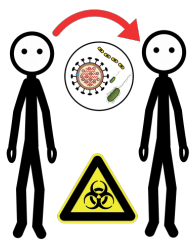
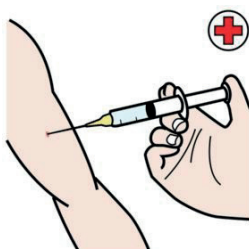


Ku saabsan tallaalka covid-19



Fayraska corona ayaa xannuun noo keeni kara.

Dadka badankiisu aad uguma xannuunsado, laakin waxa jira dad aad ugu xannuunsada.



Waxaad iska tallaali kartaa fayraska corona si aadan u xannuunsan. Tallaalka ayaa keena inaan jirku aad ugu xannuunsan fayraska.

Haddii ay dad badani is tallaalaan waxay taa keenaysaa faafka fayraska oo istaaga.



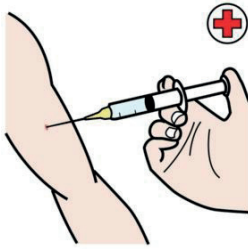
Tallaalka ayaa lagu tijaabiyay dad badan oo kala duwan.

Sidaa darteed waxan ognahay in lagu kalsoon yahay oo aanay khatar aheyn in la qaato.



Dhamaan badanka dadka qaan gaarka ayaa qaadan kara tallaalka.

Dadka halista ugu badan ugu jira inay aad u xannuunsadaan ayaa marka hore la tallaalayaa.



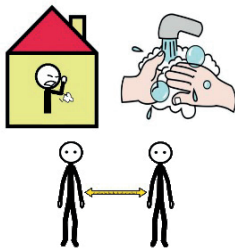
Haddii aad dooneyso inaad is tallaasho waxa taa fulisa kalkaaliso caafimaad.

Gacanta ayaa lagaa mudayaa mar ama dhowr jeer.



Tallaalku waa lacag la'aan.

Uma baahnid inaad lacag ku bixiso.



Xataa haddii aad is tallaashay waa inaad sii waddaa:

- Meyridda gacmaha
- Ka fogaanshaha dadka kale
- Joogitaanka guriga haddii aad xannuunsato si aadan dadka kale u qaadsiiin xannuunka



Adigaa go'aan ka gaaraya haddii aad dooneyso inaad is tallaasho.

Haddii aad dooneyso faahfaahin dheeraada intaadan go'aanka gaarin, waxaad warbixintaa ka heleysaa 1177 Hagaha daryeelka caafimaad, Hay'adda caafimaadka bulshada iyo Wakaaladda dawooyinka.