



Folkhälsomyndigheten

## **Munaasabadihii xilligan gu'ga way ka duwanyihiin sidii hore sannadkan**

Iminka waxaa inagu soo dhow munaasabado badan: booskiga, ramadaan iyo ciid al fitri, besaaj iyo qaar kale oo badan. Sanadkan xaaladu maaha sidii caadiga ahayd.

Halkii aynu la kulmi lahayn dadka inoo dhow iyo kuwa aan jecelnahay si aynu ula dabaal-degno waa inaynu ka fikirno inaynu iska kala ilaalino faafida cudur. Waxaa si gaar ah muhiim u ah inaynu ilaalino dadkeena gaboobay ay khatarta ugu jira inay aad u xanuusadaan.

Si wada-jir ah ayaynu u hakin karnaa faafinta cudurka covid-19 ee gudaha Iswiidhan.

### **Sidan ayaa dadka oo dhan samayn karaan:**

- Guriga joog haddii aad dareemayso xitaa wax yar oo hargab ah.
- Gacmaha badanaaba ku dhaq saabuun iyo biyo ugu yaraan 20 daqiiqo.
- Ka durug dadka kale marka laa joogo meel gudo ah iyo banaanka labadaba.
- Ka durug dadka kale marka la saaranyahay baska, tareenka, tareenka dhulka hoostiisa mara, tareenka dhulka korkiisa mara iyo gaadiidka kale ee dadweynaha.
- Iska ilaali xafladaha, aasaska, xaflada caruurta dhalatay, xaflada sanad buuxinta ama aroos.
- Ka durug dadka kale marka la joogo goobaha isboortiga, halka lagu dabaasho iyo meesha jirka lagu dhiso oo iska ilaali inaad dharka ku badasho qolalka dharka la isaga badalo ee dadka ka dhaxeeya.
- Ha safrin wakhtiga saxmadda haddii aad taas iska ilaalin karto.
- Safar ooo keliya haddii ay kugu tahay lagama maarmaan.
- Haddii aad tahay 70 sano ama ka weyn waxaa si dheeraad ah muhiim u ah inaad xadeyso xiriiryadaada bulsho oo iska ilaali meelaha dadku ku ururaan.

Wixi dheeraad ah kuna saabsan covid-19 iyo sida aad naftaada iyo dadka kaleba uga ilaalin karto cudur faafin: <https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/skydda-dig-och-andra/>

Macluumaad dhanka luqado kala duwan:

<https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/skydda-dig-och-andra/information-pa-olika-sprak/>

Hey'adda arrimaha caafimaadka ayaa bixisa waxa lagu magacaabo Talooyinka guud ee tilmaamaya sida sharciga ilaalinta cudur faafin ay tahay in loo isticmaalo. Tani micnaheeda waxaa ka mid ah inay muhiim tahay in la iska ilaaliyo isku imaatinyada bulsho ee dad badan ku kulmayaan. Talooyinkan waxay shaqaynayaan ilaa iyo 31-ka Diisambar 2020.