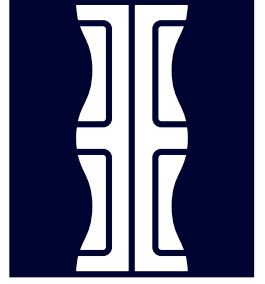
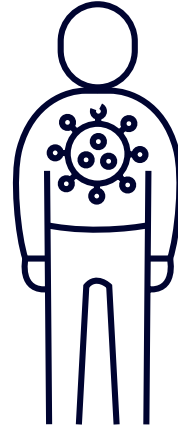


# Corona ma kugu dhacay ama ma u dhoweyd qof qaba? Gal go'doon



**Haddii lagu tijaabiyey oo lagaa helay corona ama aad u dhoweyd qof uu ku dhacay corona, waa inaad is go'doomisaa.**

**Bannaanka ha u bixin - xitaa ha soo adeegan, carruurtaada ha soo wadanin hana aadin shaqo.**

Wixi ku saabsan degaanka is-go'doominta ka wac:

**33 66 33 00**

## Goorma ayaad joojineysaa is-go'doominta?

### Haddii aad tahay qof corona uu ku dhacay:

- Hadduu aad leedahay astaamaha, waxaad joojin kartaa is-go'doominta, marka aad noqoto mid aan astaamaha laheyn 48 saacadood.
- Haddii aadan isku arkin astaamaha, waad u bixi kartaa bannaanka 7 maalmood kadib, laga soo bilaabo maalintii lagaa helay corona.

### Haddii aad u dhoweyd qof corona uu ku dhacay:

- Waa in tijaabo lagaa qaadaa labo jeer: afar maalmood iyo lix maalmood kadib markii aad u dhowaatay qof corona uu ku dhacay
- Waa inaad ku sii jirin go'doon, haddii labada tijaabo corona lagaa waayey

### Waa sidee qofka go'doonka ku jira?

- Marka aad ku jirto go'doon, waa inaad fogaan 2 mitir ah u jirsataa dadka, aad la deggen tahay.
- Iska daa inaad shumiso iyo inaad hab siiso iyo inaad isku qol seexataan.

- Iska daa inaad wakhti dheer isku qol ku jirtaan, sidoo kale xasuuso inaad hawada u furto guriga dhow jeer maalin walba.

- Nadiifi meelaha, adiga iyo dadka guriga kugula nool ay ku taabteen gacmahooda, tusaale gacan-qabsiga albaabka, rimootka tv-ga, taleefonnada, teebabka, baareeska korontada, tubada biyaha, musqulaha, iyo alaabada lagu ciyaaro.

- Ha la qeybsan qof kale shukumaanka/tuwaalka.

- Haddii aad u baahan tahay caawimaad, tusaale in lagu soo adeego, waxaad wici kartaa taleefonka Laanqeyrta Cas oo ah: 3529 9660.

Qaado af-xirashada - xitaa guriga gudihiisa, haddii aad ku qasbanaato inaad joojiso is-go'doomintaada.

Haddii ay kugu adag tahay inaad is-go'doomiso, waxaad heli kartaa in lagu siiyo degaanka is-go'doominta ikhtiyaariga ah ee Kobenhagen. In badan ka akhri [kk.dk/isolation](https://www.kk.dk/isolation)

