

# HEL XAQIQQOYINA.

**BADBAADSANOW KADIB TALLAALKA.  
ILAALI BULSHADAADA.**



**Waxay kugu qaadanaysaa laba todobaad kaddib tallaalka ugu danbeeya in aad hesho dhammaan difaaca talaalku ku siinayo.**

Si aad uga ammaan hesho COVID-19, waa muhiim in aad dhammaystirato tallaaladaada COVID-19, oo ay kujiraan in aad qaadato tallaalada xoojiya difaaca jirka marka aad u qalanto.

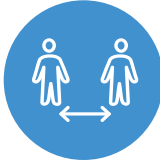


## BADBAADSANOW KADIB TALLAALKA.

Xitaa kadib qaadashada tallaalka, sii wad inaad:



Xiritato maski.



Ku dhaqmidda kala fogaynta bulshada.



Ka fogow la kulanka dad badan.



Si joogto ah u dhaq gacmahaaga.



Jeermiska ka dil meelaha taabashada badan

**Xitaa haddii aad si buuxda iskutallaasho, iska baar COVID-19 isla markiiba haddii:**



Haddii aad la joogtay **qof qaba COVID-19** oo aad bilawday inaad xanuun dareento. Sidoo kale guriga joog oo ka fogow dadka kale.

Waxaad la **nooshahay dad badan** waxanad la **joogteen qof qaba COVID-19**. Xitaa haddii aadan xanuun dareemin, iska baar. Sidoo kale guriga joog oo ka fogow dadka kale.