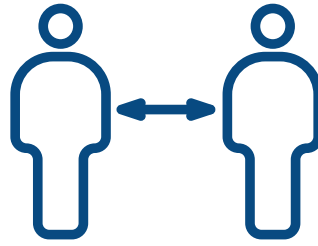


Fiiruska koronaha (Covid-19)



Kahortag ama jooji faafitaanka caabuqa koronaha

Si taxadar leh u dhaq gacmaha markasta, kuna dhaq biyo ama saabuun.

Haddaadan dhaqi karin gacmaha mari jeermis dilaha.

Ku qufac kuna hindhis aftirka ama gacantaada.

Ha u dhawaan dadka kale.

Ujirso ama kafogow qofka kale masaafad dhan 1,5 mitir.

Isticmaal maaskarada afka ama afduunka afka laguxirto marka aad mareysid ama joogtid meel dad badani joogaan.

Isticmaal maaskarada afka ama afduunka afka laguxirto baska, taksiga iyo dukaamada.

Xitaa calaamadaha caabuqa hadday yaryihiin tag baaritaanka gurigana haka bixin

Xitaa calaamadaha caabuqa hadday yaryihiin tag baaritaanka.

Qabso ballanta baaritaanka, xitaa hadday calaamaduhu fududyihiin caabuqu wuu kugu dhicikaraa.

Ha aadin shaqada ama iskoolka.
Ha aadin hiwayadaha hana la kulmin saaxiibadaada iyo qaraabadaada.

Doono baarotaanka, haddii aad isku aragto tusaale ahaan qufac, hargab, cuna xanuun, xummat, madax xanuun neefta oo xariiri kugu noqota, shuban ama haddii urta iyo dhadhanku kaatago.

Soo wac:

- latalinta arimaha caafimaadka 03 5657 0023 (maalin walba saacadda 7-22) ama
- Taleefanka latalinta arimaha koronaha ee isbitaalka Tay 03 3116 5333

Taleefanka ayaa laguugu sheegayaa sidii aad k uiman laheyd baaritaanka.

Markaad imanaysid baaritaanka isticmaal maaskara ama af duubka.

Halakulmin dad kale, inta aadka heleysid jawaabta baaritaanka.

Haddii lagaa helay caabuqa korona, samee oo kudhaqan hagista lagu siiyey.

Haddii awoodaada ay sii xumaato,

soo wac • latalinta arimaha caafimaadka 03 5657 0023 (maalin walba saacadda 7-22).

Soo wac taleefanka marka ay qatari jirto gargaarka degdegga 112.

