

Hab-dhaqannada Ugu Fiican ee Maaskaraha COVID-19

Sidan samee markaad iibsano, gashano, iska saarano, iyo markaad dhib u-isticamaasho maaskaraha.

Dukaamo iyo tafaariiqleyaal dhowr ah ayaa iibiya maaskaraha wajiga. Ka fiker inaad ka iibsato ganacsiyada yaryar. U keydi maaskarada shaqaalaha daryeelka caafimaadka.

Haddii aad maaskaro guriga ku samaynayo, ka fiker inaad ka iibsatid agabyada internetka si aad iskaga ilaaliso inaad banaanka u baxdo.

Maaskarahaaga ka samee laba lakab oo si isku dhagan sifiicana iskugu tolan oo ka samaysan maro 100% cudbi ah.

Kahor intaadan gashan maaskarahaaga, ku mayr gacmahaaga saabuun iyo biyo ama isticmaal nadiifiye alkolo ka samaysan

Maaskarahaaga waa inay si fiican u le'ekaadoofkaaga iyo sankaa.

Haddii maaskarada ay leedahay silig bir ah, tuuji siligga si aad sanqaroorkaaga u le'ekeysii.

Iska ilaali inaad taabato maaskaraha intaad xiran tahay.

Haddaad taabato maaskarahaaga, iska mayr gacmaha ama isticmaal gacmo nadiifiye aalkolo ka samaysan.

Markaad iska bixineyso maaskarahaaga, ha taaban xagga hore. Iska saar maaskaraha adiga oo qabanaya xadhkaha la galiyo hareeraha dhegahaaga

Kaddib markaad iska saarto maaskarahaaga, isla markaaba iska mayr gacmahaaga ama isticmaal gacmo nadiifiye aalkolo ka samaysan.

Isticmaal kasta kaddib, iska tuur maaskaraha la tuuri karo ama iska dhaq maaskaraha dib loo isticmaali karo. Raac tilmaamaha la socda maaskarahaaga.

Maaskarahaaga si fiican ha u qalalo kahor inta aadan mar kale isticmaalin. Ha xiran maaskaro qoyan.

Walibana xaasusnow, maaskarahaygu adiga ayuu ku badbaadiyaa, masaskarahaaguna aniga ayuu ibadbaadiyaa.

Booqo health.mn.gov si aad u hesho macluumaadka ugu dambeeya ee ku saabsan COVID-19.

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COVID-19 Mask Do's and Don'ts (Somali)

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