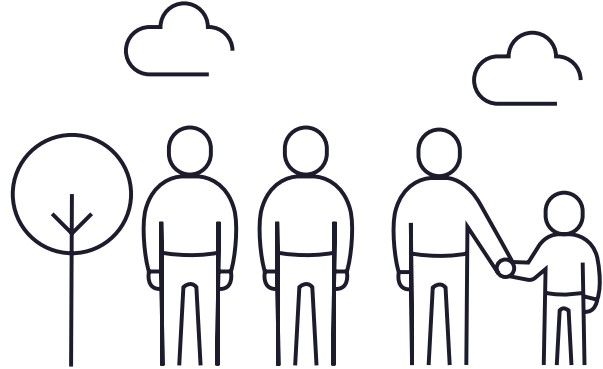


# Corona ammaan ah bisha Ramadaan



Ku kulma bannaanka, haddii ay suurtoagal tahay.

Haddii aad gudaha ku kulmeysaan, hawada u fur meesha ugu yaraan shan daqiiqadood saacad-diiba.

Sameey hawo is dhaafid, si hawadu dibedda ugu baxdo.

Gacmaha dhaq ama ku buufi gacmaha.

Dhig jeermi dilaha gacmaha dhammaan qolalka – si ay ugu fududaato martidaada iney gacmaha iska buufiyaan.

Waad u keeni kartaa raashin iyo cabitaan martidaada.

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

U soo guro tusaale ahaan raashinka qeyb-qeyb oo isticmaal qaanddooyinka halka mar uun la isticmaalo, oo martidu iska tuuri karaan kadib.

Ka fogow inaad isla hal shukumaan/tuwaaal ku isticmaasho musqusha.

Taa beddelkeeda isticmaal waraaqaha halka mar uun la isticmaalo, oo martidu ay ku tuuri karaan meesha qashinka marka ay isticmaalaan kadib.

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

Si fiican u nadiifi, marka ay martidu kaa tagto – siiba tubbooyinka biyaha, musqusha, gacan-qabsiga albaabka iyo bareesyada korontada.