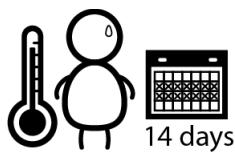


Sida la isku takooro inaanu kugu dhicin cudurka COVID-19

Gurigaaga joog. Haadii aad cudurkan kugu dhaco waxaad u gudbinezsa dadka kale iyo waayeeleka.

20 seconds

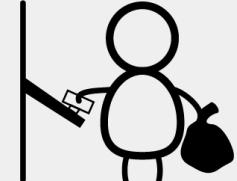


Gacmaha daaq marar badan. Waji gaada ha ku taban gacamaha

Sida lagu hayo u firso muddo 14 beri.

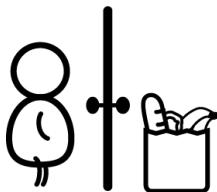
Gurigaaga naadiifiy marar baadan

Haadii aad deggan tahay guri ama dhiso dheer



Markaad tabaneyso butoonka wiishka ku taabo Xusulkaada

Markaad gashinka tuureyso, **hashi isticmaal**



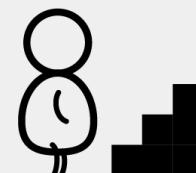
Adeega iyo **cunto bisil** ha lugu keeno hadad awoodo



Gurigaaga ku shaqay.



Markaad u baahato inaad meel la xariirto, u dir telefoon



Jaranjarada ku loogay haddaad awooddo

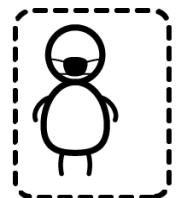


Markaad tabaneyso butoonka **ku taabo Xusulkaada**

Haddaad jiran tahay oo aad la nooshahay dad kale



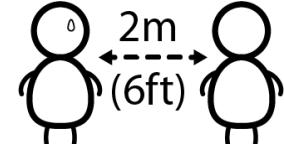
Maacunta saaboon ku naadiifiy **marar baadan**



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