Corona ammaan ah bisha ramadaan

1. Bannaanka ku cun ama hawadu ha is-dhaafto hal mar saacaddiiba gudaha qolka, aad deggen tihiin.

2. Gacmaha iska dhaq ama mari jeermi-dilaha.

3. Ka fogow, in dad badan taabtaan isla qaando, weel, suxuun, tarmuus iyo wixii la mid ah.

4. Isticmaal xaanshiyaha halka mar uun la isticmaalo ee taala musqusha.

5. Ka fogow inaad is-gacan qaadaan ama xabadka isgelisaan, aadna u kala fogaada hadba inti macquul ah.

6. Si joogto ah tijaabo iskaga qaad, dad yar oo kala duwanna arag hadba inti macquul ah.

Ramadan wanaagsan

In badan ka akhriso www.kk.dk/ramadan