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# Progetto ICARE

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## CORONAVIRUS

### Cid kasta oo naga mid ah ayaa masuuliyad ka saaran tahay ilaalinta xaalaada

1 ilaali inta idiin dhaxaysa adiga iyo dadka kale, haddii aysuuragal tahay waa inaad isku jirtaan ugu yaraan hal ama laba mitir si loo yareeyo halista infekshinka

2 Dhaq gacmahaaga had iyo jeer, adigoo xaddidaya jiritaanka dahabka carqaladeynaya dhaqitaanka saxda ah, sida farantiyadaiyo jijimaha. Ha ku taaban gacmahaaga: afka, sankaiyo indhaha

3 Dabool afkaaga iyo sankaaaga haddii aad hindhisto ama qufacdo. Had iyo jeer isticmaal Warqad tuwaal ah si dhaqso loogu tuuro weel xidhan ama, hadaadan haysan, adeegso laabanta suxulka

4 Ka fogow xiriir dhow oo lala yeesho dadka leh astaamaha neef-mareenka

5 Hoos u dhig ka-qeybgalka munaasabadaha ama goobaha caamka ah ama Meelaha dad badan iskugu yimaado, ha isla isticmaalina koobabka, dhalada biyaha, iwm.

6 Iska ilaali inaad wiishka la qaadatid dadka kale

7 Guriga iyo goobta shaqada, fiiro gaar ah yeelo

WAC LAMBARADA MUHIIMKA AH HADDII AY KU HAYSO XUMAD, QUFACIYO XANUUN MURQAHA IYO LAFAHA

Haddii aad leedahay astaamo ha aadin qolka gurmada oo iska ilaali taabashada dadka kale

. Telefoonka kula tasho dhaqtarkaaga guud ama wac 1500.



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