



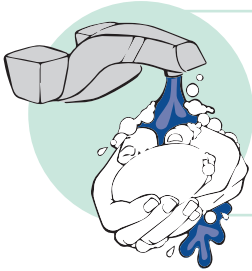
COVID-19

KORONAFAYRASKA CUSUB

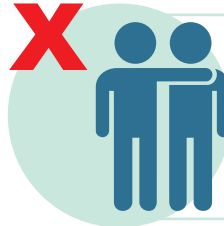
Nagu caawi joojinta faafida COVID-19

COVID-19 waa fayras dadka ku dhici kara. Aastaamaha waxay ku kala duwanyihiin dhexaad (tusaale ahaan, qandho, qufac, sanko diifsan iyo dhuun xanuun) oo darnaanta (tusaale ahaan, yaraanshaha neefashada iyo dhibaatooyinka neefsashada).

Ka illaali nafsadaada iyo dadka kale

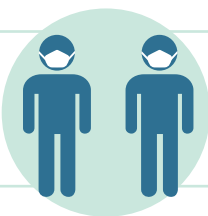
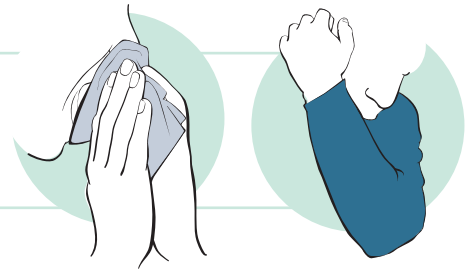


Ku dhaq gacmahaaga inta badan saabuun iyo biyo oo ugu yaraan 15 ilbiriqsi.



Ka fogow salaamaha sida gacmo isku salaamida iyo hab siinta.

Dabool qufacaaga iyo hindhisadaada. Ku qufaca garbaha shaatigaaga ama curcurka, ma ahan gacantaada.



Xiro maaskaro haddii aad ku jirtid gudaha ee booska dadweynaha, ama markii ka fogaanshaha jireed ay adagtahay.

Guriga joog haddii aad jirantahay, xittaa haddii ay dhaxaad tahay. Hel baaritaan oo iska go'doomi dadka kale ee qoyskaaga.



Ha taaban indhahaaga, sankaa, iyo afkaaga.



Ka fogow ugu yaraan 2 miitir (6 fiit) ka baxsan dadka.



Ha wadaagin sheeyada.