

Raac talaabooyinkan fudud si aad uga badbaadiso naftaada iyo tan dadka kale fiditaanka COVID-19 ee goobaha shaqada.



Si joogta ah u qaad heerkulka jirka



Guriga joog marka aad xanuunsan tahay



Xiro waji dabool ama cad maro ah oo daboosha wajigaaga



Si joogta ah u dhaq gacmaha ama gacmo nadiifiye mari (hand sanitizer)



Ka fogoow 6 dhudhun macaamiisha iyo shaqaalaha kale



Waxyaabaha wax lagu nadiifiyo ku nadiifi meelaha dadka aad u taabto



Dadka iska xiji muraayad haddii ay suurogal tahay