

Heerka 4aad (Alert Level 4) – Sida aad u taxadiri kartid si aad uuga bad baadid cudurka

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. 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 4aad



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 0800 358 5453 ama daqtarkaada (GP) hadaa talo/su'aal qabto



6. Isticmaal QR codh skan marka aad banaanka u baxdid



9. Gacmahada dhaq mar walba



8. Isdhex gal majiro

Xusulkaada ku qufac ama ku hindhi



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

