

Cudurka Fayraska Korona ee 2019 (COVID-19) Sida loo dhaqo gacamahaaga



Gacamaha dhaqo ugu
yaraan 15 ilbiriqsi

1



Gacamaha ku qoyso
biyo diiran.

2



Saabuun mari.

3



Saabuunta xumbee ka-
dibna isku xoq
calaacalaha gacamaha.

4



Xoq faraha inta u
dhaxeysa iyo
hareerahooda.

5



Gacan kasta
gadaasheeda ku xoq
calaacasha gacanta kale.

6



Foodda hore ee faraha
gacan kasta ku xoq
calaacasha gacanta kale.

7



Xoq suul kasta adiga oo
dhexgelinaya gacanta
kale.

8



Si fiican u biyo raaci
adiga oo raacinaya biyo
socda.

9



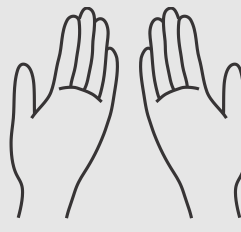
Gacamaha ku qalaji
waraaqda faraha lagu
tirtirto.

10



Khasabadda biyaha xir
adiga oo adeegsanaya
waraaq faro-tir ah.

11



Gacamahaagu
haatan waa nadiif.

Sida loo adeegsado daawada gacamaha lagu nadiifiyo



Gacamaha isku-xoq ugu yaraan 15 ilbiriqsi

1



Mari 1 ilaa 2 dhibic oo badeecada ah calaacalaha gacamaha qalalan.

2



Gacamaha isku-xoq, adiga oo calaacalaha isku-xoqaya.

3



Xoq faraha inta u dhaxeysa iyo hareerahooda.

4



Gacan kasta gadaasheeda ku xoq calaacasha gacanta kale.

5



Foodda hore ee faraha gacan kasta ku xoq calaacasha gacanta kale.

6



Xoq suul kasta adiga oo dhexgelinaya gacanta kale.

7



Gacamaha isku-xoq ilaa daawadu ay ka qalasho. Ha adeegsanin waraaqo faro-tir ah.

8



Mar alla marka ay qalalaan, gacmahaagu waa nadiif.

Ilaha laga soo xigtay:

Hay'adda Ontario ee Dhiirrigelinta iyo Ilaalinta Caafimaadka (Caafimaadka Dadweynaha ee Ontario), Guddiga Ka-talobixinta Cudurrada Faafa ee Gobolka. Hab-dhaqannada ugu wanaagsan ee nadaafadda gacanta ee dhammaan goobaha daryeelka caafimaadka [Internet-ka]. Soo-saariddii 4aad. Toronto, ON: Daabacaadda Boqoradda ee Ontario; 2014. Laga heli karo: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

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