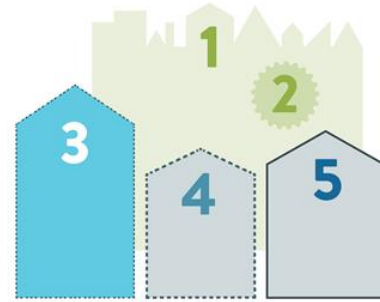


Ma in yar, ma in badan mise kala durug buuxa?



Kala durug ayaa hakinaya koroona (covid-19)

1) Talooyin guud oo ku socda dadweynaha

- Dadka ku wada nool hal guri waxay u wada joogi karaan si caadi ah.
- Waa lagu soo booqan karaa, laakiin halkii marba shakhsiyaad aad u tiro yar.
- Waad u bixi kartaa dibedda, laakiin ka durug dadka.
- Carruurta aan qabin xanuun waxay u wada joogi karaan kooxo-kooxo yaryar.
- Xasuuso nadaafadda gacmaha iyo qufaca!
- Gacanta ha ka salaamin ama hab ha siin dad aan ahayn kuwa kula degan
- Naxariis muuji, oo ha ceebayn ama ha takoorin qof kale

2) Ku socota dadka u jilicsan xanuunka

- Talaabooyinka ku saabsan covid-19 waxay ujeedadooda koowaadi tahay in dadka jilicsan laga ilaaliyo qaaditaanka xanuunka
- Qofka ka mid ah dadka jilicsan waa inuu si gaar ah u ilaaliyo nadaafadda isla markaana in dheeraad ah ka durko dadka kale.

3) Ku socota qofka dareemaya caafimaad, laakiin la geliyey **KARANTIIMO GURI** kadib markuu ka soo laabtay safar, ama kadib markuu u dhawaaday qof laga helay covid-19

- Dadka ku wada nool hal guri waxay u wada joogi karaan si caadi ah, laakiin iska dhaafa booqashooyinka.
- Ha aadin iskuul ama shaqo.
- Ha raacin gaadiidka dadweynaha.
- Waad samayn kartaa socod lug ah, laakiin ka durug dadka kale.
- Danta lagama maarmaanka ah waad u aadi kartaa dukaanka cuntada ama farmasiiga.
- Dadka kula degan guriga ma la gelinayo karantiimo.
- Tijaabo muujinaysa in aanad qabin covid-19 ma soo gaabinayso muddada karantiimada.
- Haddii aad haysid shaqo u muhiim u ah bulshada waxa suurtagal ah in laga dhaafo qaybo ka mid ah karantiimada.

- Haddii aad u dhaweyd qof qabay xanuunka oo aad iska dareentid calaamadaha caabuqa hawo-mareennada, waa inaad markiiba gashid gooni-u-bax guri.

4) Ku socota qofka qaba CAABUQ HAWO-MAREEN laakiin laga helin covid-19

- Guriga joog laga bilaabo markaad iska dareentid calaamadaha caabuqa hawo-mareenka, ilaa marka hal maalin ka soo wareegto markaad si buuxda u caafimaadid
- Ka durug dadka kula jooga guriga.
- Dadka kula degan guriga ma la gelinayo karantiimo, laakiin waa inay la socdaan xaaladda caafimaadkooda. Haddii ay isku arkaan calaamado, waa in ay joogaan guriga.

5) Ku socota qofka laga helay covid-19 ee la geliyey GOONI-U-BAX GURI

- Waa inaad ka bixin guriga.
- Ka durug dadka kale ee jooga guriga.
- Haddii aad heli karto, isticmaal musqul iyo qubays kuu gaar ah.
- Marar badan dhaq dusha alaabaha guriga, alaabaha iyo wixii la mid ah.
- Waa inaad raadsato cid kuu aada dukaanka.
- Dhakhtarkaaga kala balan qaabka aad ula soconaysid xaaladaada caafimaad.
- Dadka aad la degantahay waa in ay galaan karantiimo.

Macluumaad kale oo la turjumay oo ku saabsan Covid-19 waxaad ka helaysaa:

- <https://www.fhi.no/nettpub/coronavirus/fakta/generell-informasjon-koronavirus-pa-flere-sprak/>
- <https://www.fhi.no/nettpub/coronavirus/rad-til-personer-som-er-smittet-eller-har-vart-utsatt-for-smitte/informasjon-om-hjemmekarantene-og-isolasjon-pa-ulike-sprak/>
- <https://helsenorge.no/koronavirus/informasjon-pa-andre-sprak>