

# Talooyin ku saabsan masaafada bulshada

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Talaabooyinka ugu muhiimsan ee dadka Albertanka ay qaadi karaan ayaa waxay ay tahay joogtaynta nadaafada si looga hortago COVID-19. Markii aad bannaanka joogtid ka fagow bulshada ama dadka kale maxaa yeelay tani waxay kaa caawinaysaa inaad yareyso halistaada adigoo yareynaya xiriirka aad la leedahay dadka kale.

## Waa maxay kala dheereynta bulshada?

- Kala-baxa ama masaafio is siinta bulsheed waxay ku lug leedahay qaadista tillaaboojin lagu dhimayo tirada dadka aad xiriir dhow la leedahay.
- Daruuri ma aha lagu jiro guryaha balse waxaa loo muhiim ah aad iska ilaaliiso u dhawaanshaha dadka . Tani lama mid aha karintilka amd goono u jog
- Tagista ama socodka xaafadaada waa lagu dhiirigaliyay illaa intaad ka ilaalinayso masaafada dadka kale.
- Tag dukaamada, safarada caafimaadka iyo baahiyaha kale ee daruuriga ah, laakiin isku day inaad haysato masaafio ugu yaraan 2 mitir (6 ft) u dhaxaysa naftaada iyo dadka kale.

## Anshaxa iyo adaabta wiishka

- Ka fogow buux-dhaafka - jarjanjaraada qaado ama sug wiishka xiga.Cover your cough.
- Iska ilaali taabashada wajigaaga ka dib aad riix batoonka.
- Yaree tirada baabuur wiishka ah in 2-3 dadka.
- Ku dhaq gacmahaaga saabuun ama gacmo nadiifiye marka aad wiishka ka baxdo.

## Dukaamaysiga

- Ka dalbo online haddii aad awoodid.
- Haddii aadan awoodin, iskuday inaad dukaameystaan waqtio ay ay jiraan dad yar sida (subaxnimada hore ama waqt dambe habeenkii).
- Tirtir gaadhiga iyo dambiisha raashinka ka dib dhaq ama nadiifiyo gacmahaga ka hor inta aadan galin tukaanka iyo marka aad ka soo baxdo.
- Isticmaal self-check ga hadii aad heli karto

## Gaadiidka Dadweynaha

- Dabool qufacaaga.
- Iska ilaali in aad taabatid wajiga ka dib markii riixday badhanka tareenka.
- Intii macquul ah isku day inaad ilaaliyaaliso masaafada u dhaxeeyaa adiga nafsadaada iyo dadka kale
- Isticmaal gacmo nadiifiye marka ad ka baxdo trianka.

## Shirarka bulshada ee yar yar

- Booqashooyinka qoyska, xafladaha guryaha - dib u dhig haddii ay suurogal tahay
- Dib u dhig borogaraamdaada hadii ay guriga kula joogaan dad waawayn. Kana fakir siyaabo aad ku badbaadin lahayn dadka aad jeceshay.
- Ha tagin kulan kasta haddii aad qandho ama qufac leedahay, xitaa haddii astaamuhu u muuqdaan

## Hadii laga maarmi waayo in la kulmo

- Hayso gacmo nadiifiyeaal una adeegso martida maka ay soo gudbayaan.
- Tirtir aagaggaarkaaga iyo meelaha taabashada ku badantahay sida botonka naalka, gacanta albaabada iyo qasabadaha ama tubooyinka adoo isticmaalayo jermis dile

## Makhaayadaha / kafateeriyada / meelaha qaxwada , cuntada iyo baararka

- Ka fogow inaad isugu timaado meelaha dadweynaha

## Haddii loo baahdo in la kulmo:

- Isticmaal gacmo-nadiifiye ka hor cabitaannada iyo cuntada fudud
- Isticmaal maacuunta hal mar isticmaalka ah (ha cunin cuntada farta lagu cuno, sida ismariska, iwm.)
- Joogso masaafio dhan 2 m adiga iyo maamulayaasha kale
- Isticmaal nabkiin marka aad shubanayso kajabka, bisbaaska ama cusbada).
- Ha ka cunin suxuunta furan ama daboolnayn sida (lawska, nachac).
- Ha wadaagin cuntadaada iyo cabitaankaaga cidna.
- Ku dadaal in aad cuntadaada u qaadato gurigaaga ama aad adeegsato aalada dalabka loo yaqaano home-delivery.