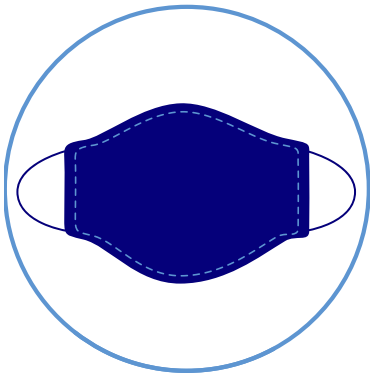


Shaqadaadu waa lama huraan!

Ka ilaali naftaada iyo dadka kale hargabka iyo COVID-19 dayrtan iyo jiilaalkan:



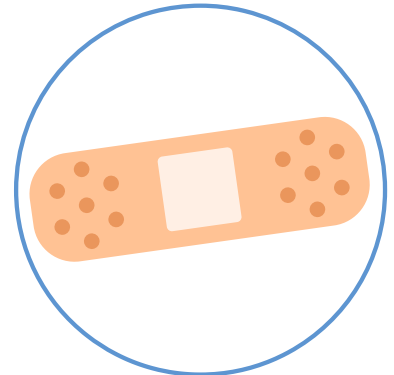
XIRO MAASKARO.

Xiro maaskarada wajiga oo daboolaysa afkaaga iyo sankaa. Masafo (ugu yaraan 6 fuud) ka fogow dadka kale markaad awoodid.



DHAQ GACMAHA

Ku dhaq gacmahaaga saabuun iyo biyo in badan. Haddii saabuun iyo biyo aan la heli karin, isticmaal gacmo-nadiifiye ku saleysan aalkolo.



QAADO TALLAALKA HARGABKA

Qaadashada tallaalka hargabku hadda way ka muhiimsan tahay sidii hore. Qof kasta oo jira 6 bilood ama ka weyn waa inuu qaataa tallaalka hargabka xilli-cimileed kasta.

Tallaalka hargabku ayaa adiga, dadka aad jeceshahay, iyo dadka kula shaqeeyaba ka badbaadin kara hargabka.

Waxaad sidoo kale badbaadin kartaa dadka hareerahaaga ah haddii aad guriga joogto markaad xanuunsan tahay.

Wax dheeri ah ka baro [cdc.gov/flu](https://www.cdc.gov/flu)

#FIGHT FLU



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