

5 TILMAAMOOD OO AMAANKA CORONAVIRUS



GURIGA
JOOG



MEELAHA AYNNA
JOOGIN EE BANAANKA
AH JOOG



UGU YARAAN
6 FUUDH
ISKU JIRSADA



AYGAAGA
LUGAYSII



SAMEE: SARIIRTA
HAKASOO KICIN



SAMEE:
DAAWO TV



HA SAMAYNIN: ISTICMAALIDA
GAADIIDKA DADWAYNAHA

ISKA ILAALI MEESHA DADKU ISKUGU YIMAADAAN BADANI

GOORTA:

- ✓ HADII AAD XANUUNSANAYSO
- ✓ HADII AAD CAAFIMAAD QABTO
- ✓ ILAA INTA XANUUNKU KA
BAABA'AYO AAGAAGA

SIDA:

- ✓ 'SAXMADA' WAXA AY KA DHIGAN
TAHAY DAD TIRO BADAN
- ✓ 'WAYN' WAXAY KA DHIGAN
TAHAY 6 FUUDH (2M) ISKUMA
JIRSAN KARTAN
- ✓ ISKA ILAALIN GACAN QAADKA
- ✓ WAA MUHIIM XATAA HADII AAD
CAAFIMAAD QABTO!

GURIGA JOOG HADII AAD XANUUNSANAYSO

GOORTA:

- ✓ XUMAD
- ✓ QUFAC
- ✓ NEEFTA OO
KUGU ADKAATA

SIDA:

- ✓ GURIGA JOOG. XATAA HADII CALAAMADUHU KAA
BAABA'AAN ILAA INTA DHAKHTARKA UU KU
YIDHAHDO CAADI AYAAD TAHAY
- ✓ LA HADAL DHAKHTARKAAGA KAHOR INTA AANAD
DOONAN DARYEELKA
- ✓ SI AAD ISKAGA ILAALISO MEELAHA DADKU
ISKUGU YIMAADAAN, DUGSIGA, AMA SHAQADA
- ✓ HA ISTICMAALIN GAADIIDKA SHACABKA,
TAGSIYADA, AMA ADEEGAA GAADIIDKA
LA WADAAGO
- ✓ WAXA AAD XIDHATAA WAJI GASHAD HADII
AAD BAXAYSO



GACANTA ALBAABKA



QASABADA



GACANTA SUULIGA IYO
DAHAADHKA FADHIGA



ISWIJKA
LAYDHKA



KABADHKA
DUSHIISA
IYO MIISKA



TALEEFANKA GACANTA
IYO RIMOODKA TV



KILINIKIS AMA
MASAR



SUXULKAAGA AMA
JIQILKAAGA

MEELAHA LA TAABTO BANAA MAYDH

GOORTA:

- ✓ HAL MAR MAALINTII
- ✓ KADIB MARKA AAD LOO
ISTICMAALO
- ✓ MARKA UU ISTICMAALO
QOF XANUUNSANAYAAYI

SIDA:

- ✓ SABUUN IYO BIYO AYAA WANAAGSAN
- ✓ ALKOHOL NADIIF AH, UGU YARAAN 70%
- ✓ JAAFEEL BIYO LAGU QASAY
4 MALQAACADOOD (20ML) RUBUC
GALAAN (950 ML)

AFKA IYO SANKA QABSO MARKA AAD QUFACAYSO IYO HINDHISAYSO

GOORTA:

- ✓ HADII AAD XANUUNSANAYSO
- ✓ HADII AAD XASAASIYAD QABTO
- ✓ HADII AAD BASBAAS BADAN
WAX KU KARSATO

SIDA:

- ✓ WAXA AAD KU RIDAA
KILINIKISKA AAD
ISTICMAASHAY QASHINKA
- ✓ ISLA MARKABA MAYDH
GACMAHAAGA

20 ILBIDHIQSI



KU HEES XARFAHA

NADIIFI GACMAHAAGA BADANAA

GOORTA:

- ✓ GELITAANKA DHISMAHA
- ✓ GELITAANKA GURIGA
- ✓ ISTICMAALKA SUULIGA
- ✓ IN MEELO DADKU KU BADAN YIHIIN
LA JOOGO
- ✓ HINDHISADA AMA QUFACA
- ✓ QAADASHADA BASKA, TAREENKA,
GAADIIDKA LA WADAAGO, AMA TAREENKA
- ✓ KAHOT INTA AANAD WAX CUNIN AMA
CUNTO KARIN

SIDA:

- ✓ SABUUN IYO BIYO AYAA UGU
WANAAGSAN
- ✓ GACMO MAYDHIGA AYAA WANAAGSAN
- ✓ LABADA DHINAC EE GACMAHAAGA
- ✓ CIDIYAHAGA HOOSTOOD
- ✓ FARAHAAGA DHAXDOOD
- ✓ HA ILOOBIN SUULASHA
- ✓ GEBI AHAAN QALAJI

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