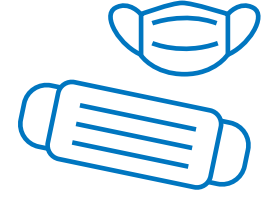


ISTICMAALKA GUUD EE SAXDA AH EE GAFUUR XIRKA AYAA U SAHLAAYA CARRUURTA INAY DUGSIGA TOOS U DHIGTAAN, TAASOO DHAMMAANTEEN AAN ISKU RAACNAY INAY TAHAY ARRIN KU HABBOON ARDAYDA.



Gafuur xirku wuxuu sahlayaa in ardaydu dugsiga toos u dhigtaan maalmo badan.

Marka ardaydu ay isku jiraan ugu yaraan saddex fiid qof kastana xiran yahay gafuur xir, ardayda la jooga qofka qaba COVID-19 **uma baahna inay karantiil galaan** ilaa inay leeyihiin astaamaha fayraska maahee.

Haddii aan la hayn gafuur xir aana la kala fogaan ugu yaraan saddex fiid, ardayda la joogay qof qaba COVID-19 **waa inay karantiil galaan ayna dugsiga ka maqnaadaan maalmo**. Kuwaan waxaa ku jira dhammaan xubnaha kooxda dagan (qaybta).

Qof la joogay qof qaba fayraska

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Qof la joogay qof qaba fayraska

Haddii aan gafuur xir la xiran ardayduna aysan kala fogaan, waxaa adkaanaysa in la ogaado dadka la joogay qof qaba caabuqa. La joogista qofka qaba caabuqa ayaa balaaranaysa marka ardaydu aadaan fasallada cusub ama booqdaan goobaha kale ee gudaha loogu jiro kuna yaala dugsiga, sida maktabada ama jiiimka. Tani waxay keenaysaa in la karantiilo dhammaan fasallada ama dugsiga oo dhana la xiro.



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