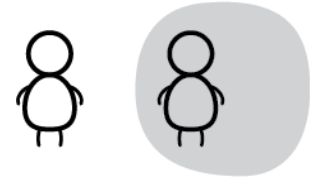


# Sida la isku takooro inaanu kugu dhicin cudurka COVID-19

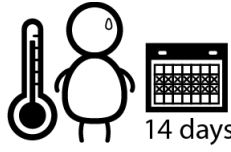


**Gurigaaga joog.** Haadii aad cudurkan kugu dhaco waxaad u gudbineysaa dadka kale iyo waayeelka.

20 seconds



Gacmaha daaq marar badan. Waji gaada ha ku taban gacamaha

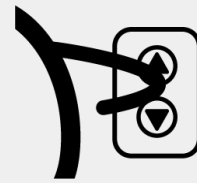


**Sida lagu hayo u firso muddo 14 beri.**

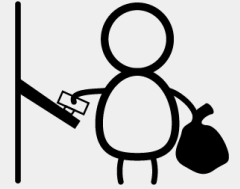


**Gurigaaga naadiifiy marar baadan**

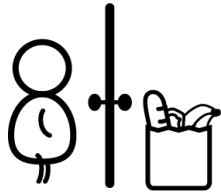
## Haadii aad deggan tahay guri ama dhiso dheer



**Markaad tabaneyso butoonka wiishka ku taabo Xusulkaada**



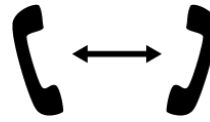
Markaad gashinka tuureyso, **hashi isticmaal**



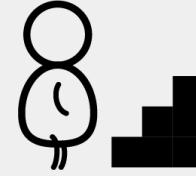
**Adeega iyo cunto bisil ha lugu keeno hadad awoodo**



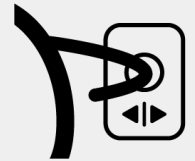
**Gurigaaga ku shaqay.**



**Markaad u baahato inaad meel la xariirto, u dir telefoon**



**Jaranjarada ku loogay haddaad awooddo**

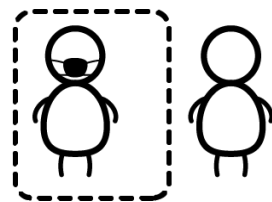


Markaad tabaneyso butoonka **ku taabo Xusulkaada**

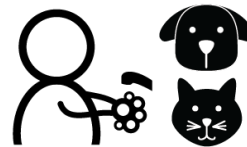
## Haddaad jiran tahay oo aad la nooshahay dad kale



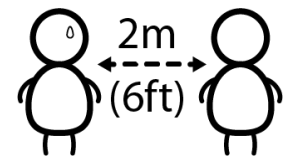
Maacunta saaboon ku naadiifiy **marar baadan**



**Daadka ka fogow oo is-dhowr. Musgul kala isticmaal** haddaad awooddo.



**Gacmaha si fiican u dhaq** markad xaywaanka taabatid



**Labo talaabo ka fogow oo xiro af-duub**