

Gacan ka gayso ka hortagga faafitaanka cudurrada neef-mareenka sida COVID-19

Ka fogow xiriir dhow inaad la yeelato dadka jiran



Qufacaaga ama hindhisada ku dabool warqadda jilicsan ee wax lagu tirtirto (tissue), ka dibna ku tuur weelka qashinka



Ka fogow taabashada indhahaaga, sankaaaga iyo afkaaga.



Nadiifi oo jeermiska ka dil walxaha iyo sagxadaha sida joogtada ah loo taabto



Ugu yaraan labo toddobaad iskarantiil haddii aad dareemayso qandho ama aad qufacayso



Ugu yaraan 20 il-biriqsi gacmahaaga ku dhaq saabuun iyo biyo