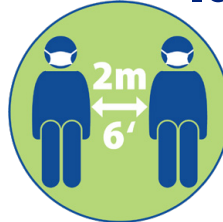




Attending Faith-Based Services During COVID-19

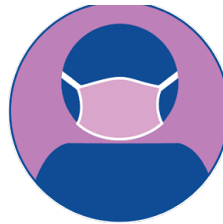
Kaqaybgalka Adeegyada Diimaha Ku salaysan Inta lagu jiro COVID-19

Limit contact and keep
6 feet apart from people
you don't live with.



Yaree taabashada una jirso
6 fiit dadka aadan la noolayn.

Wear a mask indoors and
if physical distancing
is difficult outdoors.



Xiro maaskaro marka aad
gudaha kujirto iyo Markaad
dibada joogtid hadii ee dhibtahay
ka fogaansha jirka dadka kale.

Bring your own materials
(eg. prayer book or rug),
if possible.



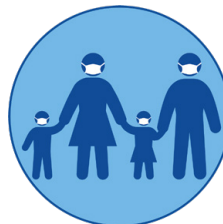
Soo qaado alaabtaada (sida
kitaabka iyo Sali aad ku tukatid),
haddii ay suurtoagal tahay.

Do not sing or chant as germs
can spread more easily.



Yaree heesitaanka ama
sheekaysiga maadaama
jeermisku uu si fudud ku
faafi karo.

Keep your children with you
and do not gather in groups.



Caruurtaadu hakula joogaann
hana isugu imaanina si kooxo ah.

Rituals like communion
are not recommended.



Waxaa lagula talinayaa in aad
ka fogaatid xafladaha sida kuwa
bulshadu isugu timaaddo.

[OttawaPublicHealth.ca/WorkplaceCOVID19](https://ottawapublichealth.ca/WorkplaceCOVID19)

Adapted courtesy of Toronto Public Health / Tallooyinka Lala qabsaday ee Caafimaadka Dadweynaha Toronto (Toronto Public Health)
(Somali) 12/2020