

Tallaalada COVID-19 iyo Uurka



Dadka uurka leh waxay qaadan karaan tallalka COVID-19

- Waxaanu fahansannahay in dadka uurka leh halis daran ugu jiraan cudurka COVID-19 marka loo barbardhigo dadka aan uurka lehayn.
- Iyada oo lagu salaynayo sida tallalada COVID-19 ugu shaqeeyaan jirka, cilmi baarayaasha caafimaadka uma malaynayaan in tallalada ay halis u yihiin dadka uurka leh. Balse, ma hayno xog badan oo ku saabsan badqabka tallalada COVID-19 uu u leeyahay dadka uurka leh.
- Hadii aad uur leedahay, waxaad dooran kartaa inaad iska tallalaasho COVID-19.
- Waxaad u baahan tahay inaad la hadasho bixiyaha daryeelka caafimaadkaaga si uu kaaga caawiyo inaad go'aansato inaad istallaashid iyo inkale, balse looma baahna.



Dadka rabo inay ilmo dhalaan mustaqbalka way qaadan karaan tallalka COVID-19

- Hadii aad iskudayayso inaad uur qaado xilligaan ama aad rabtid in mustaqbalka aad uur qaadid, waxaad qaadan kartaa tallalka COVID-19 hadaad heli karto.
- Ma hayno wax xog ah oo sheegeyso in tallalka COVID-19 uu wax dhibaato ah u keeni karo uurka, oo ay ku jirto koritaanka mandheerta.
- Ma jiraan wax caddayn ah in dhibaatooyinka madhalaysnimada ay yihiin waxyeeloyinka tallalka COVID-19.

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