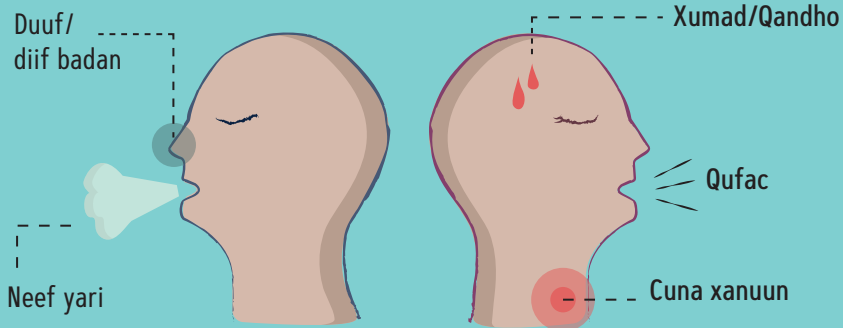




CALAMADHA LAGU GARTO CUDURKA KORONA FAYRASKA (COVID-19)

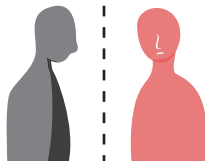


HADII AAD ISKU ARAGTO CALAMADHAAN

oo aadna u safartay 14ki maalmood ee la soo dhafay wadamada aadka ugu fafay cudurka korona fayraska ama bulshadisa laga helay cudurkaas amaba aad xiriir dhaw la yelatay qof laga helay ama looga shakiyay cudurka korona fayraska o loo yaqaano COVID-19:



gurigaga joog



iska ilaali in aad xariir
dhaw la sameeso dadka kale



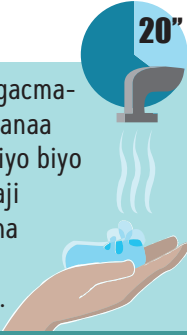
wac o la xariir dhaqtarkaga shaqsiga
ama

Wac adeegga amblaaska xaruntooda
wacitanka **1420**

TILAABOYINKA AAD UGA ILAALIN KARTO NAFTAADA IYO KUWA AGAGAARKAGA CUDURKA KORONA FAYRAS (COVID-19)

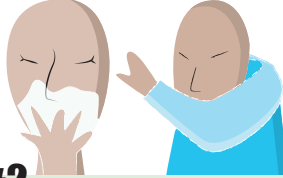
#1

Ku dhaq gacmahaga badanaa saabuun iyo biyo kuna qalaji warqadaha halmar istimalka.



#2

Ku dabool afkaaga iyo sanka mandiil/tiish ama xusulkaaga o laaban marka aad hindhisayso iyo marka aad qufacayso.



#3

Hadi adan heli karin biyo iyo sabuun, isticmaal alkaahoolka gacmaha lagu nadiifiyo.



#4

Ku tuur qashinka warqada/ mandiilka aad isticmashay islamarkiina dhaq gacmahaaga.



#5

Iska ilaali hadii ay suurtagal tahy in aad xariir dhaw la yelato dadka leh calaamadaha cabuqa/infakshanka neef mareenka.

#6

Iska ilaali in aad taabato Afka, Sanka iyo Indhaha gacmahaga oo aan dhaqneyn.



#7

Iska ilaali goobaha la isugu so baxo ama lagu badanyahy iyo goobaha ciririga sido kale ku dadaal in aad si joogta ah u siiso hawo ku filan guriga, gobaha shaqo iwl.

#8

U nadiifi si joogta ah oo jeermis dil melaha ey ku badantahay tabashada sida (gacanka albabada, gambalelka, iyo qasabada/tubada) marwalba ku nadiifi jermis dilaha guriga lagu nadiifiyo.

#9

Xero wajixer/ maskalatada wajiga, kaliya marka aad isku aragto calamadaha cabuqa-/infakshanka neef mareenka sida (Qufac, hindhisyo) amaba hadi aad daryeesho qof xanuunsan.

