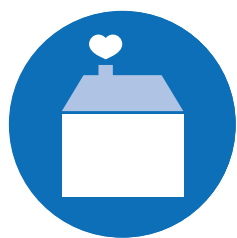


Sidii looga hortago faafinta cudurka [Covid-19] awgeed waxaad booqade ahaan sameeyn kartaa sidatan



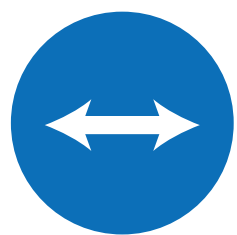
Gurigaaga iska-joog haddii calaamadaha cudurka aad dareemayso

Booqashada ha ku dhaqaaqin haddii caafimaadkaaga usan wanaagsanayn, xitaa haddii calaamadaha cudurka ay yihiin kuwa fudfudud. Sidaas ayaa ugu hortegi kartaa inaad qof kale cudurka qaadsiiso.



Badso inaad gacmaha iska dhaqdo

Waa inaad bogsashada kahor aad muddo gaaban oo ugu yaraan ka kooban 20 ilbiriqsiyo gacmahaaga ku dhaqda saabbuun iyo biyo. Haddii aynan ku suurtagalaynin inaad gacmaha iska dhaqdo isticmaal aalkolada gacmaha.



Xaji kala fogaanshada/ musaafada u qofka kale ku jiro. Tan kale, hoos u dhig xiriiryada

Xilliga booqashada waa inaad xajisa kala fogaanshada/musaafada u qofka kale ku jiro, ha ahaadeen markii goobaha gudaha aad ku sugan tahay ama dibada ba. Ka feker inaad xad u yeesho xiriirka qofka aad booqanayso.

Da'da wayn waa sababta ugu wayn ee qofka ku dhaca cudurka [Covid-19] hab halis ugu xannuunsado. Qof kasta waxaa xil-saaraan in waayeellada u ka badbaadiyo halista cudur-qaadsiinta ay leedahay.

[folkhalsomyndigheten.se/
covid-19](https://folkhalsomyndigheten.se/covid-19)



Shaqaalaha waydii

Hab-raac joogto ah ayaa booqashooyinka u dagsan ee waydii shaqaalaha kuwa hoyga ka hirgaleen.



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