

In partnership with



Government
of South Australia

SA Health



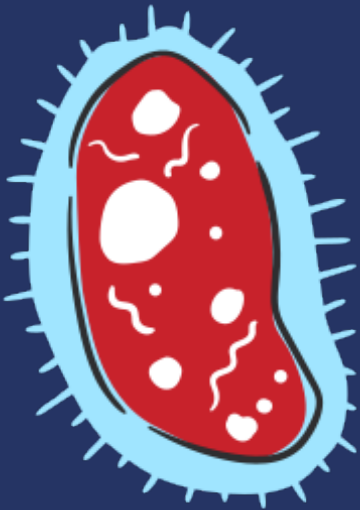
AUSTRALIAN
multicultural
foundation

SOMALI

Xog degdega oo ku saabsan

Covid-19

NOVEL CORONAVIRUS



COVID-19 waa cudur caabuqa oo ay keento novel coronavirusa, waa virus ka tirsan bahda coronavirus oo keenta cuduro ay ka midyihiin durayga iyo hargabyo khatara.

CALAAMADAHA LAGU GARTO
YAREE KHASAARAHA KAA SOO
GAARI CARA CUDURKAN
WAXAAD QABAN KARTO



COVID-19: IDENTIFYING THE SYMPTOMS

DUREY Astaama xanuunka oo deg deg dadka u qabta	HARGAB Astaamaha xanuunka oo tartiib dadka u qabta	COVID-19 Astaamahu waxay u kala baxaan kuwo sahlan iyo ku aad u daran	ASTAAMAHA
Sida badan	Ma badna	Sida badan	 Xumad
Sida badan	Sida badan	Sida badan	 Qufac
Sida badan	Sida badan	Mar mar	 Cuna xanuun
Maya	Maya	Mar mar	 Neefta oo ku qabata
Sida badan	Mar mar	Mar mar	 Daal
Sida badan	Maya	Mar mar	 Jid xanuun
Sida badan	Sida badan	Mar mar	 Madax xanuun
Mar mar	Sida badan	Mar mar	 Sanka oo duuf badan yeesha
Mar mar gaar ahaan caruurta	Maya	Mar iyo dhif	 Shuban
Maya	Sida badan	Maya	 Hindhiso



Yaree khasaarahaaga

(COVID-19)
CORONAVIRUS



Dhaq gacmahaaga uguyaana ilaa 20 ilbidhiqsi, gaar ahaan markaad gashid muqusha, markaad duufsato iyo markaad taabato waraaq hore loo isticmaalay.

Isticmaal waraaqaha laysku tirtiro oo aad raaciyo saabuunta dareeraha ah oo ayku jiro alkolo in ka badan boqolkiiba lixdan 60%

60%



ka taxader taabashada wijigaaga.

Gasho maryaha afka iyo sanku lagu dedo (maskaraati) markaad debada u baxaysid.



Joog gurigaaga haddii aanay lagama maarmaan noqon in aad ka baxdo guriga.

Haddii aad aado debada, ka fogow dadka kale ugu yaraan 1.5 talaabo.



Masax had iyo goor miisaska iyo oogooyin ka la taabto sida jikada Meesha wax lagu maydho iyo meelaha macuunta la saaro ee jikada.



Joogtee caadooyin caafimaad ka leh: Cayaar ama samee xarakaad kele, biyo badan cab hurdo badana seexo

HADDII AAD ISKU ARAGTO CALAAMADAHA CUDURKAN

WAC 000

SI AAD U HESHO GARGAAR DAWO OO DEGDEG AH

CORONAVIRUS
(COVID-19)



Markaad ka rabto adeeg dawo dhakhtarkaaga ama isbitaalada, wac marka hore oo ka qabso balan.

Seniors Service

Haddii da'daadu ka wayntahay 60 sano oo aad xanuunsantahay una baahantahay kaalmo sida adeeg cuno, adeeg dawo, cid aad la sheekaysato ama su'aalo qabto ama ka werwer ka qabto xaada haatan lagu jiro:

WAC 8374 2280

Ururka mulimiinta ee South Australia

Ma u baahantahay turjubaan?

WAC

131 450

Waydiiso turjubaan ka
luqadaada