

SIDUU KU FAAFAA COVID-19?

Badanaa wuxu ku faafaa ku dhawaanshaha dhow qof buka markay neefsadaan, hadlaan, qufacaan ama hindhisaan.



FIGIL: U jirso 6 cagood kuwa kale oo xidho maaskaro.

Dadku waa qaadsiin karaan marka ay bukaan iyo 2 maalmood kahor inta aanay muujin calaamado.



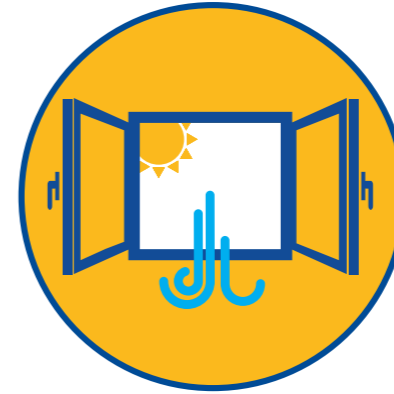
FIGIL: Joog guriga oo is-karantiil haddii aad bugto.

Cantafka neeftu wuxu ku degi karaa meel sagxad ah. Fayrasku wuxu ku noolaan karaa saacado, laakiin si sahlan qaabkan uguma faafo.



FIGIL: Nadiifi sagxadaha iyo gacmaha in badan.

Cantafka yaryar ee neefta, loona yaqaan “aerosols”, ayaa hawada meeraysan kara kahor inta aanay dhulka ku dhicin.



FIGIL: Dariishadaha fur. Kordhi socodka hawada iyo naacawda.

Wuxu si sahlan u faafaa marka dad badan ku jiraan gudaha, muddo waqti dheera, oo socodka hawaduna liito.



FIGIL: Iska ilaali dadka badan, soo-gaabi socdaalada oo xidho maaskaro.