Qoraal
Saraakiisha caafimaadka ayaa ka welwelsan Hargabka cusub ee H1N1 (H1N1 flu), inuu ku faafo qof-ka-qof.

Si aad wax uga qabato hargabkan, ku dabool sankaaga iyo afkaaga tiishuga (waraaqda nadaafadda) markaad qufacdo ama hindhisto, oo markaa iskaga tuur qashinka.

Gacmahaaga ku dhaq marar badan saabuun iyo biyo, gaar ahaan kadib markaad qufacdo ama hindhisto. Haddii aad bukto, guriga iska joog oo xaddid la dhaqanka dadka kale si aad uga joojiso inaad cudurka iyaga ku riddo.

Sidii aad uga ogaan lahayd wax dheeraad ah arrinta, booqo www.cdc.gov/h1n1flu ama u wac 1-800-CDC-INFO.

Farriin ka socota HHS.