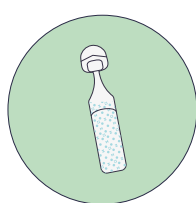


TILMAAN-BIXINNO

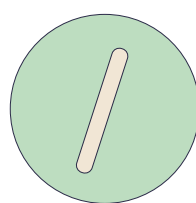
QALABKA BAARITAANKA WAXAA KU JIRA:



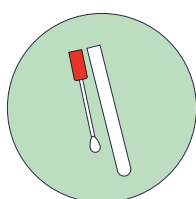
TILMAAN-BIXINNO



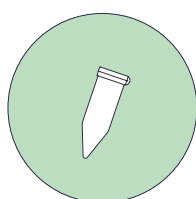
TUUBADA KU JIRTA
MILKA/QASKA
CUSBADA



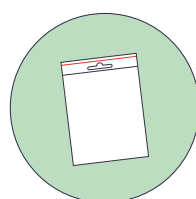
SHAYGA
XALLEEFSAN EE
CARABKA



TUUBADA
SHAYBAARKA
CANDHUUFTA



TUUBADA
SHAYBAARKA



BACDA-ZIP



Waa salaaman tahay! Soo saaraha qalabka iska baarista cudurka covid-19 waa shirkadda Dynamic Codes. Suufka/ iswaabka baaritaanka wuxuu keliya qaataa dhawr daqiiqado waxaana loo dirayaa shaybaarkeena si baaritaan loogu sameeyo. Daryeel bixiyahaaga caafimaad ayaa kula soo xiriiri doona marka ay natiijoyinka baaritaanka ay diyaar noqdaan. Talo! Haddii aadan muraayad iyo/ama iftiin fiican haysan, waxaad mobaylkaaga u isticmaali kartaa muraayad ahaan, adigoo kaamirada hore ee taleefanka isku aadinaya, ama isticmaal nalka masawirka ee kaameerada.



1. AQRISO TILMAAN-BIXINNADA

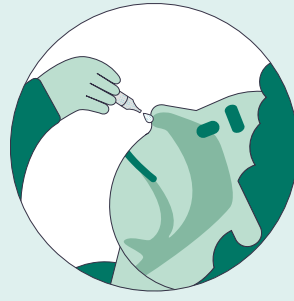
Marka hore ku bilow inaad gacmahaaga ku nafiisio aalkolada gacmaha lagu nadiifyo.

Akhri dhamaan tilmaamooyinka kahor intaadan bilaabin baaritaanka si aadan u seegin wax muhim.



2. HUBSO MACLUUMAADKA

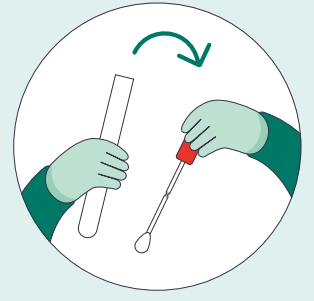
Tuubada shaybaarka ee ku dhexjirto suufka/iswaabka soo qaad kaddib hubi macluumaadka ku qoran qeybta summada ay sax yihiin.



3. SANKA KU RAACSII MILKA/QASKA CUSBADA

a) Haddii sanka u ku cabburan yahay ama duuf kaaga jiro, marka hore sanka iska tirtir.

b) Wareeji furka tuubada milka/qaska cusbada. Madaxaaga gadaal u rog kaddib qiyaastii bar oo milka/qaska ah ku dhibci mid kamid ah daloolyada sankaaga. Inta hartay ku dhibci daloolka kale ee sanka. U sug muddo gaaban (10–15 ilbiriqsiyo) oo u oggolw milka/qaska inuu u gudbodhuunta adigoo liqaya.



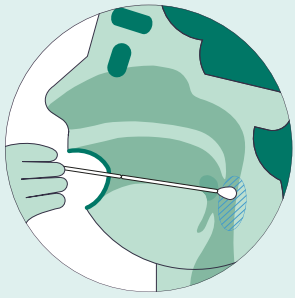
4. U DIYAAR GAROW INAAD SUUFKA GELISO DHUUNTA

a) Soo saar tuubada baaritaanka eek u jirta suufka/iswaabka.
b) Xaqiiji inaad haysato muraayad ama kaamirada taleefankaaga si aad ugu aragto gudaha dhuunta.
c) Marooji daboolka tuubada baaritaanka, oo xasuusnow intaadan taaban qaybta jilicsan ee suufka/ iswaabka.



5. SHEYBAAR KA QAAD TONSILKA ILAA GIDAARKA DHUUNTA

a) Fiiri muraayadda. Madaxa gadaal u rog kaddibna afka kala qaad si qumanyada ay si fiican kugu muuqdaan.
b) qaadada u isticmaal si aad u qabato qaybta dambe ee carabkaaga.
c) Muddo 5–7 ilbiriqsiyo ah waxaad labada dhinac ee qumanka ku xoqdaa suufka/iswaabka. Ku dadaal in aadan taaban qaybaha kale ee afka.
d) Hadda suufka waxaad dhaafsiisaa

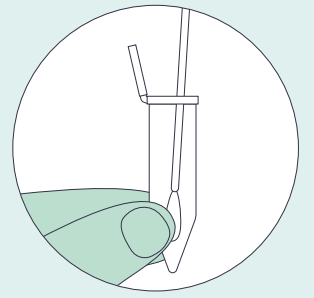


qumanka, oo gaarsii ilaa gidaarka dhuunta. Kaddibna suufka/iswaabka waxaad muddo 5–7 ilbiriqsiyo ah ku xoqdaa xub-axaleedka dhuunta. Haddii aad dareento inaad rabto matagid macnaheedu waxaa weeyaan goobtii saxda ahayd ayaa ku sugan tahay.
e) U sii gudub tallaabada 6-aad adigoo suufka/iswaabka weli gacanta ku hayo.



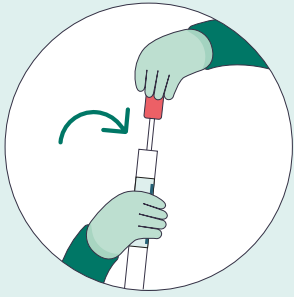
6. SUUFKA SANKA LA GELIYO

a) Qaybta jilicsan ee suufka/iswaabka waxaad 2–3 sentimitir ka gelisaa daloolka sanka oo gidaarka sanka ku wareeji muddo 5–7 ilbiriqsiyo ah.
b) Si sidaas la mid ah ka yeel daloolka kale ee sanka.
c) U sii gudub tallaabada 7 adigoo weli suufka/iswaabka gacanta ku haayo.



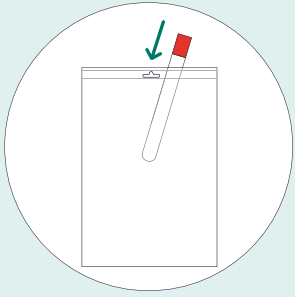
7. KU KUD CANDHUUFTA

a) Soo saar tuubada candhuufta kaddibna ka fur daboolka.
b) Tuubada candhuufta waxaad 2–3 jeer ku tufta candhuuf
c) Suufka/iswaabka ku rid tuubada candhuufta kaddibna dhawr jeer ku wareeji.
d) Tuubada candhuufta iska tuur.
e) U sii gudub tallaabada 8-aad adigoo weli suufka/iswaabka gacanta ku haayo.



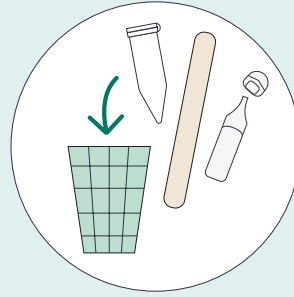
8. DABOOLKA KU XIR

Suufka/iswaabka toos dib ugu celi tuubada candhuufta kaddibna si fiican ugu xir.



9. SHAYBAARKA BAAKADA GELI

Tuubada candhuufta iyo suufka/ iswaabka geli bacda-zipka kaddib xir.



10. WAXYAALAHA KALE OO DHAN QASHINKA KU TUUR

Tuubada candhuufta, qaadada carabka iyo tuubada milka/qaska cusbada +ku tuur weelka qashinka lagu tuuro.
Waxyaalahaas ha soo raacsiinin iswaabka.



11. SOO GUDBI OO SUG JAWAABTA

Iswaabka waxaad u geysa shaqaalaha goobta baaritaanka jooga.
Waxaad natiijada baaritaanka ku heli doontaa 1177.se. isla markii la soo baaro oo ay diyaar noqoto.