



OLOLAHA MACLUUMAADKA MIYIGA EE KU SAABSAN TAXADDARKA KA DHANKA AH CORONVIRUS COVID-19

Waa maxay COVID-19?

COVID-19 waa cudur la is qaadsiiyo oo uu keeno coronavirus-kii dhowaan soo shaac baxay.

Waa maxay calaamadaha COVID-19?



**QANDHO/XUMAD
IYO DAAL**



**QUFAC
GALALAN**



**NEEFSASHADA OO DHIB AH
/NEEF QABASHO**

Raadso
caawimaad
caafimaad

Dad badan oo cudurka COVID-19 qaba waxaa ka muuqanaayo wax yar oo astaamo ah ama kama muuqanaayaan astaamo

Sidee COVID-19 qof uu qof kale ugu gudbiyaa?

- Hindhisada ama qufaca ka soo baxa dadka cudurka qaba
- Adigoo ku taabato gacmahaada wajigaada ka dib markaa taabatid gacmaha dadka cudurka qaba
- Adigoo taabatid waxyaalaha sumeysan ka dibna taabatid sankaga, afkaaga ama indhahaaga
- Adigoo ku la cabbaya hal koob ama wax ka cun hal saxan dadka kale marka aad guriga ka maqan tahay

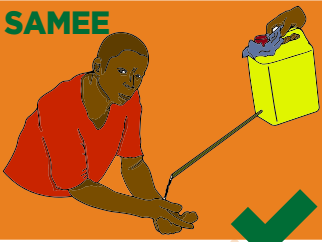


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Haddii aad leedahay qandho, qufac iyo neef qabasho, raadso daryeel caafimaad xilli hore Guriga joog oo iskarantiil haddii aad xanuun dareento. Wac rugtaada caafimaadka intaadan halkaa tagin. Raac tilmaamaha maamulka caafimaadka deegaankaaga.

SIDEEN UGA HORTAGI KARNAA NAFTEENA IYO KUWA KALEBA CUDURADA COVID-19



SAMEE

Si joogto ah ugu dhaq gacmahaaga saabuun iyo biyo ugu yaraan 40 ilbiriqsi ama isticmaal nadiifiye alkolo ka sameysan ugu yaraan 20 ilbiriqsi. Ha u dhawaanin dab ama wax ha karinin kadib markaad isticmaasho daawada gacmaha lagu nadiifiyo. Ka qeybi FFS-kaaga alaabada gacmo-dhaqidda.



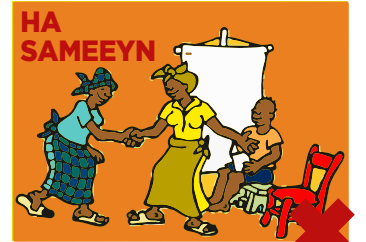
SAMEE

Ku qufac ama ku hindhis xusulkaaga ama istaraasha, ee maaha gacmahaaga



**HA
SAMEEYN**

Ha taaban indhahaaga, sankaga ama afka

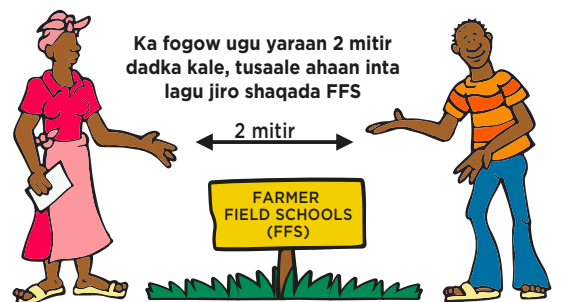


**HA
SAMEEYN**

Ka fogow taabashada gacmaha iyo jirka dadka kale inta lagu jiro kulanka kooxda FFS. Ka fogow kooxaha dadka badan iyo meelaha xiran.



Xiro maaskaro, ama dhar si aad uga ilaaliso sankaga ama afka markaad guriga ka baxdo.



Ka fogow ugu yaraan 2 mitir dadka kale, tusaale ahaan inta lagu jiro shaqada FFS

FARMER
FIELD SCHOOLS
(FFS)