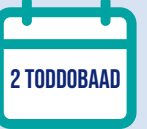


HEL XAQIIQOYINKA.

**BADBAADSANOW KADIB TALLAALKA.
ILAALI BULSHADAADA.**



Si buuxda ugama gaashaanid COVID-19 illaa laba toddobaad kadib tallaalkaagii ugu dambeeyay!



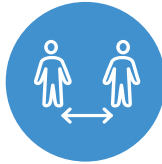
- Haddii aad qaadatay **tallaalka labada mar ah**, waa inaad sugtaa **2 toddobaad** kadib tallaalkaaga labaad.
- Haddii aad qaadatay tallaalka oo keliya u baahan **hal tallaalka**, waa inaad sugtaa **2 toddobaad** kadib tallaalkaaga.

BADBAADSANOW KADIB TALLAALKA.

Khubaradu ma oga inta uu tallaalku kaa difaacayo COVID-19 ama haddii aad weli u gudbin karto COVID-19 kuwa kale kadib marka aad istallaasho. Xitaa kadib qaadashada tallaalka, sii wad inaad:



Xiro maski.



Ku dhaqmidda kala fogaynta bulshada.



Ka fogow shirarka dad badan.



Si joogto ah u dhaq gacmahaaga.



Jeermiska ka dil meelaha taabashada badan

Xitaa haddii aad si buuxda iskutallaasho, iska baar COVID-19 isla markiiba haddii:



Haddii aad la joogtay **qof qaba COVID-19** oo aad bilawday inaad xanuun dareento. Sidoo kale guriga joog oo ka fogow dadka kale.

Waxaad la **nooshahay dad badan** waxaanad la **joogteen qof qaba COVID-19**. Xitaa haddii aadan xanuun dareemin, iska baar. Sidoo kale guriga joog oo ka fogow dadka kale.

LABA TODDOBAAD KADIB MARKA AAD SI BUUXDA ISKU TALLAASHO, WAXAAD AWOODAA:



Gudaha la joogto dadka kale ee **si buuxda loo tallaalay** iyagoon xirneyn maaskaro.



Gudaha la joogto dadka kale adoo ka tagaya **guri oo aadaya guri kale** ee mida aan **tallaalnayn** adigoo aan xiran maski.



Hasayeeshee, waa inaad **iska ilaalisaa inaad soo booqato** dadka **halista ugu jira inay si xun ugu bukoodaan** COVID-19 to si aad u ilaaliso nafahooda. **Haddii ay qasab**

kugu tahay inaad soo booqato, waa inaad wali isku daydaa inaad ku ilaaliso adigoo xidhaya maaskaro, inaad 6 fuudh ka fogaato iyo inaad gacmahaaga dhaqdo.

Dadka waxaa laga yaabaa inay ku jiraan halis sare haddii:

- ay qabaan cuduro kale sida kansarka, sonkorowga ama dhiig karka
- Ay Aad u cayilanyihiin
- Sigaarka cabaan
- Uur leedahay
- Ka weyn tahay da'da 65

WELI WAAN BARANAYNAA



- Intee in le'eg ayuu tallaalku ka **ilaaliyaa dadka** inay qaadaan COVID-19.
- In tallaalku dadka ka ilaaliyo iyo in kale **fidinta cudurka**.
- Sidee tallaalada wax ku oolka ahi **uga hortagaan noocyada cusub ee COVID-19**.

Mid badbaadsan intaad safrayso



Markaad safreyso, naftaada iyo dadka kaleba ku badbaadi adoo:

- Xirta maaskaro sankaa iyo afkaaga marka aad ku sugan tahay goobaha dadweynaha.
- Ka fogaanshaha ururka oo ka joog ugu yaraan 6 fuudh / 2 mitir qof kasta oo aanad safrin.
- Dhaqida gacmahaaga badanaa.



Amaan noqo intaad Mareykanka ku safreyso

- Uma baahnid in lagu baaro kahor intaadan safrin.
- Markaad soo noqotid, uma baahnid in lagaa baaro ama aad ka fogaato dadka kale illaa aad xanuun dareento mooyee.



Amaan noqo markaad safreyso caalamka

- Ka hubso shirkaddaada duulimaadka iyo saraakiisha caafimaadka ee deegaanka aad u socoto si aad u ogaato haddii aad u baahan tahay inaad is baaro ama aad ka fogaato dadka kale safarkaaga kahor.
- Isbaar muddo aan ka badnayn 3 maalmood kahor intaadan ku soo noqon Mareykanka
- Safarkaaga kadib:
 - Isbaar 3-5 maalmood gudahood.
 - Sidoo kale guriga joog oo ka fogow dadka kale haddii aad xanuun dareento.
 - Ka hubi saraakiisha caafimaadka ee deegaanka si aad u aragto haddii ay jiraan wax kale oo aad u baahan tahay inaad sameyso.