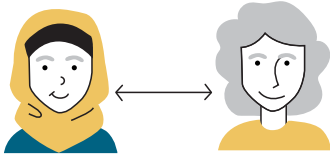


Sidee waayeelka u daryeeli karaan caafimaadkooda inta lagu jiro xilliga corona?

Macluumaadkan waxaa loogu talagalay waayeelka iyo qaraabadooda. Waxay bixisaa talo ku saabsan sida dadka waayeelka ah ay u ilaashan karaan caafimaadkooda uguna noolaan karaan nolol firfircoon muddada corona.

Sideen uga fogaan karaa qadintank Fayruuska Cabuqa corona?

- Waan ka fogada daadka kale
- Xaaladaha qaarkood waxaan u isticmaalaa maaskarada wejiga/Softiga amba masar
- Marwalba gacmaheyga sii joogta ah ayaan u maydha / dhaqaa
- Afka ayaan daboolaa marka qufaco ama hindhiiso



Ka fogow ugu yaraan
1 mitir dadka kale



Masafo ka yar 1 mitir,
xidho maaskaro wajig



Ku qufac warad ama adoo
isticmalaya cududaada adoo
suxulkaga soo laabayah



Ku dhaq / maydh gacmahaaga
saabuun iyo biyo muddo
20 ilbidhiqsi ah

Talo bixin: Talooyinka mas'uuliyiinta ayaa isbeddela
- la soco wararka Norway!

Maxay noqon kartaa calaamadaha lagu garto infekshanka?

- Qandho ayaa i haysa
- Waan qufacayaa
- Neefsiga aya idhibaya
- Waxa ii haya da daal iyo caajis
- Waaxa igu yaraaday dareenka dhadhanka iyo urta



Maxaan sameeyaa haddii aan bukoodo?

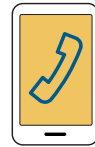
- Waxaan joogayaa guriga haddii aan xanuunsado
- Waxaan ballan ka sameeyanaya xubnaha baaritaanka cabuqa corona
- Waxaan la xidhiidhaya dhakhtarkayga guud /Gp-ga si aan talo u waydisto /tashado ama qolka gurmada degdeg ah haddii aan jiro/xanuun isku arko



Guriga joog



La xiriir GP-gaaga\ dhakhtarkaga



Dalbo ama sameeyso ballan baaritaan

Talo: Xusuusnow inaad la socodsiiiso GP-gaaga ama dhakhtarkaga dhibaatooyinkaaga caafimaad guudahaan

Sideen ugu noolaan karaa nolol wanaagsan?

- Waan baxayaa markaan awoodo
- Waxaan la kulmaa dhowr qof oo joogto ah/kooban
- Waxaan sii wata wax yalahaan jeceelahay /dantaydah



Samee wax aad ku faraxdiid -maliin walba



Ka mid noqo bulsheeda- samayso xiriir



Noqo qof jir ahaan firfircoon - oo doorbidaya dibedda.

Talo: Soo luganta dibaada iyo hawaada cusub qadashadeedo way u wanagsantaha cafiimaadka.

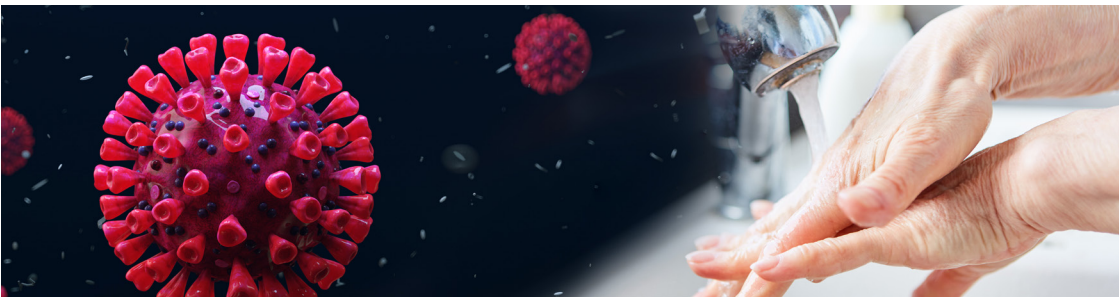
Macluumaadka ku saabsan cababuqa coronaha

Dadku cabuqa coronah waxay ku kala qadaan / faafiyaan qufaca iyo hindhisada.

Fayrasku sidoo kale waa la is qaadsiiyaa marka aan isku soo dhowaanno, iyo marka aan iis gacaan qadno ama isqabsanno/salaamno. Dadka da'da ah waxay halis ugu jiraan inay si daran ugu bukoodaan qadinta cuduurka Coronaha. Haddii aad ka weyn tahay 65 sano jir oo aad qabto cudur aad la nooshahay, la xiriir GP-gaaga/dhakhtarkaga. GP-ga ama dhakhtarkaga ayaa talo kaa siin kara talaalka hargabka. Waa ammaan in la isticmaalo adeegyada caafimaadka ee Norway, xitaa xilliga jiritanka cabuqa corona.

Inta lagu jiro xilliga corona, waxaa muhiim ah inaad joogtayso nolol maalmeedkaaga. Samee wax kaa farxinaya maalin kasta. Daawasho filim, wac saaxiib, wax kari, ama dhageyso muusikada, ama samee wax kale oo aad ka hesho.

Raac tilmaamaha xakamaynta cudurka: www.helsenorge.no



Faylka waxaa sameeyay Ururka Qaranka ee Caafimaadka Dadweynaha iyo Adeegga Aqoonta Qaranka ee Waayeelka iyo Caafimaadka iyadoo ay deeqo ka helaan Agaasinka Isdhexgalka iyo Kala Duwanaanta (IMDi) iyadoo lala kaashanayo:

Somalisk Kultur Forening



Moskeen Masjid Abu-Bakr Drammen



Oslo

KulturKonsulentene
Din brotbygger mellom kulturer og minoriteter



©Aldring og helse, 2021

ISBN 978-82-8061-732-3 (trykt)