

Ka ilaali naftaada iyo dadka kale Covid-19

# Raac talooyinkan



Guriga joog haddii aad xanuun dareento.



Kala fogaada midba midka kale.



Si fiican u dhaq gacmahaaga had iyo jeer.



Lakulan sida ugu faafitaanka yar ee soortagal ah, yeeyna kabadnaa 8 qofood.



Haddii adiga ama qof aad la nooshahay la xaqiijiyay inuu ku dhacay cudurka 'Covid-19', qof walba waa inuu guriga joogaa.



Samee baaritaan haddii aad isku aragtay astaamo hargab in ka badan 24 saacadood. Baaritaanka waxaa lagu sameyn karaa adiga oo iska qaada kaligaa ama la xiriira rugtaada caafimaadka. Marka aad isbaaraysid waydiiso qof caafimaad qaba inuu kukeeno qalabka baarista.



Hadii aad jirantahay ama aad leedahay calaamado, waydiiso in uu qof caafimaad qabo kusoo adeego.

**Isxajiya oo adkeysta, si wada jir ah ayaan u gaabinaynaa faafitaanka.**

[www.skelleftea.se/coronavirus](http://www.skelleftea.se/coronavirus)