

Qoraalka waxa ka Reeban ama ku Habboon adeegsiga maaskarada COVID-19

[muusik qafiif ah]

[Warin]

Arintaan samee marka aad iibsanayso, xiranayso, iska bixinayso, ama dib u isticmaalayso maaskarooyinka.

Xiro maaskaro si fiican kuu le'eg oo daboolaysa sankaa iyo afkaaga haddii aad joogto gudaha goobaha dadwaynaha iyo banaanka meelaha saxmada leh.

Xiro maaskaro tayo sare leh haddii ay suuragal tahay. Tusaaleyaasha maaskarooyinka tayada sare leh waa maaskarooyinka N95 iyo KN95, kuwaasoo aad ugu wanaagsan xanibida faniinnada.

Haddii aadan heli karin maaskarada noocaas ah, xiro maaskaro si fiican kuu le'eg oo leh ugu yaraan labo lakab oo maro aad u cukan laga sameeyay. Waxaad sidoo kale ka hoos marin kartaa maaskarada la tuuro maaskaraadada marada ah si aad u kordhiso difaaceeda.

Ka hor intaadan gashan maaskaro, ku farxalo saabuun iyo biyo ama adeegso nadiifyaha gacmaha ee aalkolada ka samaysan.

Maaskarahaaga waa inuu si buuxda u daboolaa aagaga afkaaga iyo sankaa, uusana lahayn meel banaan.

Haddii maaskaradu leedahay girgir bir ah, soo laab si ay u qabsato sanqaroortaada.

Ka dheeroow inaad taabato maaskaraha inta aad xiran tahay.

Haddii aad taabato maaskaraha, farxalo ama gacmaha marso nadiifiye ka samaysan alkaahool.

Markaad iska bixinayso maaskaraha, ha taaban qaybta hore. Iska siiib maaskaraha adoo qabanaaya cirifka ama xargaha gala dhabarka danbe ee dhagahaaga ama gadaasha madaxaaga.

Kadib markaad iska bixinso maaskaraha, farxalo ama gacmaha marso nadiifiye ka samaysan alkaahool.

Raac tilmaamaha la socda maaskarada ee sheegaaya marka aad iska tuurayso ama mid kale ku bedalayso.

Dhaq maaskarooyinka marada ah markasta ood isticmaasho si buuxdana u qalaji kahor intaadan markale xiran.

Haddii aad dib u isticmaalayso maaskarooyinka N95 ama KN95, ku xaree bac. Ha dhaqin.

Ha xiran maaskaro wasaq ah, qoyan, ama waxyeelo gaartay.

Maaskarahayga adiga ayuu difaac kuu yahay, maaskarahaagana aniga ayuu difaac ii yahay.

Booqo health.mn.gov si aad u hesho xogtii ugu danbaysay ee COVID-19.

[muusik qafiif ah]

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