

10 shay oo aad samayn karto si aad u maarayso astaamahaaga COVID-19 adigoo guriga jooga

Haddii ay suurtoagal tahay ama la xaqiijiyeey inaad qabto COVID-19:

1. **Guriga joog** oo shaqada iyo dugsiga midna ha tagin. Oo ka joog meelaha kale ee dadwaynaha. Haddii ay khasab kugu tahay inaad baxdo, iska ilaali inaad isticmaasho gaadiidka dadwaynaha nooc kasta, isla-raacidda cid kale, ama tagaasida.



2. **Astaamahaaga ula soco** si dhaw. Haddii astaamahaagu ka sii daraan, wac bixiyahaaga daryeelka caafimaadka isla markiiba.



3. **Nasasho qaado oo dareere badan cab.**



4. Haddii aad leedahay ballan caafimaad, **hore u sii wac bixiyaha daryeelka caafimaad** oo u sheeg inaad qabto ama laga yaabo inaad qabto COVID-19.



5. Wixii ah xaaladaha degdegga ah ee caafimaad, wac 911 oo u **sheeg hawlwadeenka kala dirista qaabilsan** inaad qabto ama laga yaabo inaad qabto COVID-19.



6. **Dabool qufaca iyo hindhisadaada.**



7. **Ku dhaq gacmahaaga in badan** saabuun iyo biyo ugu yaraan 20 ilbiriqsi ama ku nadiifi gacmahaaga gacmo nadiifiye alkahool ka samaysan oo ugu yaraan 60% alkahool ah.



8. Intii suurtoagal ah, **waa inaad joogto** qol gaar ah **oo ka gaar ah dadka kale** ee gurigaaga jooga. Sidoo kale waa inaad isticmaasho xamaam gaar ah, hadduu jiro. Haddii aad u baahan tahay inaad ka ag dhawaato dadka kale gudaha ama dibadda guriga, xiro af-xir.



9. **Iska ilaali la wadaagista shayada shakhsiyeed** dadka kale ee gurigaaga jooga, sida suxuunta, tuwaalada, iyo go' sariirta.



10. **Nadiifi oogooyinka oo dhan** kuwaasi oo inta badan la taabto, sida marfishyada, miisaska dushooda, iyo gacmaha albaabada. Istimmaal buufinaha ama masaxaadaha nadiifinta guryaha loo isticmaalo, adigoo raacaya tilmaamaha summadda.

