

U DIYAARGAROWEGA IYO KA HORTAGA CUDURKA COVID-19 EE XABSIYADA IYO JEELASHA

TALAABOYINKA KA HORTAGA AH EE AASAASIGA AH

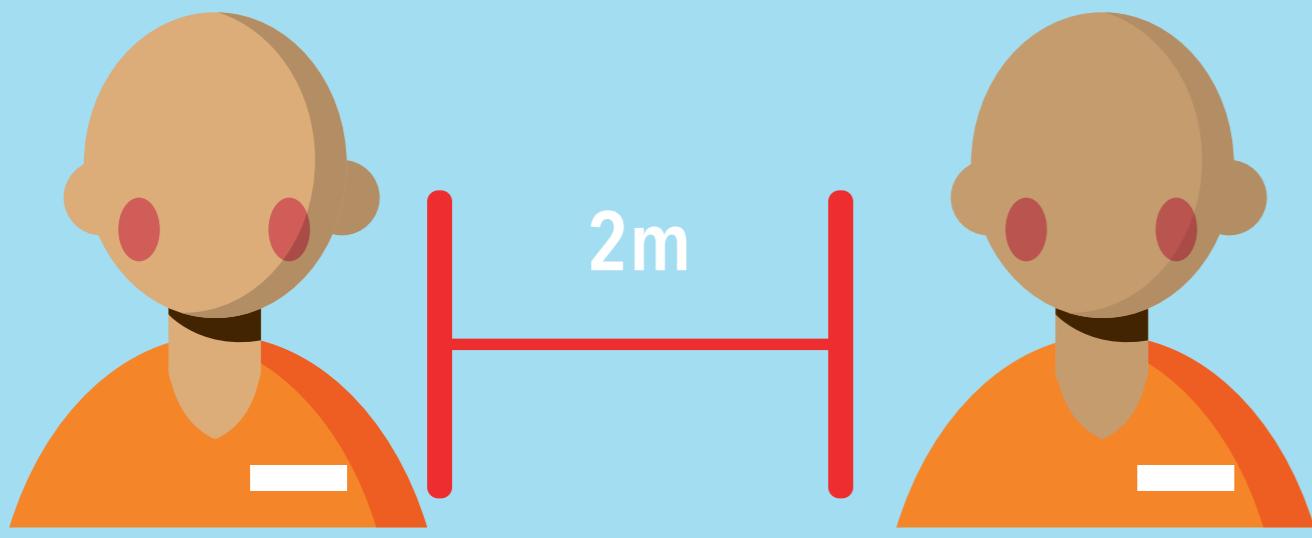


DHAQIDA

In badan gacmahaaga ku dhaq Saabuun iyo Biyo gaar ahaan cunista ka hor & suuliga marka aad booqanaysid ka hor iyo kadiba.

ISKA ILAALI

Ha ku taaban gacmahaaga wajigaaga. Gacmuhu waxay taabtaan meelo badan oo uu Fayrasku wasakhayn karo. Haddii aad wajigaaga ku taabatid gacmo aan nadiif ahayn waxaad ka qaadi karta Fayraska meesha aad tabatay oo u gudbin karta Naftaada.



FEEJIGNAAN

Ka fogow dadka kale ugu yaraan 2 mitir (haday macquul tahay) iskana ilaali taabashada jirka ee aan muhiimka ahayn, gaar ahaan hadii qofku Qufacayo, Hindhisayo ama uu Qandho leeyahay.

TAXADAR

Haddii aad Qufacdid ama Hindhistid, isticmaal suxulkaaga, ha isticmaalin gacmaha. Haddii kale ku isticmaal marka aad Qufacaysid ama Hindhisaysid fayn (tissue) kadibna ku tuur Qashinka. Labada xaaladoodba ku dhaq gacmahaaga Biyo saabuun leh markiiba.



ILAALI

Haddii aad leedahay wax astaamo ah oo COVID-19 ah aad u fiirsato dadka kale ee leh astaamaha u sheeg Maamulka Xabsiga isla markiiba oo raadso daryeel Caafimaad.

DEGANAAN

Is daji oo raac tilmaamaha qoraalka & kuwa hadalka ah ee ay soo sareen shaqaalaha Xabsigu.



SIDEE LOO DHAQAA GACMAHA?



GACMAHA QOY



SAABUUN MARI



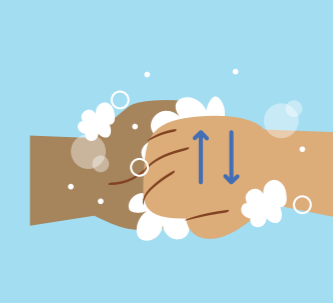
ISKU XOQ GACMAHA



DHABARKA DANBE



XOQ FARAHA DHEXDOODA



FARAHA DHABARKOODA KU XOQO CALAACASHA ISKA SOO HORJEEDA



SUULASHA NADIIFI



DHAQ CIDIYAHA



BIYO RAACI GACMAHA



ISKU QALAJI SHUKUMAAN AMA TUWAAL



ISTICMAAL TUWAALKA MARKAAT XIRAYSO TUUBADA BIYAHA



GACMAHAAGU WAA NADIIF