

Hagaha Tixraaca Filashooyinka Soo bookhdaha



HA bookhan haddii aad leedahay calaamadaha la xiriira COVID-19 macquul ah in uu jiro ama la ogyahay. Haddii aad yeelato calaamado inta aad kujirto bookhashadaada, fadlan ogaysii kalkaalisada soona gabagabee bookhashadaada.



Heerkulka ka sareeya 99.9 digrii 24kii saacee ugu danbaysay(qandho/qarqaryo)



luminta dhadhanka ama urka oo cusub



Qufac cusub



Cabur/sanka oo dareeraya (calaamadaha xasaasiyadda)



Hunguri xanuun cusub



Murqo xanuun meelkasta ah/jir xanuun iyo madax xanuun cusub



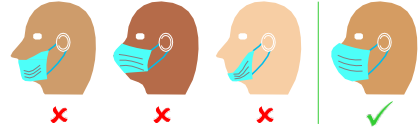
Neefsiga oo oo yaraada dhawaantan ama hadda



Bilaabasho cusub oo calaamadaha calool xanuunka ama midhicro xanuunka ah, lalabo, matag, ama shuban

WAJI XIRASHADA

» Kadhiig waji xirka mid haboon mar kasta



BADQABKA QOLALKA BUKAANADA DHEXDOODA

- » Ka joog qolka halka aad bokhanayso, in sikale wax laguugu sheego maahane. Ka fogow dhex wareegidda aan muhiimka ahayn ee marinada hoolalka, ama dhex taagnaanta marinada hoolalka ama qolalka sugitaanka.
- » Raac tilmaamaha ku saabsan kala durugga bulshada kuwaas oo yaraynaya tirada dadka ee qolalka sugitaanka iyo goobaha kale.

GACMO DHAQASHADA

» Had iyo jeer gacmaha ku dhaqo biyo iyo saabuun ama isticmaal gacmo nadiifiye alcohol ka samaysan kahor iyo kaddib marka aad waji xirkaaga taabato.



Bookhadeyaasha waxaa laga doonayaa in ay raacaan talaabooyinka badbaadada ah marka ay goobaha yaga joogaan, kuwaas oo ay kamid yihiin qolalka bukaanada, mar kasta, haddii kale waxaa loo sheegi doonaa in ay iska tagaan.