

# Sida looga fogaado faafinta coronavirus (COVID-19) shaqada

Markaad shaqeyneyso, raac tilmaamahan si aad u joojiso faafitaanka cudurka 'coronavirus' oo aad gacan uga geysato badbaadinta nolosha.

## Hayso hawo gudbin fiican

Hubso inay hawo wanaagsan leedahay goobtaada shaqada. Fur dariishadaha haddii ay ammaan tahay in sidaa la sameeyo. Albaabadu ha furnaadaan hadaad awoodid, laakiin ha furin albaabada.

## Waxa loo shaqeeyahaagu ay tahay ino sameeyo

Loo shaqeeyayaashu waa inay qaadaan talaabooyin lagu hagaajinayo meelaha hawo xumida ka jirto ee goobta shaqada.

## Dhaq gacmahaaga

Si joogto ah u dhaq gacmahaaga adoo isticmaalaya saabuun iyo biyo ama isticmaal nadaafad gacmeed. Isku day inaad taaban wajigaaga.

## Waxa loo shaqeeyahaagu sameeyo

Loo-shaqeeyayaashu waa inay siiyaan meel ay dadku gacmahooda ku dhaqaan oo ay ku siiyaan sanitiser gacmeed goobta shaqada, halka looga baahdo.

## Nadiifi goobtaada shaqada

Kordhi sida badanaa iyo sida ugu wanaagsan ee goobtaada shaqada loo nadiifiyo, ay ka mid yihiin:

- sagxadda badanaa la taabto
- dusha sare ee aan sida caadiga ah la nadiifin

## Waxa loo shaqeeyahaagu sameeyo

Loo-shaqeeyayaashu waa inay ku siiyaan alaabta nadaafadda ee goobtaada shaqada.

## **Caawinaad dheeraad ah**

Waxaa jira talo dheeraad ah oo ku saabsan ka shaqeynta nabadgelyada websaydhada Hay'adda Caafimaadka iyo Badbaadada (HSE's) ee ah [www.hse.gov.uk/coronavirus](http://www.hse.gov.uk/coronavirus).