

Sida qofku iskii isaga qaadayo tijaabada covid-19



Alaab shan tijaabo la isaga qaadi karo ayaa ku jirta halkii kartoon ee aad ka hesho degmada Kristiansand. Alaabta waxa sameeyay Roche.

01

Diyaargarow

- Gacmaha ku dhaq saabuun iyo biyo, ama isticmaal aalkolada jeermiga disha.

02

Diyaari alaabta tijaabada ka dibna iska qaad tijaabada

- Fur bacda fooliyada ah ee “2” lagu calaamadiyay, oo soo saar hal fur iyo hal ka mid ah tuubooyinka dareertadu ku jirto. Fur tuubada ka dibna si taxadar leh u dhex qotomi tuubo-hayaha.
- Qoriga ka soo saar baakadda, adiga oo aan taabanin dhinaca jilicsan.
- Madaxa dib u yara celi ka dibna qoriga qiyaastii 2 sentimitir geli labada dalool ee sanko, adiga oo aan isticmaalin wax awood ah.
- Qoriga ku dhex wareeji labada dalool ee sanko qiyaastii isugeyntii 15 sekin. Waa muhiim in qorigu si wacan u taabanayo gidaarka daloolka sanko, laakiin awood ha isticmaalin.
- Marka aad dhammaysid, waxaad qoriga tijaabada dhex gelisaa tuubada oo ku dhex walaq 10 jeer.
- Ka dibna waxaad isku cadaadisaa dhinacyada qaybta hoose ee tuubada adiga oo islamarkaana qoriga si tartiib ah kor u soo jidaya. Ka dibna qoriga tuur.
- Furka ku xidh tuubada ka dibna tuubada dhex geli tuubo-hayaha.

03

Samee tijaabada

- Fur mid ka mid ah bacaha fooliyaha ah ee ku calaamadsan “1” oo soo saar caagga tijaabada.
- Afar dhibco ku tuuji qaybta godan ee wareegsan ee caagga tijaabada (ha ku shubin qaybta afar-geeska ah ee natijada laga akhristo).
- Sug 15-30 daqiiqo.

04

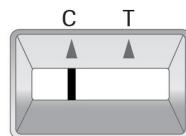
Akhri natiijooyinka

- Xarriiq saaran “C” waxay ka dhigan tahay in cudurka la waayey (A)
- Haddii xarriiq saaran tahay “C” iyo “T” waxa macnaheedu yahay in cudurka la helay (B)
- Xarriiquhu waa sax xataa haddii aanay si wacan u muuqanin. Eeg sawirrada hoos ku yaalla.

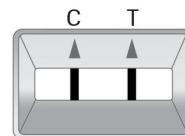
Haddii uu sheego inaad cudurka qabto - Wac xarunta koroona oo telefoonkoodu yahay 94 80 90 41 oo sida u dhakhsaha u sheeg.



Fiidyow ku saabsan habka loo qaadayo tijaabada.



A: Waa laga waayey covid-19



B: Waa laga helay covid-19

