



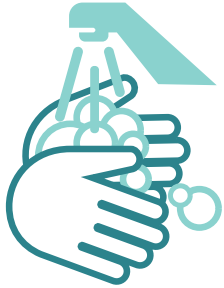
COVID-19

KORONAFAYRASKA CUSUB

Xirashada maaskaro waa muhiim si loo joojiyo faafida COVID-19. Xiro maaskaro mar kasta oo aad ku jirto meelaha dadweynaha gudaha, ama marka kala fogaanshaha jireed ay adag tahay.

COVID-19 wuxuu ku faafaa taabashada candhuufta qof kale oo cudurka qaba. Waxay candhuuf tufida ku faafi kartaa hindhisada, qufaca, heesida ama hadalida. Waad yareyn kartaa faafida candhuuftaada adigoo si sax ah u xiranaya maaskaro.

Tallaabooyinka ee sida loo xirto maaskaro:



1. Dhaq gacmahaaga 15 il-biriqsi.



2. Maaskarada ka xir sankaaaga iyo afkaaga. Geli laastiiga xareeraha dhegahaaga.



3. Hubso in maaskarada ay daboosho sankaaaga iyo afkaaga.



4. Dhaq gacmahaaga mar kale 15 il-biriqsi.



5. Isku day inaadan taaban maaskaradaada markaad xiran tahay. Haddii aad taabato, mar kale dhaq gacmahaaga.



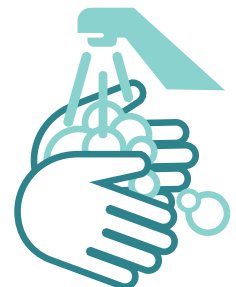
6. Markaad dhamayso isticmaalka maaskarada, iska siib adigoo isticmaalaya laastiiga.



7. Geli maaskarada wasakhda ah bac si aad hadhow u nadiifiso. Haddii ay tahay maaskarada halka mar la isticmaalo, iska tuur.



8. Beddel maaskaradaada haddii ay wasakh tahay, qoyan tahay ama waxyeellowday.



9. Dhaq gacmahaaga marka aad dhamayso isticmaalka maaskarada.