

JEERMISKA - COVID-19

talooyin ku socda bukaanka qaata dawo difaaca jirka hoos u dhiga e qaybta kilyaha iabitaalka jaamada gobalka Skåne Malmö

Coronavirus Covid- 19

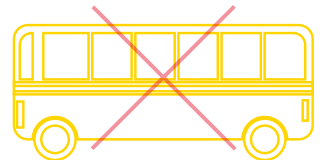
Waxa uu sababaa efekshan neef mareenka, qufac, qandho, murqo xanuun iyo waliba mararka qaar mushaakil naqaska ah

Dadk u nugu:

Waayeelka iyo dadka qaba cudurada joogtada ah waxa ay halis ugu jiraan khatar wayn. Dadka xubnaha lagu beeray iyo kuwa qaba dhaawac kilyo halis ayay ugu jiraan in la qaadsiiyo. Cabida sigaarkana way sii xumay saadaasha

Jooji faafida

- Gacmahaaga dhaq mar walba!
- Ku qufac/ ku hindhis xagasha
- Gacmaha haku taaban wajiga
- Ha safrin hana tagi meelaha dadku igu tago.
- Iska ilaali gacan ku salaamida, dhunkashada daanka iyo habsiinta.
- Gacanta haku qaban birta jaranjarada, albaabka, miiska iyo meelaha guud.
- Balan ka samayso sheybaarka marka saamin lagaa qaadayo



Hadii aad astaamo yeelato

- Guriga joog
- Wargali qaybta diyaliiska ama kilyaha.
- Kaligaa iskaga baar jeermiska corona bogga corona.sll.se
- Wac 1177 hagrid iyo talo shaybaar.
- Sú aalaha guud ee corona-19 wac 11313.
- Wac 112 hadii aad isku aragto dhibaato naqaska ah ama qandho daran oo Alvadoon uusan jabin karin

Talooyin kale:

- Cuntada ka dalbo internetka oo guriga ha laguugu
- Dawkeoeonyionka aga u qaado sidii lagu faray iskana ilaali mudaawaad taasi waxa ay saamaynxun ku yeelanaysaa dawadaada
- Ogoow in carruurta ayaga oo qaba cudurka inaan laga dareemin saas ay tahay ay qof kale qaadsiiin karaa. Banaanka kula kulan