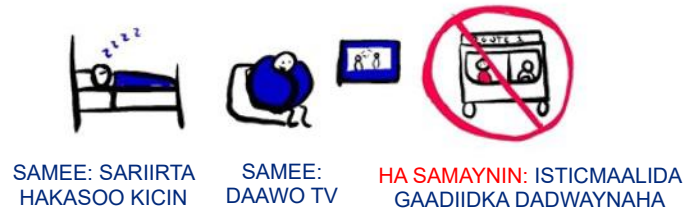


WAXA AAD SAMAYNAYSO INTA AAD SUGAYSO NATIJADAADA SHAYBAADHKA COVID-19

HA SASIN

80% DADKU MA YEESHAAN XANUUN AAD U BADAN OO WAXA AY KU LADNAADAAN IYAGA OO GURIGOODA JOOGA



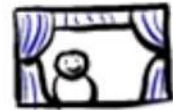
SAMEE: SARIIRTA HAKASOO KICIN

SAMEE: DAAWO TV

HA SAMAYNIN: ISTICMAALIDA GAADIIDKA DADWAYNAHA



SAMEE: WAXA AAD CABTAA BIYO IYO SHARAABKA ELECTROLYTE OO BADAN



SAMEE: GURIGA JOOG

LA SOCO CALAAMADAHAAGA



- ✓ HEERKULKA
- ✓ QUFAC
- ✓ NEEFTA OO KUGU ADKAATA
- ✓ U SHEEG DHAKHTARKAAGA HADII UU KASII DARO

GURIGA JOOG

- ✓ WAXA AAD JOOGTAA GURIGAAGA
- ✓ U JIRTO 6 FUUDH (2M) DADKA KALE
- ✓ ISKA ILAALIN GAADIIDKA SHACABKA

HA FAAFIN CAABUQA

- ✓ BADANAA MAYDHO GACMAHAAGA
- ✓ AFKA IYO SANKA QABTO MARKA AAD QUFACAYSO IYO HINDHISAYSO
- ✓ WAXA AAD NADIIFISAA MEELAHA LA TAATAABTO IYO ALAABAADKA MAALIN KASTA
- ✓ HA WADAAGINA BUSTE, BILAYDHO, AMA SHAYADA KALE EE SHAKHSI AHAANEED

20 ILBIDHIQSI



KU HEES XARFAHA

U SHEEG DARYEELKA CAAFIMAAD BIXIYAHA

- ✓ MARKA AAD USOO HADLAYSO SI AAD BALAN U QABSATO
- ✓ KAHOR INTA AANAD U TAGIN DHAKHTARKA
- ✓ XAALADA DEGDEG AH, U SHEEG CIDA TALEEFANKA KAA QABATA



HAKA SOO BIXIN KARANTIIMADA ILAA...

- ✓ MAYKA SHAYBAADHKA LAGAAGA WAAYO OO CALAAMADUHUNA KAA BAABA'AAN
- ✓ UGU YARAAN 7 MAALMOOD KADIB MARKA SHAYBAADHKA LAGA HELO EE CALAAMADUHU KAA BAABA'AAN 3 MAALMOOD UGU YARAAN
- ✓ IYO MA LAHA XUMAD, OO MUU ISTICMAALIN DAWADA XUMADA LAGU YAREEYO

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@the_BMC

