

Samee Cibaado Badqabid Leh

Intii aad cibaado u aadi lahayd goobaha cibaadada ee ay isugu imaanayaan dadka badan, si ay badqabid kuugu jirto ugu cibaadeyso gurigaaga oo wax kasta kala soco:

- * Taleefashinka
- * Intarnetka Fiidiyow Laga Daawado
- * Raadiyaha
- * Barnaamijyo Toos Loo Dhageysto
- * Cajaladaha la sii duubay

In dhug la yeesho, in la ogaado xaaladda, iyo in lagu cibaadeysto meel aan dhib kaaga imaaneyn ayaa u fiican dadka oo dhan, qof iyo qoys.

Waxyaabo dheeraad ah iyo talooyinka loogu cibaadeysan karo si badqabid leh, kala xiriir goobaha aad ku soo cibaadeysato oo dhan ama culumada aad heli karto. Ka eego talooyinka fasaxyadaiyo fikrado ah si badqabid leh oo looga qeybqaato farxadda ciidaha

Ka fogow in aad xilliga fasaxa si fool-ka-fool ah ula kulanto dad aan kula nooleyn si uu nooga yaraado COVID-19.

