

KA HORTAGGA FAAFITAANKA COVID-19

SOMALI

LOOMA BAAHNA ARGAGAX. LAAKIIN SI WADA JIR AH, HADDII AAN RAACNO TAXADARKA SAXDA AH, WAXAAN JOOJIN KARNAA FAAFITAANKA 'COVID-19'. ISKU DAY INAAD SIDA UGU FIICAN U RAACDO TILMAAMAHAN:



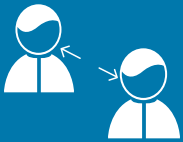
FADLAN KU CIBAADDEEYSO GURIGA

Ha aadin goob cibaado waqtigaan. Isu soo uruurinta dad badani waa khatar caafimaad. Isu imaatinka in kabadan 100 qof ayaa hada mamnuuc ka ah South Africa.



SI JOOGTO AH U DHAQ GACMAHAAGA

Ku dhaq gacmahaaga ugu yaraan labaatan sekan saabuun iyo biyo. Si joogto ah u dhaq iyaga (Gacmaha).



KA FOGOW DADKA KALE

Fadlan iskuday in ay idiin dhexeeyso masaafo 1-2 mitir dhan dadka kale, markasta oo ay suurtagal tahay.



HA TAABAN WAJIGAAGA

Ha taaban wajigaaga, gaar ahaan sankaa, afkaaga iyo indhahaaga, adigoo gacmaha aanan dhaqin.



HA GACAN QAADIN DADKA KALE

Ha salaamiin ama ha taaban midba midka kale markaad isa salaameysiin. Waxaad taaban kartaa xusullada.



DABOOL MARKA AAD QUFACAYSO AMA AAD HINDHISAYSO

Haddii aad qufacdo ama hindhisto, ku dabool sankaa safaleeti(ka dibna iska tuur safaleetiga) . Haddii aadan haysan warqad, ku qufac ama ku hindhis xusulkaaga oo laaban.



JOOG GURIGA

Hadaad caafimaad xuma dareento, Haddii aad isku aragto astaamo soo wac khadka tooska ah ee bilaashka ah 0800 029 999.

For reliable information and updates, visit www.sacoronavirus.co.za.

This information was collated by The Scalabrini Centre of Cape Town from governmental resources.