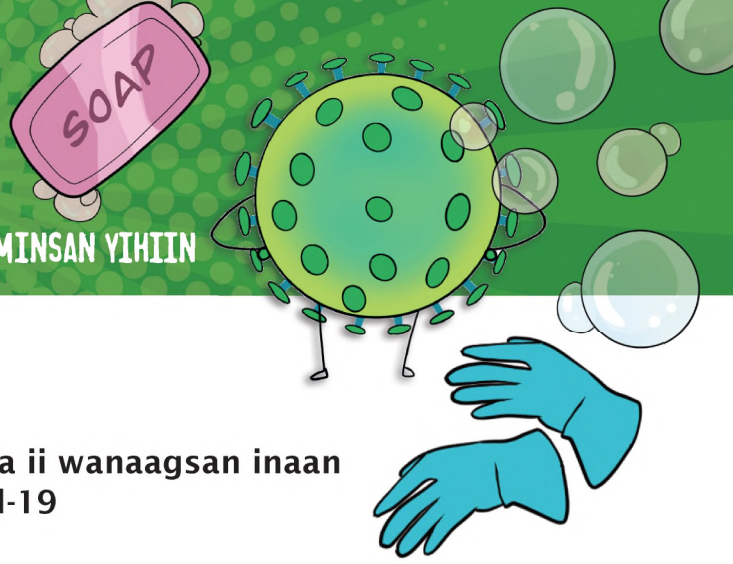


COVID-19

SIDA SAXDA AH EE LOO NADIIFIYO GACMAHA IYO SIDA DADKU KA AAMINSAN YIHIN



✓ **RUN** **OR** ✗ **BEEN**

Marka aan tagayo meelaha la isugu yimaado waxaa ii wanaagsan inaan xirto galoofisyada fudud si aan isaga ilaaliyo Covid-19

✗ **BEEN**

Haddii aan Galoofisyo xiranno annaga oo wadana howsheennii caadiga ahayd, tusaale ahaan haddii aan la aadno meelaha laga soo adeegto, taas macnaheedu ma aha inaan joojinnay faafitaankii Covid-19 ka. Galoofisyadu ayaga ayaa inta badan soo qaata jeermiska, dabadeedna waxaan ku taabannaa wajigeenna. Marka ugu muhuumsan ee loo baahan yahay in galoofiska la qaataa waa marka aan caawinayno qof xanuunsan, haddii kale gacma-dhaqashada ayaa marwalba kuu wanaagsan.

Galoofisyada loogu tala galay in hal mar la xirto waa in uu qofku xiran mar labaad.

✓ **RUN**

Haddii aan halmar iska bixinno gloofisyada qafiifka ah, caafimaad darro ayey keeni kartaa in mar kale la isticmaalo. Waxaa habboon in qashinka lagu daro haddiiba mar la is ka bixiyey.



Galoofisyada caadiga ah ee qaboowga ayaa ka hor tagi kara faafitaanka Covid-19 ka

✗ **BEEN**

Gloofisyada caadiga ah sida kuwa qaboowga loo xirto iyaga looguma tala-gelin in ay ka hor tagaan faafidda jeermiska.



Haddii hand sanitizer lagu tirtiro galoofisyada qafiifka ah taas ayaa ku filan nadiifna ka dhigi karta.

✗ **BEEN**

Sanitizerku ma ahan wax loogu tala galey in galoofisyadan lagu nadiifiyo. Waxaa kale oo suurta gal ah in galoofisyada ay yeeshaan daldaloolo ama ay dillaacaan, taas oo keeni karta in jeermisku u gudbo gacantaada.



Gacma-dhaqashadu mar walba way ka faya-dhawrsan tahay in galoofis la qaato.

✓ **RUN**

Gacma-dhaqashadu waa tan koowaad oo looga hortagi karo in jeermisku faafo. Inta aad moodaysid in ka badan ayaa dadku ka qayb qaataan faafidda jeermiskan. Gacmaha oo mar walba la iska dhaqaa waxay yareysaa faafitaanka jeermiska. Sida ugu wanaagsan ee ay gacmahaagu nadiif kuugu ahaanayaan waa adiga oo mar walba ku dhaqa saabbuun ama biyo kulul, dhaqitaankana ku wad ilaa aad si tartiib ah u aqrinaysid ABCs ama u tirinaysid tirada 1,2,3 ilaa 20.



Sidaas ayaad ku haysataa macluumaadkii la xiriiray siddii ay gacmahaagu mar walba nadiif kuugu ahaan lahaayeen, Fadlan naftaada iyo dadka kalaba ka badbaadi cudurkan.