

Ka hortag caabuqqa

Fayraska cusub ee corona ee caadiga ah wuxuu si fudud ugu faafaa meelaha dad badani isugu yimaadaan, tusaale ahaan isgacan qaadka iyo dhibcaha yaryar ee ka yimaada qufaca ama hindhisada. Naftaada iyo dadka kaleba ilaali adigoo raacaya tilmaamaha.



Iskarantiil haddii aad leedahay astaamo, lagaa helay cudurka ama aad xiriir dhow la yeelatay qof qaba fayraska cusub ee corona



Dhaq gacmahaaga badanaa ama isticmaal nadiifiyaha gacanta



Ku qufac oo ku hindhis gacmaha shaatigaaga



Ha gacan qaadin, laabta ha gelin ama ha dhunkan salaan ahaan - xaddid taabashada jirka



Si buuxda oo joogto ah u nadiifi



Masaafadaada ilaali oo weydii kuwa kale inay taxadaraan