



Qaado talaalkaaga BILAASHKA AH ee COVID-19

Xarunta talaalka bulshada

HALKA

TAARIKHDA

WAKHTIGA

HALKAN ISKA DUWAAN GELI

- **Talaalku waa u BILAASH qof kasta.** Hadii aad leedahay caymis, bixiyayaasha talaalka ayaa ku dalici kara kharashka talaalka caymiskaaga, laakiin adiga wax kharash ah lagaama qaadayo ama hadhaw laguuma soo diri doono.
- **Qof kastaa wuu is talaali karaa. MAAHA inaad haysato caymiska caafimaadka, ama tahay muwaadin ama deggane Maraykanka.** Maaha inaad keento lambarka sooshiyaal sikiyuuritiga si aad isku talaasho, laakiin bixiyayaashu way dalbadaan si ay u heli karaan lacagta talaalka.
- U sheeg bixiyaha talaalka hadii aad u baahan tahay qaabilaad (sida adeegyada luuqada, kursiga curyaanka, ama qof kaa caawiya dhax mushaaxa xarunta).
- **Waa inaad soo qaadata wax uu magacaagu ku qoran yahay** (sida aqoonsi sawir leh, risiidhka kharashka adeegga laydhka iyo biyaha ee aad bixisay, ama warqad uu saxeexay qof sheegayo cidda sheegeyso inaad tahay).