astaamuhu 14 maalmood ee lasoo dhaafay gudahooda.
- Kiisasku waxay la xidhiidhaan safmar.
- Kiisasku guri ma wadaagaan.
- Kiisaska lama sheegin inay yihiin dad u dhawaaday cid qabta ama iyaga dhaxdooda habdhismeed kale intii shaybaadhka la waday.

### Is raacinta ama qaybinta ardayda:

In fasalka oo dhan loo fasaxo inay galaan karantiin guriga ah mudo 14 maalmood ah hadii laba ama wax ka badan shaybaadh lagaga helo (PCR ama antigen) COVID-19 kuwaas oo kooxda ama cida isku qoran kamid ah 14 maalmood ee lasoo dhaafay.

Dugsiya in la xidho oo loo wareego warbarashada onleynaka ah 14 maalmood marka:

- 2 ama wax ka badan oo fasal loo fasaxo safmarka dugsiya dhaxdiisa leh 10 ama fasalo ka yar.
- 10% ama wax ka badan oo fasalada ah ayaa loo fasaxay safmarka dugsiya dhaxdiisa kaas oo leh wax ka badan 10 fasal.
- Dugsiyada ayaan shaqayn karin maadaama oo aanu haysan shaqaale wax ka dhiga ama taageero oo ku filan.

## Macluumaad

### Dugsiyo

Fasalada  
Meelaha Balaadhan

Gaadiidka  
In uu Midba  
Midka Kale Ilaaliyo  
Amaankiisa

Tilmaamaha  
COVID-19

Shaxda Socodka  
Astaamaha  
COVID-19

Tilmaamaha  
Nidaamka Jawaabta  
COVID-19

Xidhiidhka Kiisaska  
Laga Helo COVID-19

Jawaabta Shaqada  
Dhismaha

Saamaynta  
Karantiinka

Wixii macluumaadka  
ugu danbeeyay ah:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/FallGuidanceK-12.pdf>

# SAAMAYNTA KARANTIINKA

## Ardayda La Karantiin Gareeyay waa inay:

- La soco caafimaadkaaga shakhsi ahaaneed, hadii aad xanuun dareemayso, joog guriga oo la xidhiidh dhakhtarka qoyskaaga.
- Ilaa inta aad caafimaad qabto, waxa aad sii wadataa waxbarashada onleyinka ah.

## Shaqaalaha Karantiinka ku jiraa waa inay:

- La soco caafimaadkaaga shakhsi ahaaneed, hadii aad xanuun dareemeyso, joog guriga oo waxa aad la xidhiidhaa daryeelka caafimaad bixiyahaaga hadii aad u baahato.
- Waxa aad isticmaashaa fasaxaaga ama dalbo inay kuu ogolaadaan Waaxda Shaqaaluhu.

Auburn School District waxay raacdaa shuruudaha Waaxda Caafimaadka ee dabagalka cida u dhawaatay cida qabta iyo talaabooyinka karantiinka hadii laga helo cid COVID-19. Tani waxay keentaa in ardayda iyo shaqaalaha qaar ay usoo galaan ugana baxaan xarunta iyo deegaanada waxbarashada ee banaanka sida ay dhigayso Waaxda Caafimaadku.

**Fasalada Dugsiga:** Sida ay dhigayso Waaxda Caafimaadku, marka ardayda shaybaadh lagaga helo COVID-19, baadhitaanka cida u dhawaatay ayaa la bilaabi doonaa. Waalidka ardayda la ogaaday inay u dhawaadeen ayaa lagu wargelin doonaa taleefanka oo ardayda waxaa loo sheegi doonaa inuu galo karantiin 14 maalmood.

Dugsiga oo dhan waxaa la xidhi doonaa hadii Waaxda Caafimaadku ay sidaa amarto.

# AUBURN



## SCHOOL DISTRICT

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Auburn School District waxay u hogaansantaa dhamaan shuruucda iyo qa-waaniinta federalka oo kuma takoorto dadka da’; jinsi; qoomiyad; midab; meesha uu kasoo jeedo; diin; dalka uu ka soo jeedo (oo ay ku jiraan luuqada); jinsi; rabitaanka jinsiga oo ay ku jiraan bandhiga ama aqoonsiga jinsiga; in ci-idan uu si wanaagsan uga fadhiistay ama xaalada ciidan; jiritaanka wixii laxaad la’aan dareen, maskax ama jidh; isticmaalka ayga indhoolka wada ama xay-awaanka u adeega; oo waxay fursad isku mid ah siisaa Boy Scouts iyo kooxaha kale ee dhalinyarta ah.

Wixii macluumaad ah ee ku saabsan nidaamka u hogaansanka waxaa laga dalban karaa:

Daman Hunter oo laga heleyo (253) 931-4932, Title IX Officer iyo Section 504, Sharciga Maraykanka Laxaadka La’ (Americans with Disabilities Act, ADA), iyo Isku Duwaha U Hogaansanka Xuquuqda Madaniga ah.

**Wixii macluumaadka ugu danbeeyay ah:**

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/FallGuidanceK-12.pdf>