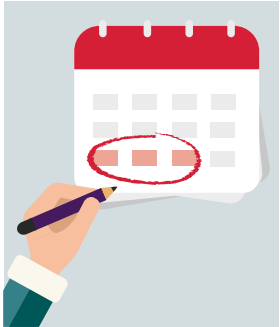




# Xoojinta dheeraadka ah ee ka hortagga fayraska koronaha.



Taasi waa sababta laga bilaabo dayrta wixii ka dambeeya (bilaha Sebtembar/Oktoobar), dhammaan dadka qaangaarka ah (18+ jir ) ay helaan casuumad tallaal ka dhan ah caabuqa koronaha.



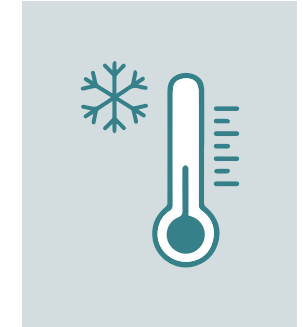
Tallaalku wuxuu kaa ilaalinayaa jirro halis ah kadib caabuqa koronaha. Tallaalka, waxaa yaraanaya fursadda aad ku tagi karto isbitaal ama aad dhiman doonto.



Tallaalku wuxuu kaloo ka ilaaliyaa noocyada Omicron-ka kala duwan ee caabuqa koronaha.



Dhowr bilood ka dib, tallaalku si fiican uma shaqeeynayo. Taasi waa sababta ay ugu fiican tahay in la helo tallaal dheeri ah. Cirbadda dheeriga ah waxaa loo yaqaan **xoojinta**



Xilliga dayrta iyo jiilaalka, waxaan fileynaa in dad badan ay ku qaadsiiyaan cudurka Corona-virus. Tallaalka xoojinaya xilliga dayrta ayaa xoojisa ilaalinta tallaalka.



Tallaalka xoojiska ee bilowga deyrta ayaa **aad loogula talinayaa dadka nugul:**

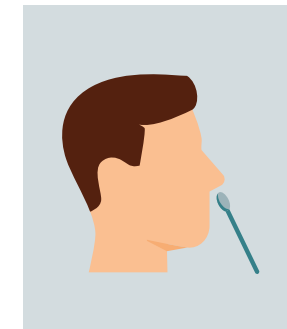
- Dadka ka weyn 65 sano
- Kooxaha khatarta ah (haweenka uurka leh, dadka buurnaanta leh, dadka difaacooda daciifka ah...)
- Dadka xiriirka la leh kooxaha khatarta ah



Tallaalku waa nabdoon yahay. Ma jirto wax caddaynaya in tallaalka xoojinta ee xiga uu keeni doono waxyeellooyin badan ama ka duwan marka loo eego tallaalka xoojinta ee ugu horreeyay.



Marka ay noqoto wakhtigaaga tallaalka xoojinta, shaqaalaha xarunta soo-dhowaynta ayaa ku wargelin doonata. Ha seegin ballantaada! Ma qabtaa Su'aal ku saabsan tallaalkaaga? La xiriir adeega caafimaadka.



Oo iska baar haddii aad isku aragto calaamadaha caabuqa korona.

**ISKAAN IGA QAAD**

