



Habraaca faafreebka cudurka

- Si wanaagsan u ilaali masaafada kala fogaanshaha.
- Isticmaal afxirasho hadii aadan kala fogaan kareeyn hal mitir kuwa aad la degan tahay.
- Xadeey inta goor ee aad la kulmeeysid bulshada
- Ha raacin basaska goorta mashquulkiisu badan yahay ama meesha ay ka raacayaan dad badan
- Gacmaha si wanaagsan u meeyr ama u dhaq badanaa

Ma in yar, ma in badan mise kala fogaansho buuxa?

Kala durugga ayaa hakinaya koroonada (covid-19)

Talooyin guud oo ku socda dhammaan dadweynaha

- Ilaali nadaafadda ku saabsan gacmaha iyo qufaca.
- Adiga iyo axsaabta iyo qaraabada kuu dhow waxa aad u wadajoogi kartaan si caadi ah.
- Kordhi kala fogaanshaha u dhexeeya adiga iyo dadka kale ee aan ahayn axsaabta iyo qaraabada kuu dhow, ugu yaraan hal mitir.
- Haddii aad isku aragto calaamadaha infekshan hawo-mareennada ah, waa inaad jooqto guriga.
- Haddii aad qabto calaamadaha covid-19, waxa wacan in lagaa qaado tijaabo.

Ku saabsan qofka ah u dhawaade ama ka soo laabtay safar ee la rabo inuu galo

KARANTIIMO

- Dadka ku wada nool hal guri waxay u wada jooqi karaan si caadi ah.
- Ha aadin iskuul ama shaqo.
- Ha raacin gaadiidka dadweynaha.
- Ha boogan dad kale, cidna yaanay kugu soo boogan guriga.
- Waad samayn kartaa socod lug ah, laakiin ugu yaraan 1 mitir ka durug dadka kale.
- Danaha muhiimka ah waad ka soo qabsan kartaa dukaanka cuntada ama farsamasiiga.
- Dadka guriga kula degan ma gelayaan karantiimo.
- Haddii aad isku aragto calaamadaha infekshan hawo-mareennada ah, waa inaad gooni u baxdo oo lagaa qaado tijaabo.
- Haddii tijaabada laga helo fayrusta waa inaad gasho gooni-u-bax guriyeed.

Ku saabsan qofka

laga helay ama ay u badantahay inuu qabo covid-19 ee la geliyey

GOONI-U-BAX GURIYEED

- Ha ka bixin guriga.
- Ka durug dadka kale ee jooga guriga.
- Haddii aad heli karto, isticmaal qol iyo qubays kuu gaar ah.
- Marar badan dhaq dusha alaabaha guriga.
- Waa inaad raadsato cid kuu aada dukaanka.
- Dhakhtarakaaga kala balan qaabka aad ula soconaysid xaaladaada caafimaad.
- Dadka aad la degantahay waa in ay galaan karantiimo.