

Kheyraadka Caafimaadka Maskaxda: Intii lagu Jiro COVID-19

Macluumaadka caafimaadka maskaxda inta lagu guda jiro dhibaataada waa muhiim. Adeegyada Caafimaadka ee Alberta waxay haysaa macluumaad ilaa dhawr ah oo aad ka heli kartid Albertans iyo shaqaalaheeda si lagu caawiyo.

Kheyraadka caafimaadka maskaxda halkan ayaad ka heli kartaa www.ahs.ca/helpintoughtimes.

Kheyraadka khadka ama internetka tooska ah ee COVID-19

Talo bixin waxtar leh oo ku saabsan wax ka qabashada xaaladaha walaaca leh iyo siyaabaha carruurta loola hadlo.

- La qabsiga iyo wada xiriirka carruurta iyo qoysaska inta lagu jiro COVID-19 (AHS)
- COVID-19 iyo caafimaadka maskaxda (AHS)
- Diyaargarow Dhab ah iyo Caqli ahaaneed oo loogu talagalay Musiibada (AHS)
- Caafimaadka maskaxda iyo la tacaalida COVID-19 (CDC)
- Kala hadaalka caruurta wax ku saabsan COVID-19 (CDC)
- Lahadalida caruurta inta lagu guda jiro cudurada faafa (SAMHSA)

Boorarka Ogaysiis

<https://soundcloud.com/ahs-communications/ahs-covid-19-podcast-dr-mitchell/s-uqRho?fbclid=IwAR1-cArxNiIIZNFYdDYt3GBJIXpKS3R0jZwO20GL6FDocJFdSxpvHsMW1Jc>

Ma u baahan tahay wax intaa ka badan?

Si joogto ah ula soco macluumaada ama wararka khadka tooska maadaama la cusboonesiyay laguna daray maclumad muhiim ah. Mida kale maalimaha soo socda waxaa lagu soo diri doonaa muqaalo cusub.