

COVID-19

Korona Fayraska Cusub

Ku nagow guriga haddaad xanuunsan tahay. Ha isku dayin inaad tukaamaysi samayso haddii aad bugto ama aad leedahay astaamaha COVID-19, oo ay kujiraan xummad, qufac, ama neefta oo kugu adag.

Dukaameysiga dukaanka raashiinka

talooyin aad ku ahaato caafimaad-qab



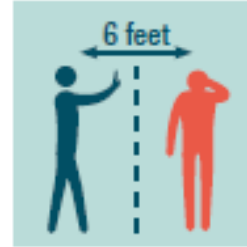
Ku dalbo cuntada onlayn ama gaadiid ku soo doono. Haddii ay khasab tahay inaad aaddo tukaanka, wakhtiga aad joogayso xaddid adigoo sii qoranayo waxaad doonayso.



Ku dabool afka iyo sanakaaga marada lagu daboolo markii ay tahay inaad aaddo meel dad joogaan.



Markii ay tahay inaad aaddo, tag xilliyada dad tiro yar ay joogaan halkaas sida subaxda hore ama xilli dambe habeenkii. Haddii ay suurtoagal tahay, kalidaa tag.



Ugu yaraan 6 fuudh dadka kale u jirso marka tukaamaysiga ee aad safka kujirto.



Ka fogow taabashada aan muhiimka ahayn ee dhammaan alaabooyinka yaalo dukaanka.



Isticmaal gacmo-nadiifiye markaad ka tagayso tukaanka. Maydh gacmahaaga ugu yaraan 20 ilbiriqsi adoo isticmaalaya saabuunta caadiga ah iyo biyo marka aad guriga soo gaarto.