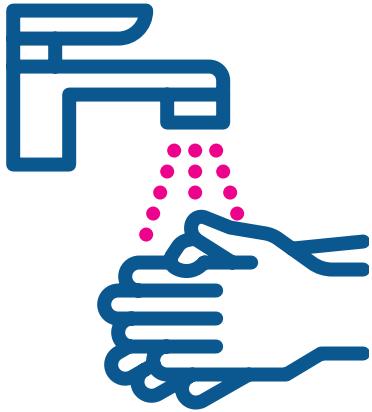


# COVID-19



## Sida loo nadiifiyo gacmahaaga



1. Gacmaha ku qoy biyo



2. Mari saabuun ku filan si ay gacmahaaga u wada gaarto



3. Ku xoq gacmaha hore iyo gadaalba, faraha dhexdooda, iyo ciddiyaha hoostooda 15-30 ilbiriqsi



4. Ku biyo raaci biyaha socda



5. Ku qallaji maro nadiif ah, tuwaal waraaq ah ama qalajiyaha gacanta



Nadiifiyaha gacanta, isticmaal in ku filan si aad u gaarsiiso hore iyo gadaasha gacmaha iyo faraha, ku xoq 15-30 ilbiriqsi, oo hawada ku qalaji