



Xirashada iyo iska bixinta maaskaraha aan caafimaadka loogu tala galin

(tusaale Maaskaraha marada ah)

Haddii aad xirato maaskaraha aan caafimaadka loogu tala galin, hubso:

- Dhaqo gacmaha kahor
- Kuxir maaskaraha wajigaaga si uu u daboolo afkaaga iyo sankaa si wanaagsan (yaysan jirin meelo banaan)
- Haddii ay macquul tahay, duuduubyada kore waa in ay hoos u fooraraan
- Haddii ay macquul tahay, ku dhaji biinka dharka sanko korkiisa
- Ha taaban maaskaraha ama wajigaaga marka aad isticmaalayso
- Ha ooga tagin qoorta, wajiga hore, ama asagoo ka laadlaada dhegtaada
- Baddal maaskarahaaga isla marka uu wasakhoobo ama halaabo
- Gacmaha dhaqo inta aadan iska bixin
- Iska siib adiga oo aan taabanayn dhinaca banaanka xiga
- Dhig maaskaraha si toos ah qalabka dharka lagu dhaqo ama boorso caag ah si aad u nadiifiso
- Gacmaha dhaqo nadiifina meel kasta oo

XIRASHADA

ISKA BIXINTA

Safely Wearing a Cloth Mask – Somali, May 2020