

CORONAVIRUS 10 TALO LAGU SAMEEYO

Kuwani waa talooyinka rasmiga ah ee Wasaaradda Caafimaadka ee Talyaanigu:

1. Dhaq gacmahaaga had iyo jeer
2. Ka fogow inaad u dhawaato dadka ay ku dhacday cudurada ku dhaca neef-mareenka
3. Ha ku taaban gacmahaaga, sankaaaga, iyo afkaaga gacmahaaga
4. Haddii aad hindhisto ama qufacdo, dabool afkaaga iyo sankaaaga
5. Ha qaadan dawooyinka lidka-fayraska ama antibiyootigga antibiyootigga ah haddii aanu dhakhtar kuu sheegin mooyee
6. Nadiifi meelaha lagu nadiifiyo jeermisyada ku saleysan koloriin ama aalkolo
7. Isticmaal maaskaro kaliya haddii aad uga shakisan tahay inaad jiran tahay ama aad daryeesho qof jiran
8. Alaabada laga sameeyay Shiinaha iyo baarashyada laga sameeyay Shiinaha ma aha qatar
9. Haddii aad qandho ama qufac leedahay ama aad ka soo laabatay Shiinaha wax ka yar 14 maalmood, wac lambarka bilaashka ah 1500 (kaliya Lombardy sidoo kale 800894545)
10. Xayawaanka guryuhu ma faafin coronavirus-ka cusub

