

Tilmaamo ku saabsan siibidda Qalabka ilaalinta ee shakhsiyeed („Doffing“)

Bukaannada lagu tuhmayo ama lagu xaqiijiya Cudurka-COVID-19

Shuruudaha

Qashin-qubka iyo jeermis dilaha Gacmaha

- Qolka Bukanaha ama aaga daaweynta
- iyo waliba meelahaas hortooda

MUHIIM

Siibidda waa in loo sameeyo si tartiib ah oo caqli leh!

Waxaa dhici kara halis wasakh ah!

Markasta oo ay macquul tahay kaaliye tababaran (“buddy”) ugu yaraan masaafu 2 Mitir ah

Siibidda Galoofyada

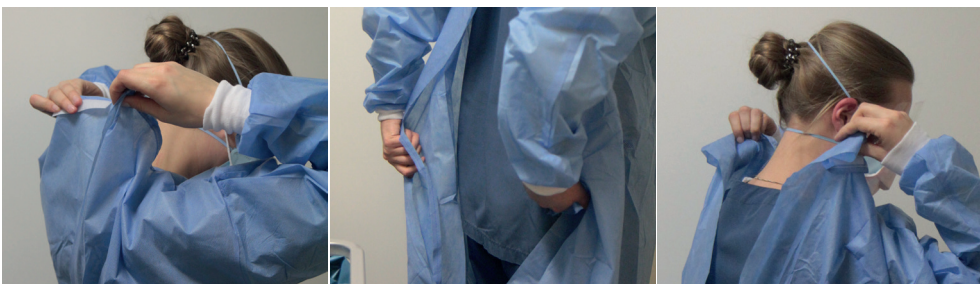


Ku tuur qashin-qubka loogu talagalay

Nadaafadda jeermis dilaha Gacmaha



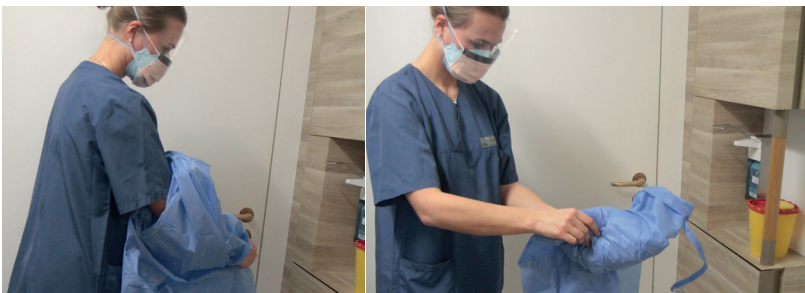
Siibidda Qalabka ilaalinta



Dhinaca hore ee jaa-kadda waa wasakh Badhanka agaarka qoorta fur

Xargaha sinta agteeda ah fur (si taxadar leh u jeex hadday noqoto)

Kaliya yaan la taaban aagga gudaha Jaakadda ee wasakhowday



Si tartiib ah oga siib Garbaha

Jaakadda si rogan isugu duub

Ku tuur qashin-qubka laaogu talagalay

Nadaafadda jeermis dilaha Gacmaha



Siibidda ilaalinta Indhaha



Ku taabo gacmahaaga xargaha gadaale ee celinta ama birta Muraayadaha Indhaha.

- Marka siibidda Wajiga muddo yar Indhaha isku qabo
- Ku tuur qashin-qubka loogu talagalay

Nadaafadda jeermis dilaha Gacmaha



Ka bixidda qolka Bukannaha / aagga daaweynta



allaabada ku xigta inuu la socdo kaaliye tababaran (“buddy”) (ugu yaraan masaafu 2 Mitir ah)

Nadaafadda jeermis dilaha Gacmaha

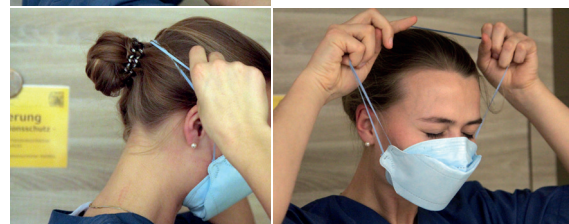


Siibidda Maaskada difaaca

adka Muraayadaha: Hadda Muraayadahaaga bixi. Ha taaban Maaskada qeybteeda sare, waxay u dhigantaa inay wasakhowday.



Xariga hoose ku qabo labada Gacmood xagga dambe ee Madaxa, una gudub xagga sare ee Madaxa si ay labada xargood wadajir u noqdaan.



Indhaha xir oo kor u qaad labada xargood oo si tartiib ah kor ugu qaad Madaxa korkiisa.

Maaskada ku tuur qashin-qubka.

Nadaafadda jeermis dilaha Gacmaha



Fiidiyow tilmaamaya iyo tilmaamo halkaan :

