

Ka hortag caabuqqa

Fayraska cusub ee corona ee caadiga ah wuxuu si fudud ugu faafaa meelaha dad badani isugu yimaadaan, tusaale ahaan is-gacan qaadka iyo dhibcaha yaryar ee ka yimaada qufaca ama hindhisada. Naftaada ilaali adigoo raacaya tilmaamaha.



Ilaali masaafadaada. Iska ilaalinta is gacan qaadka, xabad isa saarka iyo dhunkashada



Guriga joog oo is baadh haddii aad la kullanto astaamahan



Gurigaag si wanaagsan hawada ugu fur oo u hawee/ Iska ilaali dad badan oo iskugu imanaya gudaha



Ku qufac oo ku hindhis gacmaha shaatigaaga



Dhaq gacmahaaga badanaa ama isticmaal nadiifiyaha gacanta



Nadiifi gurigaaga inta badan, gaar ahaan oogooyinka ay dad badan taabtaan