

KIISASKA CUDURKA KORONA FAYRAS AAD AYAY U SAREEYAAN: GURIGA JOOG



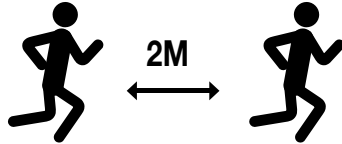
XAYIRAADAHA XADDIDAADA



Joog guriga marka laga reebo haddii aad uga baxayso guriga sababo la ogol yahay



Waa inaad ka soo shaqeysaa guriga haddii aad awoodid



Kaliya guriga uga bax si aad jimicsi u soo sameyso hal mar maalintii - kaligaa, reerkaaga, shabakadaada ama 1 qof oo reer kale ah



Kaliya isdhexgal kula sameey gudaha guriga xubnaha qoyskaaga ama kuwa ku jira shabakada taageeradaada



Kaliya u safar sabab la oggol yahay

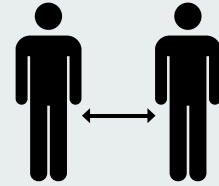
RAAC TALOYINKA HAY'ADAHA CAAFIMAADKA DADWEYNAHA



Xiro maaskarada wajiga markaad joogto goobaha dadweynaha ee gudaha ah iyo meelaha bannaanka ah ee dadka badan, marka laga reebo haddii aad tahay qof caafimaad ahaan uga reeban



U dhaq gacmahaaga si joogto ah ugu yaraan 20 ilbiriqsi



Ka fogaow 2 mitir dadka aadan la nooleyn

ASTAAMO MA LEEDAHAY? GURIGA JOOG OO HEL BAARITAAN BILAASHA AH



Qufac cusub, oo joogto ah



Heerkul sareeya



Lumitaanka, ama isbedelka, dareenka wax urinta ama wax dhadhaminta



[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



Wac 119



Camden

Golaha degmada ka wac 020 7974 4444 (xulashada 9)

halkaas oo aad ka heli karto taageero ku aadan is-go'doominta