

5 siyaabood oo cudurrada looga hortago xilliga hargabka iyo qaboobaha:

1

Is Talaal.

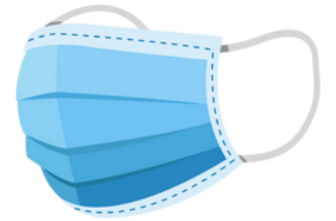
Qaado tallaalada hargabka, COVID-19, iyo Respiratory Syncytial Virus (RSV, Fayraska neef-mareenka).



2

Xidho maaskaro marka aad ku sugan tahay meelaha dadku ku badan yihiin.

Xidho maaskaro marka aad si aad ah ugu dhowdahay dadka kale.



3

Gacmahaaga dhaq mar walba.

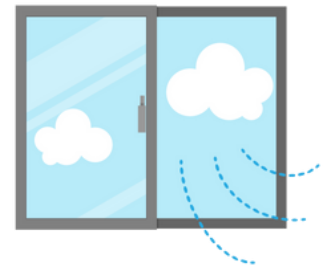
Isticmaal gacmo nadiifiyaha haddii aadan dhaqi karin.



4

Hagaaji hawada soo galaysa goobaha aad kujirto.

Fur daaqadaha iyo albaabada waxaadna isticmaashaa marwaaxado.



5

Hel hurdo kugu filan oo cun cuntooyin nafaqo leh.

Gacan ka gayso caafimaad qabka jidhkaaga.

