

# TILMAAMAHA 'COVID-19' EE DARYEELKA NAFTAADA GURIGA

TOBAN SHEEYOOD AYAAD SAMEYN KARTAA SI AAD U XIGMEYSO CAAFIMAADKAAGA ADIGOO GURIGA JOOGO. HADAY SUURTA GAL TAHAY AMA LAGUUGU CADEEYO COVID-19: CORONAVIRUS (COVID-19) 2020

1 JOOG GURIGA HA AADIN SHAQADA, SKOOLKA, IYO KA FOGOOW MEELAHA KALE EE DADWEYNAHA. HADAAD KAMAARMIN IN AD AADO BANNAANKA, ISKA ILAALI ISTICMAALKA NOOC WALBO GAADIIDKA BULSHADA. WADAAGA GAADIIDKA, AMA TAKSIYADA SIDA UGU MACQUULSAN.

2 SI TAXDIR LEH ULA SOCO CALAAMADAHAGA. HADDII CALAAMADAHAGA KA SII DARAAN, WAC DHAKHTARKAAGA ISLA MARKIIBA.

3 NASO, BIYO IS KU KHAWOOJI, TAYLANOOL SI AAD U XIGMEYSO QANDHADA.

4 DABOOL QOFACAAGA IYO HINDHISADAADA

5 INTA BADAN KU DHAQ GACAMAHAAGA SAABUUN IYO BIYO UGU YARAAN 20 SEKEN AMA KU NADIIFI NADIIFIYE AALKOLO LEH OO AY KU JIRAAN UGU YARAAN 60% AALKOLO.

6 INTA SUURTAGALKA AH, QOL GAAR KUU AH JOOG KANA FOGOOW DADKA KALE OO GURIGAAGA JOOGO. SIDOOKALE, WAA INAAD ISTICMAASHAA MUSQUL GOONI AH, HADDII LAHELI KARO. HADDII AAD U BAAHAN TAHAY INAAD AG JOOGTID DADKA KALE EE GURIGA JOOGO AMA DIBADIISA XIRO MAASKARO.

7 KA FOGOW INAAD LA WADAAGTO MAA CUUNTA DADKA KALE OO GURIGAAGA KATIRSAN, SIDA SAXAMADA, TUWAALADA, IYO GOGOSHA

8 NADIIFI MEELAHA AY U BADAN TAHAY TAAWASHADA, SIDA KHAANADAHA, MIISKA KORKIISA, IYO QABSIGA ALBAABKA. ISTICMAAL WAXYAABAHA LAGU BUUFIIYO GURIGA AMA TIRTIREEN SIDA KU XUSAN CALAAMADDA EE LASOCO XAALADA. TILMAAMAHA FAAFITAANKA KOROONA FAYRAS OO LEH ILO LUGU KALSOON YAHAY SIDA DCD

9 DIB U DHIG DHAMMAAN BALLAMAHA CAAFIMAAD EE AAN MUHIIMKA AHAYN, HADDII AAD LEEDAHAY BALLAN CAAFIMAAD OO MUHIIM AH OO AAN LA FULIN KARIN GABI AHAANBA, WAC WAAXDA DARYEELKA CAAFIMAADKA WAQTI HORE OO USHEEG INAAD QABTO AMA AAD DAREEMEYSID COVID-19. IYO URURKA CAAFIMAADKA ADDUUNKA.

10 XAALADAHA CAAFIMAAD EE DEGDEGA AH, WAC 911 OO OGEYSII SHAQAALAH A INAAD QABTO AMA DAREEMAYSID COVID-19.

\*HADDII LAGAA TIJAABIYEEY COVID-19 AMA AAD SUGEYSO NATIJOOYINKA, AMA GO AAN SUGE EE WAAXDA CAAFIMAADKA. FADLAN LATASHO WAAXDA CAAFIMAADKAADA

WIXII SU'AALO DHEERAAD AH EE KU SAABSAN DARYEELKAAGA, KALA XIRIIR DARYEEL CAAFIMAAD BIXIYAHAAGA

NAGALA SOCO!  
TUWITARKA:  
@LOUCAFIMAADKA

EE FACEBOOK:  
GOORTA LAGAA  
SIIDEYN DOONO  
IS-KARANTIILKA  
AMA GOONI U  
SAARIDA.  
@LOUCAAFIMAADK  
ADOWLADA

