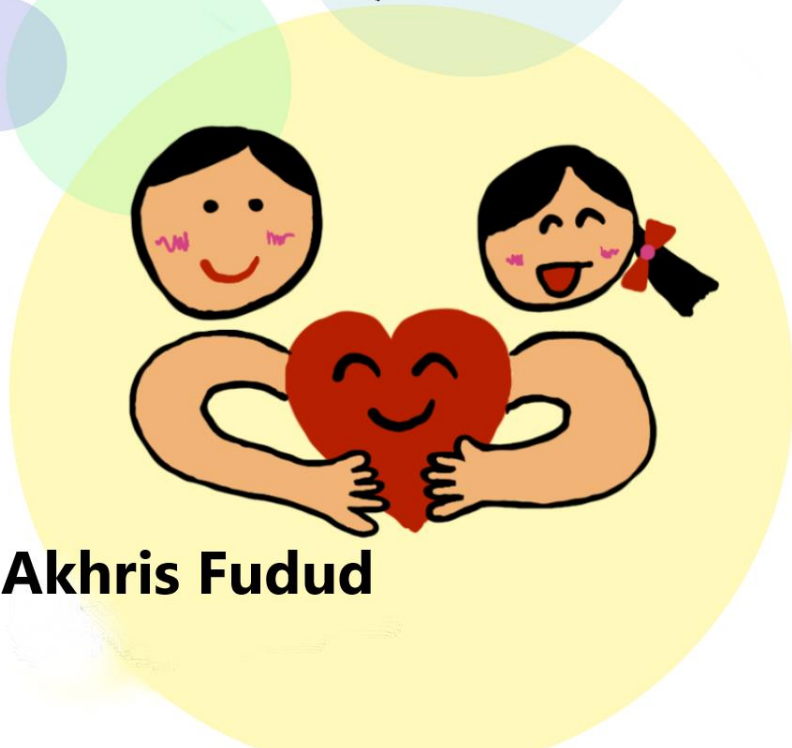
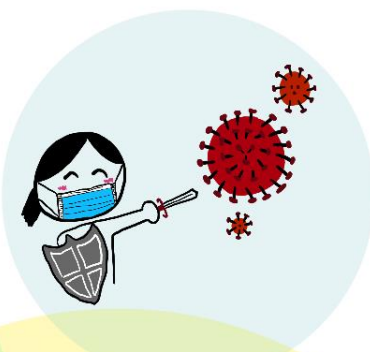
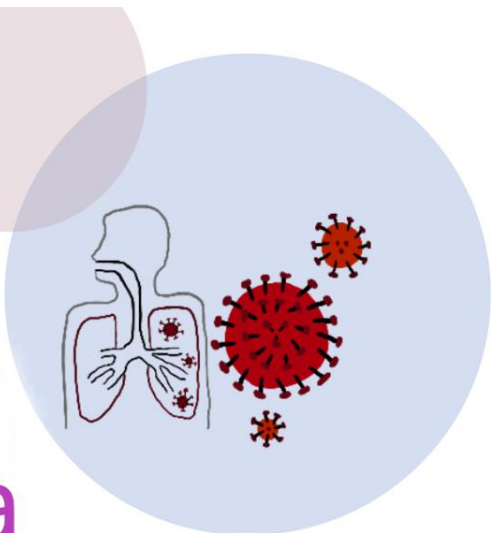


Caabuqa

KOOFIDH-19

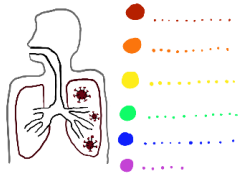
Tilmaamaha

Ka Hortagista



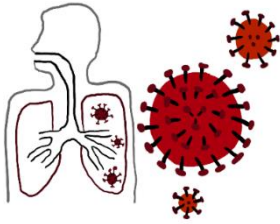
Akhris Fudud

Hagaha ka hortagista caabuqa COVID 19 (Akhris fudud)



Tusmo

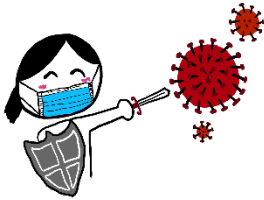
Bogga



Cutubka 1: Waa maxay caabuqa

3-7

KOOFIDH 19



**Cutubka 2: Tilmaamaha ka
hortagisda**

8-12

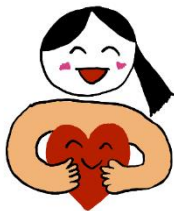


Cutubka 3: Fara dhaqashada

13-20

1. Goormaa la dhaqayaa

2. Sidee loo dhaqayaa



Cutubka 4: Caafimaadka

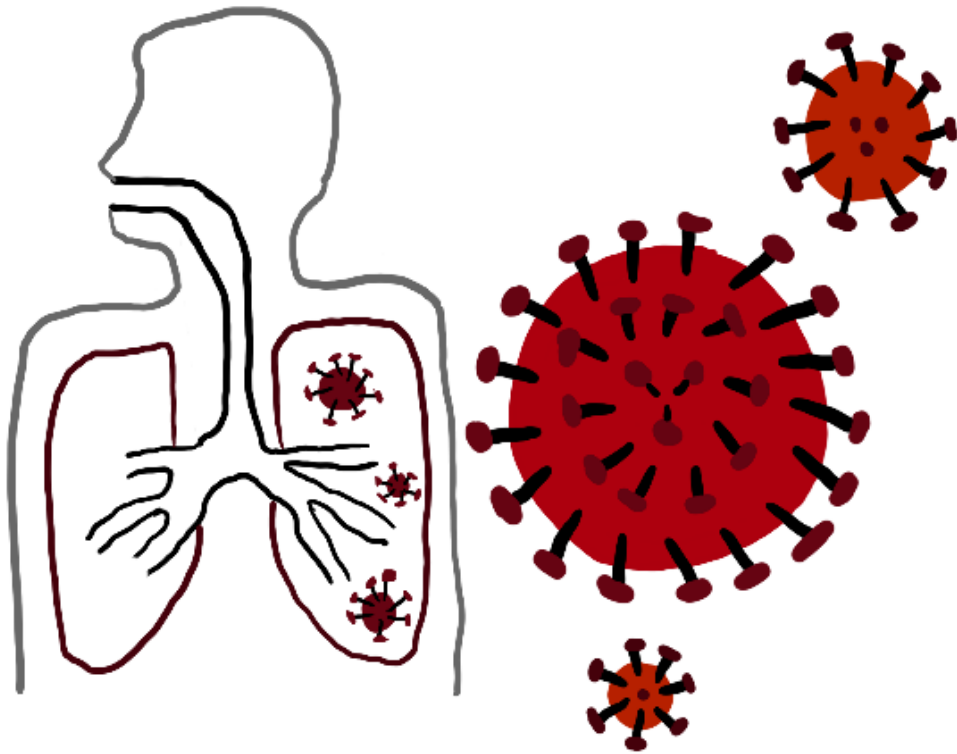
21-22

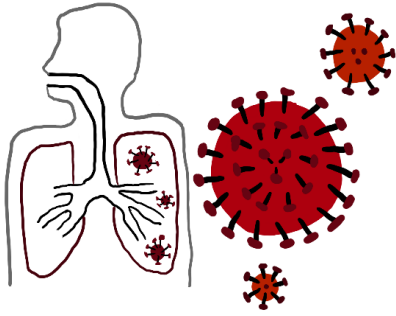
maskaxda/Dhimirka

**Sidee loo ilaalinayaa caafimaadka
maskaxda/Dhimirka**

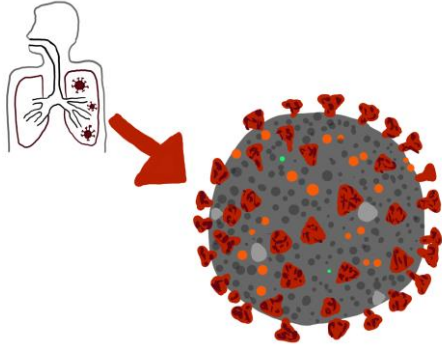
Cutubka 1

Waa maxay caabuqa KOOFIDH-19





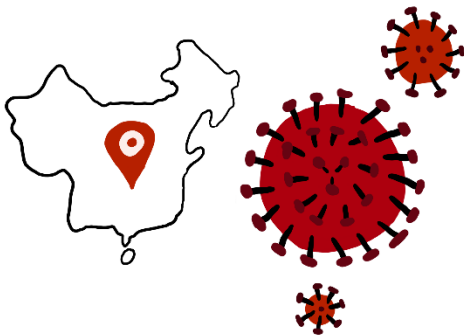
Waa maxay caabuqa KOOFIDH-19



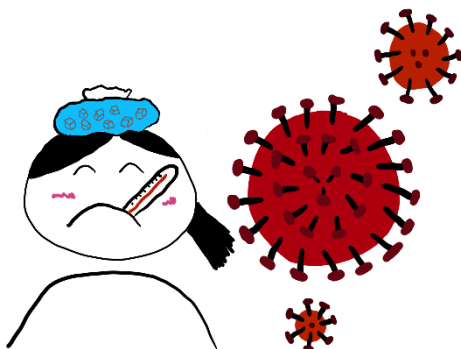
Caabuqa koofidh-19 waa
cudur uu keeno fayras



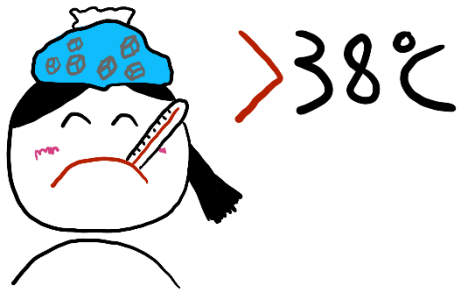
Markii ugu horaysay ee la
ogaadey waxay ahayd Bishii
12aad ee 2019



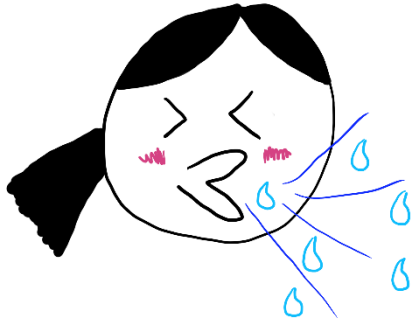
Gobolka Wuhan, gaar ahaan
goobta lagu magacaabo
Hubei ayaa ahayd goobtii ugu
horaynba laga helay



Calaamadihiisa



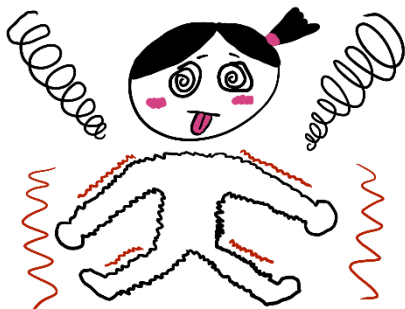
Heerkulka jidhka oo ka sareeya 38°C



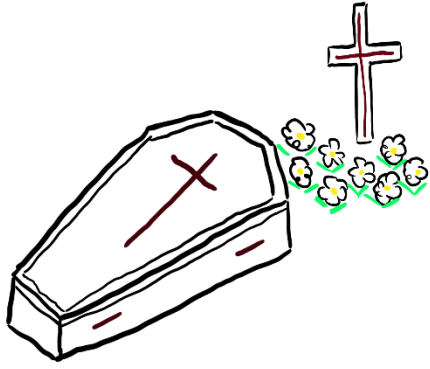
Qufac



Neefsashada oo yaraata



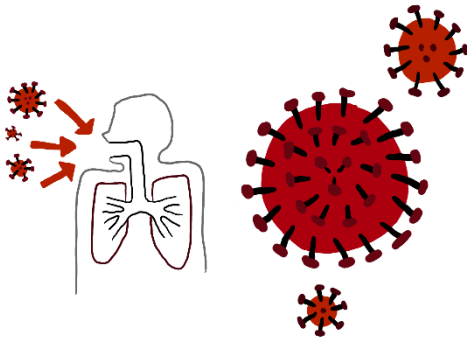
Daal/Tabcaan xad dhaaf ah



Halistiisu waxay keeni
kartaa dhimasho



Laga yaabaa inaanu
muujinin wax calaamado
ah



Sidee u baahaa/faafaa
Koofidh-19



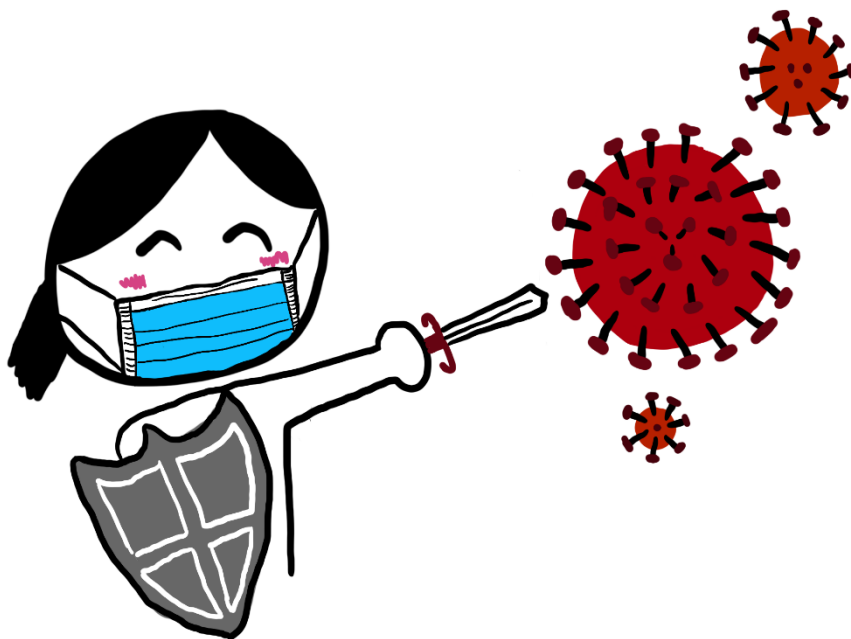
Hawada oo lagu neefsado



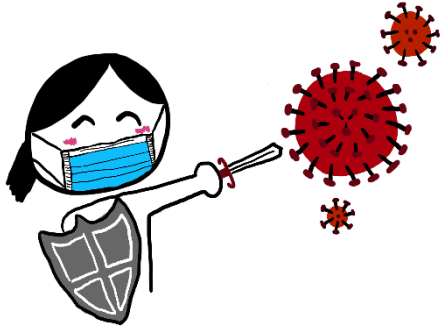
Qof xanuunka qaba oo lala
noolaado

Cutubka 2

Tilmaamaha ka hor tagista



Tilmaamaha ka hor tagista



Si joogto ah oo fara loo dhaqo ugu yaraan ilaa 20 ilbidhiqsi



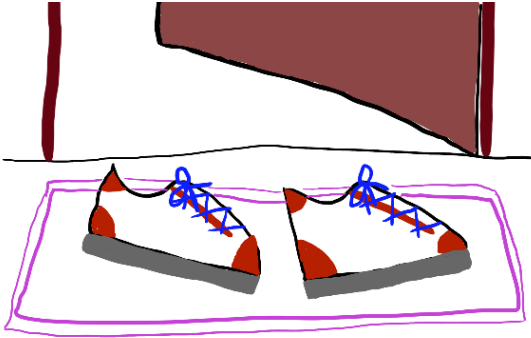
Si haboon oo loo xidho maaska afka lagu xidho



Ha taabanin indhaha ama sanko



Dabool afka iyo sanko
markaad cufacayso ama
hindhisayso



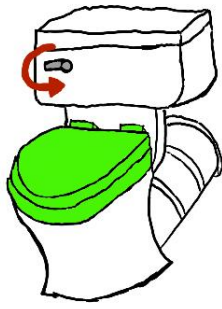
Nadiifi cagaha intaanad
guriga galin



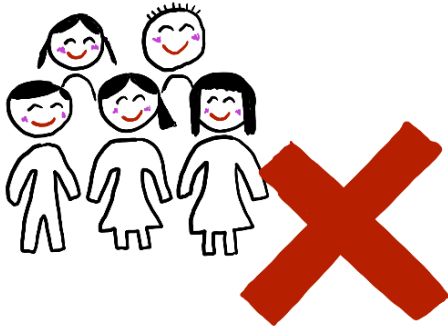
Si joogto ah u badalo
labiska/dharka



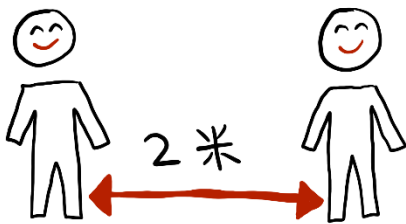
Nadiifi
alaabtaada/qalabkaaga



Dabool fadhiga musqusha
markaad isticmaasho



Ka fagow goobaha lagu
buuqsan yahay



Ka fagow masaafu dhan 2
mitir qofka aad lahadlayso



Ha la wadaagin maacuunta
dad kale



Si degdeg ah ula xidhiidh
dhakhtarka hadaad isu aragto
calaamadaha xanuunka

Cutubka 3

Dhaq/Maydh gacmahaaga



Goodman la dhaqayaa



Ka dib markaad qufacdo
ama hindhisdo



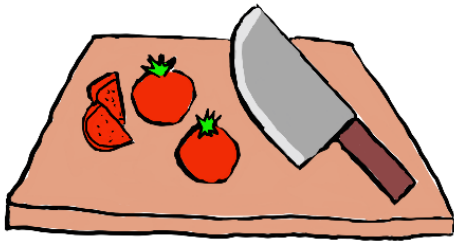
Ka hor buuqashada
bukaanka



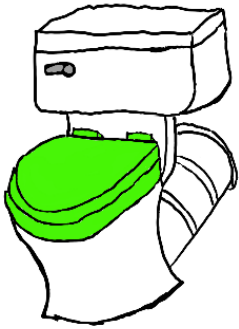
Ka dib booqashada
bukaanka/markaad ka
baxdo qolka bukaanku jiifo



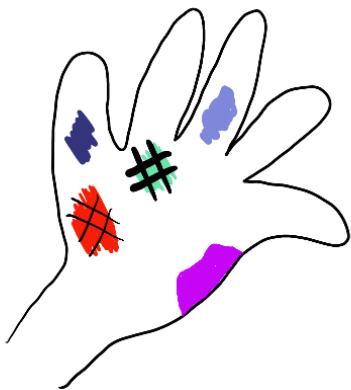
Cuntada ka hor



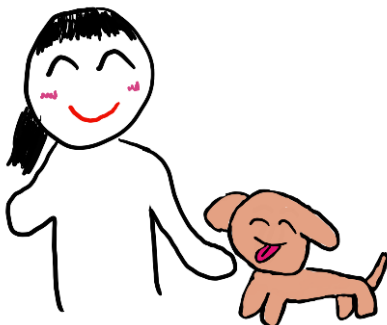
Ka dib markaad cuntada
diyaariso



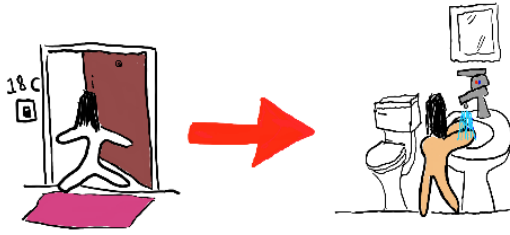
Markaad musqusha kasoo
baxdo



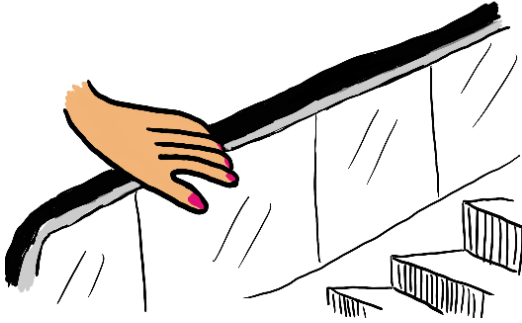
Markay gacmaagu
wasakhaysan yihiin



Markaad xayawaan
taabato



Markaad guriga timaado



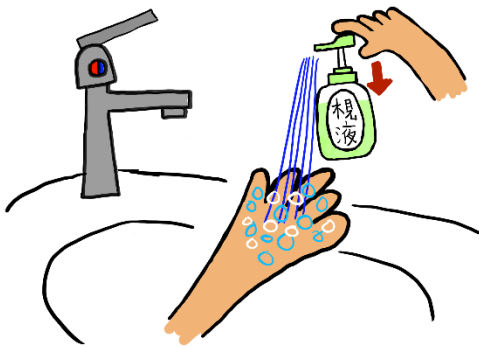
Ka dib markaad taabato
walax dadku u siman
yihiin



Hayso walxaha gacmaha
nadiifiya oo ku nadiifi
gacmaha haddii gacmo
dhaqashadu ayna ka
suurta galayn guriga



Sida loo dhaqanayo



Istimaal biyo iyo saabuun



Dhaqo gacmaha ugu yaraan 20 ilbidhiqsi

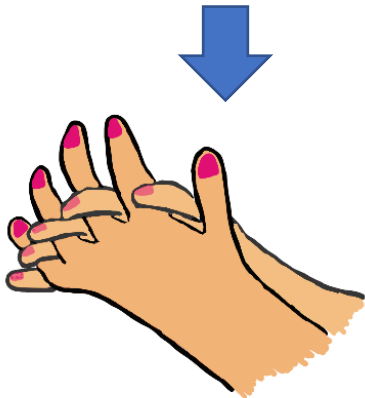
Toddobada talaabo ee gacmo dhaqashada:



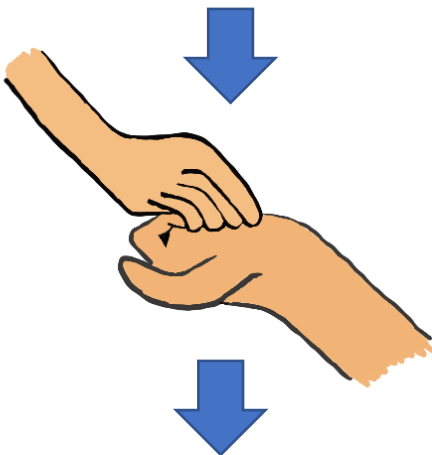
1. Baabacooyinka



2. Dusha sare ee gacmaha



3. Faraha dhexdooda



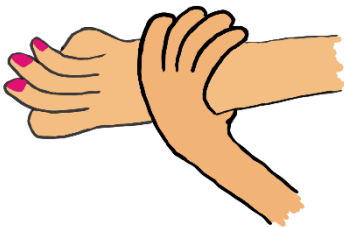
4. Faraha dushooda



5. Suulasha



6. Fooda hore ee faraha



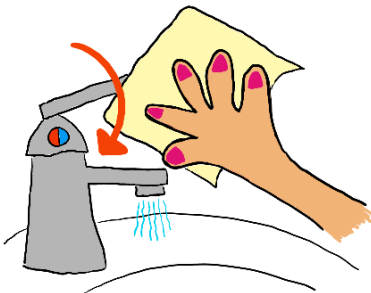
7. Dhudhumada gacmaha



Si adag ugu jijibi biyaha



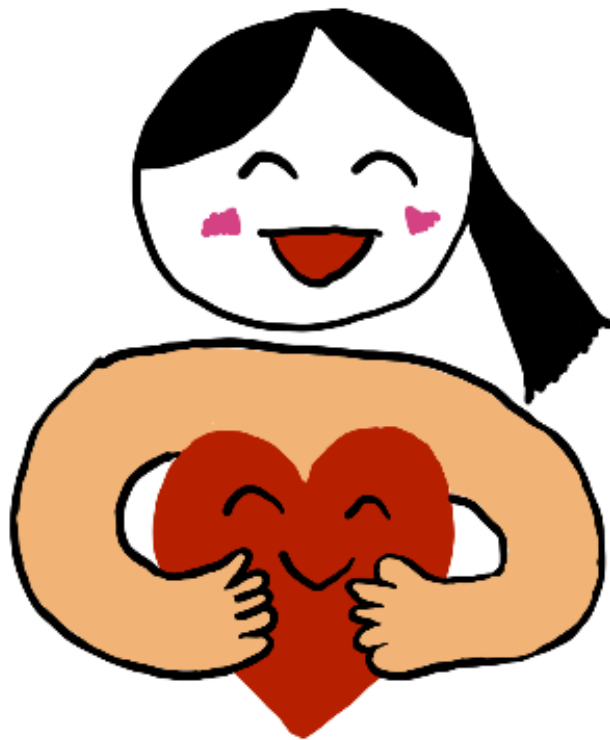
Ku qalaji tuwaal ama
suufti

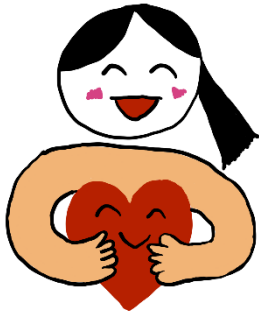


Isticmaal suufti markaad
xidhayso qasabada

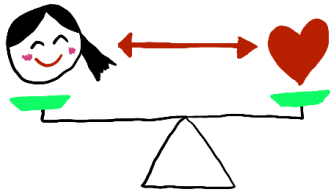
Cutubka 4

Caafimaadka Maskaxda/Dhimirka

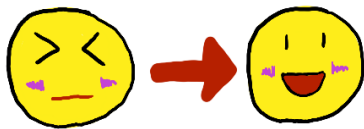




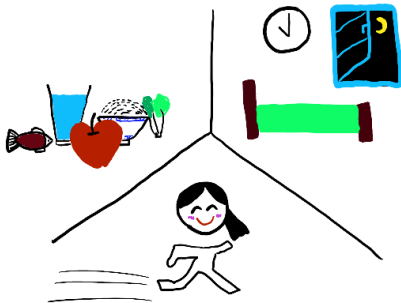
**Sida loo ilaaliyo
caafimaadka
maskaxda/dhimirka**



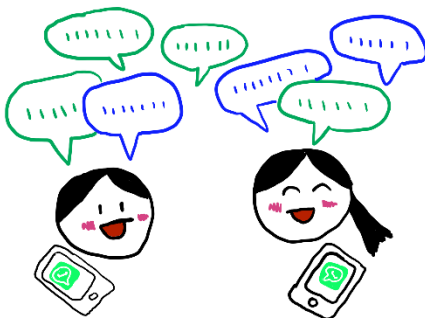
Ku foajignow dheeli tirka isku
xidhnaanta jidhka iyo
maskaxda



Ku adkow shucuurta shakhsi
ahaaneed



Jadwal u samee nolosha
maalinlaha ah



Ilaali qoyska iyo asxaabtaba

Hagaha ka hortaga caabuqa KOOFIDH-19

(Akhris Fudud)

Daabucid	:	Chosen Power (People First Hong Kong)
Qoraalka	:	Chan Tsun Kit
Sharaxaad iyo Naqshadayn	:	Chow Tak Hung Simon
Kooxda shirkadda akhriska fududeeyey	:	Chung Wing Kin Hui Wai Man Lai Tai Yiu Tam Carman
Tafaqyatirid iyo Turjumid	:	Michele Chung@ The Common Humans
Taariikhda la daabacay	:	Bisha 3aad 2020
Habaynta iyo Turjumista Af-Soomaaliga	:	Mashruuca Daboolista Goldaloolada ee Itoobiya "Helida Xuquuqda ay naafadu u leedahay sinaanta adeegyada iyo siyaasadaha"
Taariikhda la Daabacay:	:	Bisha 4aad 2020