

Meeshaan ka dhig meel ammaan u ah carruurteena.

Qaad tallaabooyin kaa caawinaya inaad ka ilaaliso carruurteena, shaqaalaheena, iyo bulshadeena inuu ku dhaco COVID-19.



Qaado tallaalka haddii aad u-qalanto. Qaado tallaalka xoojinta ah markay tahay inaad qaadato.



Guriga joog haddii aad xanuun dareento ama aad dhowdahay qof qaba COVID-19.



Xiro afxir marka lagu taliyo ama loo baahdo.



Iska baar COVID-19 haddii aad dareento inaad xanuunsan tahay, u dhowaatay qof qaba COVID-19, ama ka qaybqaatay munaasabad halis caabuuq leh.



Gacmahaaga dhaq had iyo jeer badan, gaar ahaan kadib taabashada walxaha la wadaago.

Hadba marka aan dhammaanteen qaadno tallaabooyinka, ayuu ammaanka carruurteena iyo bulshooyinkeena sii kordhaa.

STAY SAFE MN

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