

# COVID-19

## Tilmaamaha Booqashiyinka Gudaha



- Ka fogaanshaha jir ahaanta
- Waa inaad ugu yaraan 2 mitir/6 fuudh isku jirsataan
- **Lama taaban karo**



- Waa inaad xidhataa waji gashad mar markasta  
Fadlan waxa aad eegtaa xaashida tilmaamaha waji gashadka



- Farxalo ama jeermiska ka dil gacmahaaga kahor iyo kadib booqashada