

Haddii aad ag joogtay qof qaba COVID-19:



Ma la socotaa tallaalada COVID-19?



Haa



Maalmaha 1–5
Xiro maaskaro gudaha dadweynaha iyo gurigaba.

Maya



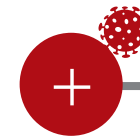
Maalmaha 1–5
Guriga joog.



Maalin 5
Iska baar COVID-19.



Haddaad qabin, Ku sii xiro maaskaro meelaha fagaaraha ah.



Haddii laga helay ama aad xanuunsato, sii joog guriga.

"Ilaa hadda" waxa loola jeedaa in qofku uu helay dhammaan tallaalada lagu taliyey ee COVID-19, oo ay ku jiraan qiyaas kasta oo xoojiya marka uu u qalmo.

Haddii laga helay COVID-19 ama qabto calaamadaha:



Natiijada laga helay ama calaamadaha bilawga.



Maalmaha 1–5
Isku karantiil guriga 5 maalmood, xitaa haddii lagu tallaalay.

Maalin 6
Siddee dareemeysaa?

Haye



Maalmaha 6–10
Sii wad xirashada maaskaro gudaha dadweynaha iyo guriga.

Jiro



Guriga joog ilaa aan calaamad dambe laga helin.



Sii wad inaad ka fogaato dadka kale.