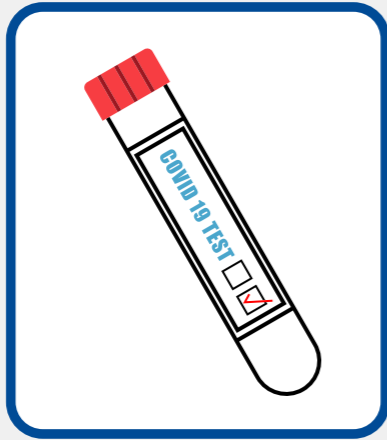


Sida aad isku takoorayso haddii lagaaga baahdo sababo socdaal, la-xiriirtan dhow qof qaba COVID-19 awgood, ama haddii aad yeelato astaamaha fayraska



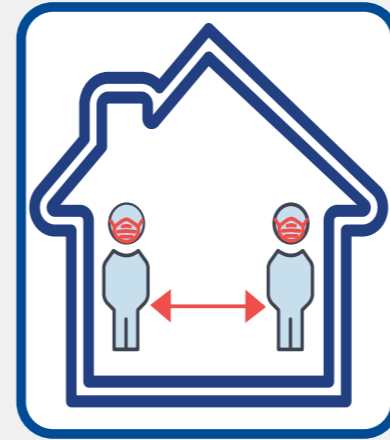
Joog guriga: Ha tegin shaqada, dugsiga ama goobaha dadweynaha.



Keliya guriga ka tag si aad u qaadato baaritaanka COVID-19 ama daryeel degdegga.



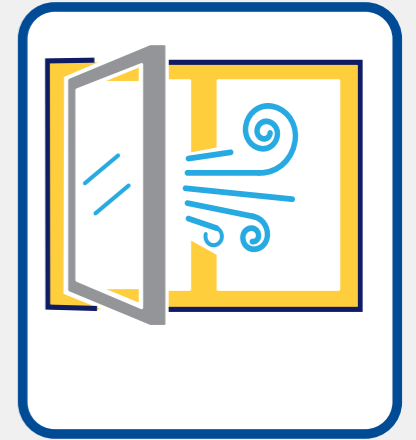
Joog qol ka gaar ah kuwa kale ee guriga kula jooga sida suurtagalka ah ee ugu badan.



Xiro maaskaro oo u jirso 2 mitir kuwa kale ee guriga jooga.



Nadiifi sagxadaha goor walba iyo kadib marka la isticmaalo.



Fur dariishadda si socodka hawadu u kordho.