

**Heerka 3aad (Alert Level 3) – Sida aad u taxadiri kartid si aad uuga bad baadid cudurka 1
September 2021**

1. Guriga lajoog dadka ka tirsan wareegada dhaw



2. Caruurta guriga wax ha ku bartaan; dadkana guriga ayaago jooga ayeey shaqada sii wadan karaan (marka laga reebo shaqaalaha daruuriga ah)



3. 2- Mitir ka fogow dadka kale hadii aad u baxdo arimaha daruuriga ah sida Suuqa, farmashiga



4. Maaskaro wajiga ku xiro marka aad banaanka u baxaysid- waa qasab arinkaan inta lagu jiro Heerka 3aad



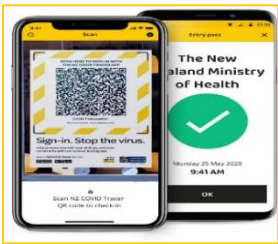
5. Calaamadaha Covid-19 hadaad isku aragtid, iska soo baar

- Qufac
- Qandho/Xumad (ugu yaraan 38°C)
- Neeftoo kuugu adag
- Dhuun (cunaha) xanuun
- Hindhis iyo diif socda
- Sanka oo ad wax aad ka urin karin (wax kuuma soo uraayaan/carfaayan)



Wac Healthline 08003585453 ama daqtarkaada (GP) hadaa talo/su'aal qabto

6. Isticmaal QR codh skan marka aad banaanka u baxdid



7. Gacmahada dhaq mar walba



8. Waad ku soo luga baxsan kartaa xaafadaada meelaha u dhaw markaad rabtid



9. Isdhex gal majiro

Marka laga reebo janaazada/duugta iyo aroosyada. Ugu badnaan 10 qof



10. Xusulkaada ku qufac ama ku hindhis



11. Online waxa daruuriga ku iibso, markaasna kasoo qaado adigoo dadka dhex galin

