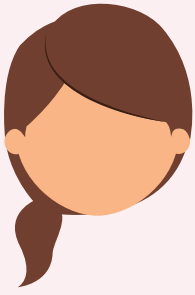


# GOORMA AYAAN MARKALE LA JOOGI KARA DADKA?

## Waxaad la joogi karta dadka kale kadib:

- 24 Sacadood Kadib **IYO**
- 10 maalmood laga soo bilaabo markii astaamuhu **IYO**
- Calaamadaha kale oo hagaagay



## Dhacdada 1aad:

Amy ayaa xanuunsatay isniintii. qufaceedi ayaa soo roonaady, qandhadana wey ka jabtay khamiistii. Si kasta ay u dareento iney caadigeedi kusoo laabatay, waa iney sugtaa illaa jimcaha kale oo soosocda (10 bari oo dhameystiran) inteysan kabixin xaafadda.

**Isniin**

**Talaado**

**Arbaco**

**Khmiis**

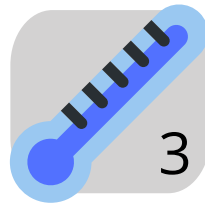
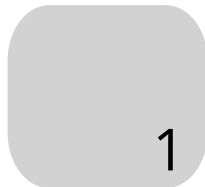
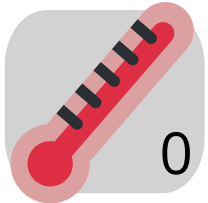
**Jimce**

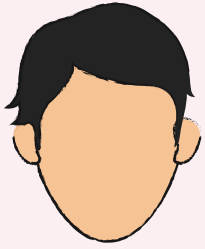
**Sabti**

**Axad**

Qandho oo  
bilaabmatay

Qandho oo dhamaaday





## Dhacdada 2aad:

Albert ayaa xanuunsaday Isniinta wuxuuna qandho iyo qufac qabaa 10 maalmood oo buuxa. Wuxuu u baahan yahay inuu guriga joogo 24 saac kadib markii qandhadiisa xallisay. Tan macnaheedu waa inuu ku go'doomiyaa gurigiisa ilaa Jimcaha. Wuxuu bixi karaa Sabtida ilaa innta calaamadaha kale ee neefsashada ay soo fiicnaanayaan

**Isniin**

**Talaado**

**Arbaco**

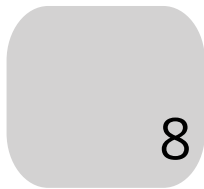
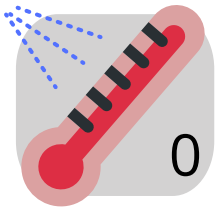
**Khamiis**

**Jimce**

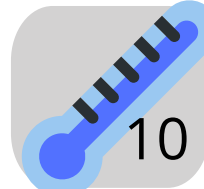
**Sabti**

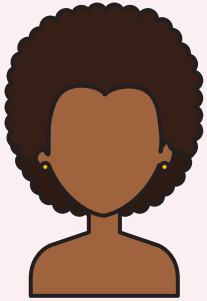
**Axad**

Qandho oo bilaabmatay



Qandho oo dhamaaday





## Dhacdada 3aad:

Lamaanaha Sasha ayaa ku xanuunsaday qufac, qandho, iyo neefta oo ku adkaatay Isniinti, lammaanaheeduna qol ayuu gooni iskugu karantiilay. Sasha waxay ka shaqeysaa bakhaarka cuntada, welina caafimaad ayey dareemeysa. Si kastaba ha noqotee, sababtoo ah Sasha waxay xiriir dhow la leedahay lammaaneheeda jirran, waxay u baahan tahay inay isku karantiiliso guriga oo aysan shaqo aadin 14 maalmood oo buuxa tan iyo xiriirkoodii ugu dambeeyay. Sasha sidoo kale waa in laga baaro COVID-19.

**Isniin**

**Talaado**

**Arbaco**

**Khamiis**

**Jimce**

**Sabti**

**Axad**

Go'doonka  
Saasha



1

2

3

4

5

6

7

8

9

10

11

12

13

14





# Dhacdada 4aad:

Chris wuxuu la nool yahay xaaskiisa, gabadhiisa, iyo wiilkiisa. Xaaskiisa iyo gabadhiisa ayaa ku xanuunsaday COVID-19. Gabadhiisu si dhakhso leh ayey u soo roonaatay, sidaas darteed wexey guriga kabixi karta 10 maalmood ka dib. Xaaskiisa waxay leedahay astaamaha cudurka wax ka badan hal toddobaad, waana in ay go'doon noqotaa muddo 24 saacadood ah ka dib marka qandhadu ay xalliso.

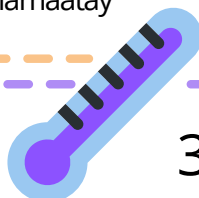
Somali\_When Can I Be Around Others\_7.31.20

## Isniin Talaado Arbaco Khamiis Jimce Sabti Axad

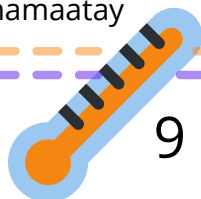
Xubnaha qoyska way xanuunsadaan. Qof kastaa wuxuu bilaabayaa inuu gurigiisa joogo.



Qandhadi gabadha ayaa dhamaatay



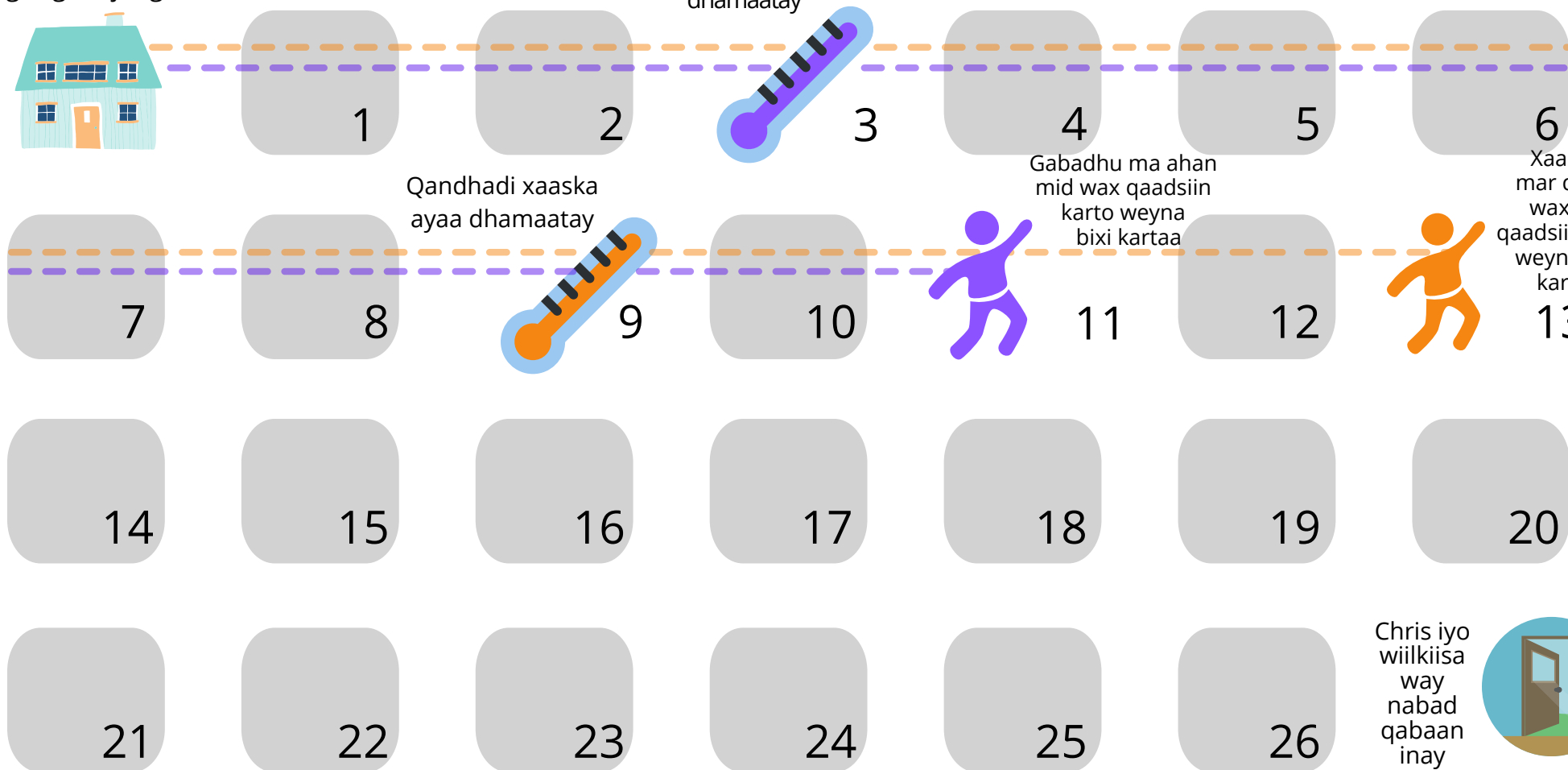
Qandhadi xaaska ayaa dhamaatay



Gabadhu ma ahan mid wax qaadsiin karto weyna bixi kartaa



Xaaska mar dambe wax ma qaadsiin karto weyna bixi kartaa



Chris iyo wiilkiisa way nabad qabaan inay baxaan

