

Ka Digtonaan Cudurka Caronavirus.

- Dhaq gacmahaaga mar walba kuna dhaq Sabun,Shaampo.
- Hana ku taban Gacmaha Indhaha,Sanka ,Afka.

**Qufaca.**

- Markaada qufacaysid ka fagow dadka ag tooda.
- Isticmal markaad qufacaysid suuf ama caganta ka la bar keeda.
- Iskana tuur sufkaada hal mar isticmaashid.



- Ka fa goow dadka markaad qufacaysid 1meter
- Ama 2 meter ugu ya raan.



Hadii aad isku aragtid qufac ama xumad ama neeftoo ku dhibaysa.

- Joog Guriga



- Iska ilaali in aad dadka la kunantid.



- Wac dhakhtarkaaga hana utagin.

