

Somali

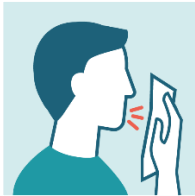
Naga caawi sidii aan ugu hortagi lahayn in cudurka sii faafo

Tallaabooyin u qaad maalin kasta si aad uga hortagto faafitaanka fayrasyada neef-mareenka sida hargabka iyo ifilada:



Inta badan gacmahaaga ku dhaq saabuun iyo biyo ugu yaraan 20 ilbiriqsi - khaasatan markaad musqusha gasho ama aad diifsato iyo inta aadan wax cunin ka hor.

Haddii saabuun iyo biyo aan la heli karin, isticmaal gacmo nadiifiye alkolo leh oo leh ugu yaraan xadiga aalkoladiisa ay tahay 60% .



Ku dabool qufacaaga ama hindhisadaada suxulkaaga ama mandiil(warqadda qafiifka ee lagu tirtirto)



Haku taaban indhahaaga, sankaaaga ama afkaaga gacmahaaga oo aan nadiif ahayn.



Ka fagow dadka xanuunsan.



Guriga joog marka aad xanuunsantahay.



Nadiifi oo ka dil jeermiska walxaha, alaabaha dusha sare si joogta ah.

English

Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like cold and flu:



Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.



Cover your cough or sneeze into your elbow or a tissue.



Don't touch your eyes, nose or mouth with unwashed hands.



Stay away from people who are sick.



Stay home when you are sick.



Clean and disinfect objects and surfaces regularly.