



Co-funded by the Asylum, Migration and Integration Fund of the European Union

Progetto ICARE

HOME/2017/AMIF/AG/EMAS/0075

CORONA VIRUS Xeerarka la raaco

WAXA NALAGA RABA DHAMANTEEN

In la joogo guriga

Waxaan ubixi karna

- In aan aadno shaqo (shaqo sharciyeysan)
- In aan soo gadano cunto iyo daawo
- In aan aadno taqtar

In aan gurig joogtaan telefon ku wac

Wacdo taqtarka hadii qufacaaga iyo

Qandho dhaafto 37,5

In aadin cisbitalka

In aan guriga joogno haddi aan qabno cudurka fayraska ama aan guriga ku karantilanahayi arintas darteed wa mamnuc in guriga laga baxo



KULIGEN WAXA AAN SAMEN KARNO

In aan wada kulano dad kale oo shaqo isugu imaano hadii loo bahdo arin caafimad waxaa nalaga raba in aan ka dherano qofka aan la hadleyno hal dhundhun 1 metro.

In aan bananka ubixiyo eyag meel udhow guriga aan dega nahey waqti yar

Samenta dhaqaqa hawo qadashada waa inow udhawyahay guriga aad deken tahey kaliga ka fogow dadka kale



Wa la mamnu cay in laysku dhawado iyadoo la badan yahey

Ninka iska leh shirkadaha waxa u shaqalaha u diri kara shaqalaha inay ku shaqeyan gurigoda ama fasax udiri kara shaqalaha



Waxaa Furan

- Dukamada gado cuntada iyo wixi muhim u a dadka
- Dukamada daawoyinka
- Meelaha ay diinta ku tukadan wana la mabnu cay waxa la xiray

Waxa la xiray

- Iskooladka oo dhan
- Idukamanka
- Bararka iyo maqayadaha
- Dukamanka waaweyn
- Cinemoyinka teatarada miusemka
- jir dhiska dabasha meelaha banoonigai



Askarta xakameynta waxay ilaalinayan sharciga waxayna ku weydinayaan sababta aad guriga u joogi weyday qofka aan dhoorin sharciga wax u ku dhacay dembi loo xirayo 3 bilood iyo ganax dhan 206 eur.