

SALAANTA AH SALAANTA ee Gacmaha Nadiifta ah

dhaq
gacmaha ilaa
20 ilbidhiqsi

qalaji
gacmaha ilaa
20 ilbidhiqsi



Ku qooy gacmahaaga
biyo nadiif ah oo socda.
Isticmaal biyo diiran
haddii la heli karo



Ku shub saabuun
gacmahaaga oo dhaq
ilaa 20 il bidhiqsi.
Saabuunta dareerata
ayaa ugu fiican.



Isku wada masax
gacmaha ilaa saabuuntu
samayso xumbo.



Masax labbada dhinac ee
labbadaada gacmood...



iyo dhexda faraha iyo
suulashaada...



Kuna wareeji oo
ku wareeji labbada
gacmoodba.



Biyo nadiif ah oo socda
iskaga raacsii saabuunta
oo dhan. Isticmaal biyo
diiran haddii la heli karo.



Qalaji gacmahaaga oo
dhan ilaa 20 ilbidhiqsi.
Isticmaalka warqaddaha
gacmaha lagu tirtira
ayaa ugu wanaagsan
(ama, haddii guriga la
joogo, shukumaan nadiif
ah oo qalalan).

Had iyo jeer dhaq oo qalaji gacmahaaga...

KA HOR

Cunitaaanka ama ama
diyaarinta cuntadda

KADIB

hindhisada, qufacida ama duuf iska siifinta |
ku ciyaarida dibada | taabashada xawayaanka | tegida musqusha

Waadku mahadsan tahay inaad naga caawiso inaan
bukaanadayada iyo shaqaalaheena badbaadino.

**COVID-
19**