

Tilmaamo loogu talagalay gasashada Qalabka difaaca ee shakhsiyeed („Donning“)

Bukaannada lagu tuhmayo ama lagu xaqiijiya Cudurka-COVID-19

Waxyaabaha uu ka kooban yahay Qalabka difaaca (Sawir tusaale ah)



- Gacmaha jeermis dilaha
- Dharka biyuhu gelin ee difaaca
- FFP2-Maasko
- Ilaalinta Indhaha (Ilaalinta Afka ama ilaalinta Indhaha)
- Galoofyada

Diyaarinta



- Bixinta dahabka iyo saacadaha
- Timaha oo gadaal la isugu xidho
- Timaha garka waxay saameyn ku leeyihiin maaskada neefsashada
- Cabitaan badan la cabo
- Hadday suurtagal tahay: Caawinaad ka timid goobjooge tababaran („Buddy“)

Jeermiska Gacmaha oo la nadiifiyo



Tilmaamaha dharka difaaca

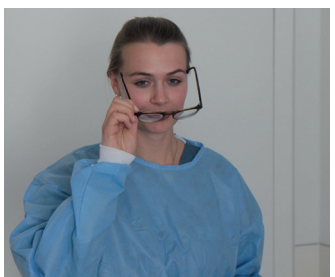


Xariga gudaha wuu furnaanayaa

Xiritaanka oo leh: Kaaliye Xiritaanka kuleetiga

Xariga xiritaanka gadaal-dhinac loo xiro

Dadka muraayadaha Indhaha



Muraayadahaaga iska bixi

Tilmaamaha FFP2-Maaskada



Meelaynta saxda ah ee xargaha Madaxa, xariga kore saar Dhegaha korkooda xariga hoose saar Qoorta

Badhanka Sanka ku hagaaji labada farood

Hubi oo hagaaji inay Maaskadu si fiican u xirantahay

- Leh dabool: si qoto dheer u neefso Maaskadu waxay si fiican u xidhantahay, markay wajiga nuugto
- dabool la'aan: neefsasho deg deg ah Maaskadu waxay si fiican u xidhantahay, haddii wax hawo ah laga dareemayn darafyada

Tilmaamaha ilaalinta Indhaha

Dadka muraayadaha: muraayadahaaga xidho Muraayadaha ilaalinta ka kor xiro muraayadahaaga



■ Shareerka gali qeybta sare ee wajiga, Maaskada ilaa garka hoostiisa

■ Beddelka muraaya-daha ilaalinta

Gasho Galoofyada la tuuri karo



Galoofyada waxaa la gaarsiinayaa ilaa dhudhunka lagana kor marinayaa jaakadda

Jeegga ugu dambeeya

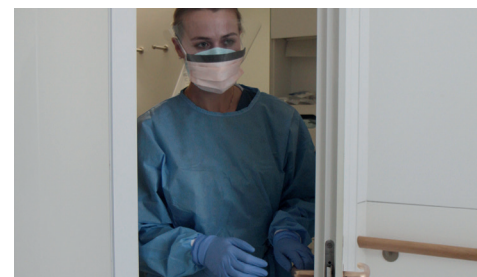


Hubi ku haboonaanta Qalabka difaaca

Markasta oo ay macquul tahay: kaaliye tababaran („Buddy“)

Khalad looma adeegsan karo Qalabka difaaca

Gelidda qolka Bukannaha / aagga daaweynta



Tallaabooyinka haddii uu dhaco shil kadis ah ee Qalabka difaaca

- Hubinta amniga Bukaanka
- Siibidda Qalabka difaaca (ilaa Maaskada) sida borotokoolka
- Ka bixidda qolka Bukaanka
- Nadaafadda jeermis dilah Gacmaha
- Siibidda ilaalinta Maaskada
- Nadaafadda jeermis dilaha Gacmaha
- Xirasho Qalabka ilaalinta ee cusub

Fiidiyow tilmaamaya iyo tilmaamo halkaan :

