

# GOORMA AYAAN KU LAABAN KARAA LA JOOGI TAANKA DADKA KALE ?

Meel keligaa joog (hadii aad xanuunsanayso)

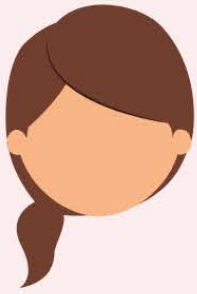
**Waxaad la joogi kartaa dadka kale kadib:**

- 24 saacadood adigoo xumad lahayn **IYO**
- 10 maalmood marka ay ka soo wareegto markii u horraysay ee calaamaduhu soo baxeen **IYO**
- Calaamadaha kalana ay fiicnaadeen

Iskarantiil (hadii aad la kulantay qof qabo cuduraka)

**Dadka kale waad la joogi kartaa kadib:**

- Iskarantiil buuxo oo ah 14 maalmood laga soo bilaabo xiriirkii ugu dambeeyay ee aad la yeelato qof qaba cudurka (waa habka ugu amaansan) **AMA**
- Iskarantiil 10-maalmood kadib markii ugu dambeeyay ee aad la kulantay qof qabay cudurka **AMA**
- Iskarantiil 7-maalmood kadib markii aad la kulantay qof qabay cudurka oo aad is baartid maallinta 5 aad, oo markaa cudurka lagaa waayo



## Dhacdada 1 aad

Amy waxay xanuunsatay Isniin. Quficii way ka fiicnaatay, qandhana may lahayn Khamiistii. In kasta oo ay dareensantahay inay caadi ku soo noqotay, waxay u baahan tahay inay sugto illaa Jimcaha dambe (10 maalmood oo buuxa) ka hor intaysan ka bixin gurigeeda.

**Isniin**

**Talaado**

**Arbaco**

**Khamiis**

**Jimco**

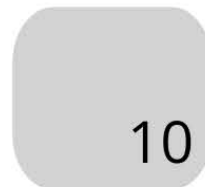
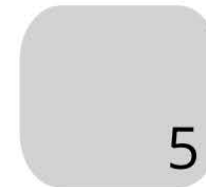
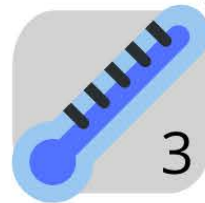
**Sabti**

**Axad**

Qandhada ayaa  
bilaabmatay



Qandhada ayaa  
dhamaatay





## Dhacdada 2 aad

Albert wuu xanuunsaday Isniin wuxuuna lahaa qandho iyo qufac 10 maalmood oo buuxa. Wuxuu u baahan yahay inuu guriga joogo 24 saacadood oo dheeri ah kadib markii qandhadiisu dhamaato. Tan macnaheedu waa inuu ku go'doonsanaadaa gurigiisa illaa Jimcaha. Wuu bixi karaa Sabtida haddii calaamadaha kale ee neefsashadu ka soo reynayaan.

**Isniin**

**Talaado**

**Arbaco**

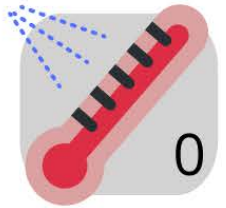
**Khamiis**

**Jimco**

**Sabti**

**Axad**

Qandhada ayaa bilaabmatay



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Qandhada ayaa dhamaatay



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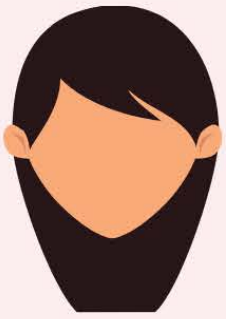


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## Dhacdada 3 aad

Grace iyo gabadheeda waxay qaadeen COVID-19. Gabadheeda si dhakhso leh ayey u soo kabsatay, sidaa darteed 10-maalmood kadib way ka bixi kartaa guriga. Grace waxay leedahay calaamdaha xanuunka in ka badan hal usbuuc waana inay go'doon ku jirtaa 24 saacadood ka dib markay qandhadeeda dhamaato.

Isniin

Talaado

Arbaco

Khamiis

Jimco

Sabti

Axad

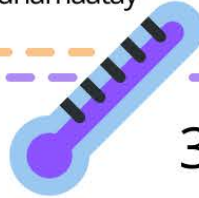
Grace iyo gabadheeda way jiran yihiin waxayna bilaabayaan inay guriga joogaan



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Gabadheeda qandhadii way ka dhamaatay



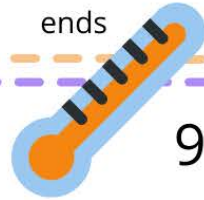
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Grace's fever ends



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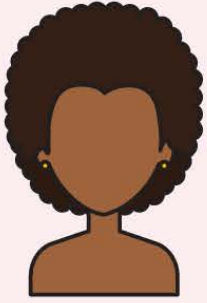
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Grace cudurka ma fidin karto weyna bixi kartaa

Gabadheeda cudurka ma fidin karto weyna bixi kartaa



## Dhacdada 4 aad

Lamaanaha Sasha wuxu Isniintii ogaaday inuu COVID ku dhacay waxaanu isku xiray qol gooni ah. Sasha waxay ka shaqaysaa dukaanka cuntada ayadoo ah qasnaji, iyadu weli way fiican tahay. Si kastaba ha noqotee, maadaama Sasha ay xiriir dhow la leedahay lammaanaheeda jiran, waxay u baahan tahay inay karantiil ku noqoto guriga. Waxay kartaa inay guriga joogto 14 maalmood oo buuxa (taas oo ah habka ugu ammaansan) sidaas bayna samaysay. Sasha waligeed ma yeelan calaamadaha cudurka.

**Isniin**

**Talaado**

**Arbaco**

**Khamiis**

**Jimco**

**Sabti**

**Axad**

Sasha way iskarantiishay



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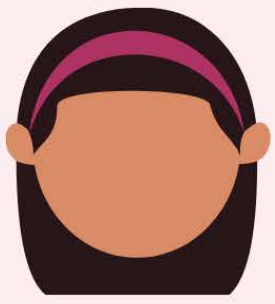
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## Dhacdada 5 aad

Elena waxay ka shaqeysaa makhaayad. Mid ka mid ah kuwa la shaqaaya ayaa laga helay COVID waxaana la faray inay guriga joogto laakiin maqaayada waxaa ka jirta shaqaala yari waxayna u baahan yihiin in sida ugu dhaqso badan ay ugu soo noqoto shaqada. Waxay is karantiireysaa 7 maalmood, waxayna isbaaraysa maalinta 5aad hadii laga waayo, waxay shaqada ku noqonaysaa maalinta 7aad kadib. Dhanka kale deriskeeda Peter ayaa sidoo kale dukaanka buugaagta gada ee uu ka shaqeeyo kala kulmay dad qaba cudurka. Wuxuu haystaa shaqaale ay isla shaqeeyaan oo dabooli kara shaqooyinkiisa inta uu karantiilka ku jiro sidaa darteedna wuxuu guriga joogaayaa 10 maalmood isagoon isbaarin. Muddada tobanka maalmood ah ka dib, wuxuu ku soo laabanayaa shaqadiisa.

**Isniin**

**Talaado**

**Arbaco**

**Khamiis**

**Jimco**

**Sabti**

**Axad**

Elena iyo Peter waxay bilaabeen inay guryahooda iska joogaan



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Elena waxay is baartay maalinta 5aad



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Elena waxay ku noqotay shaqada

Peter wuxuu ku noqday shaqada

