

# COVID-19: Gaari wada Raacida

COVID-19 waxxa la aaminsan yahay inuu inta badan ku faafo isqaadsiinta labo qof:

- Labo qof oo aad isugu dhawaata (isu jirsata 6 hiis)
- Dhibco biyo ah oo marka qof cudurka qabaa uu sii daayo kolka uu qufaco, hindisho ama hadlo

Hadii aad dad kale gaari wada raacdaan ama ka ahow gaarigaa darawal ama rakaab si aad shaqada ugu tagto ama ugu soo noqoto shaqato, raac talooyinkan si aad u yareyso khatarta aad u tahay COVID-19 inaad qaado.

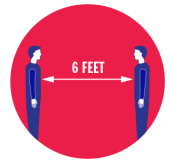
## ◦ Guriga joog hadii aad bugto



## ◦ Qof walbaa waa inuu xirto maro wajiga daboolaysa

### ◦ Yaree cagta

- Isku day inaad isla dad wada raacdaan gaariga mar walba; ha dhexgelin kooxda.
- Isticmaal meesha hawadu ka soo baxda ee gaariga si aad hawo cusub dibada uga keento iyo/ama gaariga daaqadihiisa gaabi.
- Iska ilaali wadaagida biyaha dhalada ku jira, cuntada iyo alaabta kale.
- Yaree inaad taataabato gaarida gudihisa. U jirso ugu yaraan 6 hiis dadka kale kolka aad gaarida dibada ka joogto.
- Qof walbaa waa inuu isagu qaataa boorsadiisa iyo alaabtiisa kaleba.



## ◦ Nadiifi dawana mari

- Nadiifi dawana mari meelaha inta badan la taabto ee gaarida, sida albaabadda, meelaha gacanta la saarto, isteersada iyo suumamka kuraasta.

## ◦ Ku dhagan maalin walba talaabooyin ka hor tagga

- Ha taaban indhahaaga, sankaaaga ama afkaaga.
- Qof walbaa waa inuu ku dhaqaa gacmihiisa saabuun iyo biyo, ama uu isticmaalaa dawada wax nadiifisa ee aalkahooka ka sameysan, ka hor inta uusan gaariga gelin iyo ka dib kolka uu gaariga ka dego.
- Ku dabool afkaaga iyo sankaaaga istiraasho hadii aad qufacdo ama aad hindhisto. Ka dib qashinka ku tuur istiraasahada ka dib kolka aad gaariga ka dagato.

