

Jooji Faafidda Jeermisyada

Gacan ka gayso kahortagga faafidda cudurrada neefmareenka sida COVID-19.



Ka fogow ugu yaraan 6 cag (qiyaastii dhore 2 gacmood ah) dadka kale.



Ku dabool qufacaaga ama hindhisadaada tiish, kadibna tiishka ku tuur qashinka oo dhaq gacmahaaga.



Marka aad dadwaynaha dhex joogto, ku xiro maaskaro sinkaaga iyo afkaaga.



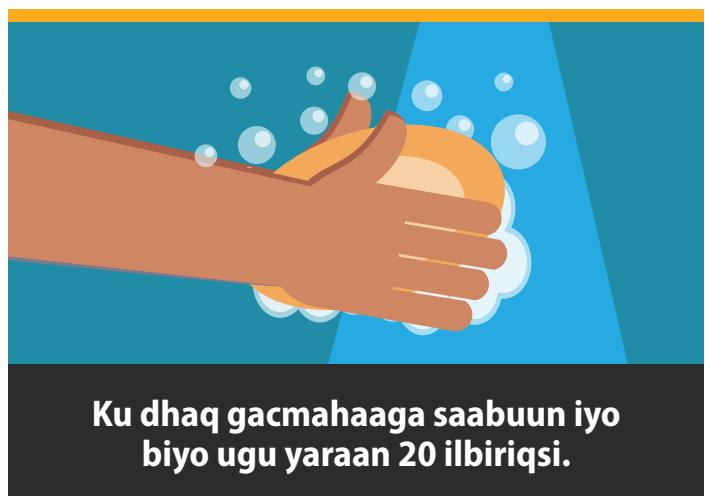
Ha taaban indhahaaga, sinkaaga, iyo afkaaga.



Si joogto ah u nadiifi oo u jeermis-dil sheeyasha iyo sagxadaha.



Joog guriga markaad xanuusan tahay, marka laga reebo inaad raadsaneyso daryeel caafimaad.



Ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 ilbiriksi.