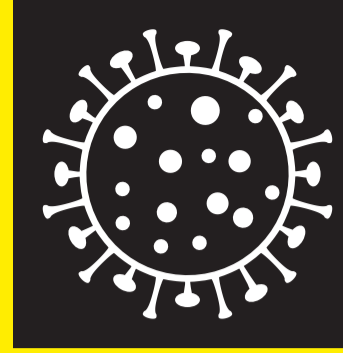


Fayraska corona COVID-19



Coronavirus
COVID-19
Public Health
Advice

Badbaado ahow. Usu illaaliya midba midka kale.

Soo joogtey inaad:



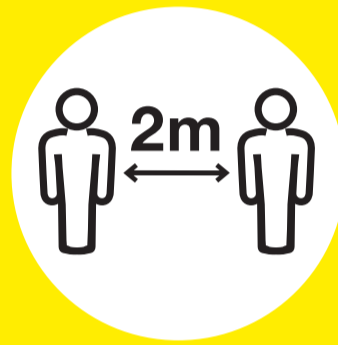
U dhaqidid

gacmahaaga si wanaagsan iyo inta badan si aad uga fogaatid gaarista



Ku daboolo

afkaaga iyo sankaaqada istiraasho ama garbaha shaatiga markii aad qufaceysid ama hindhiseysid oo u tuur istiraashada aad isticmaashay si badbaado ah



Ka fogow

Nafsadaada ugu yaraan 2 miitir (6 fiit) ka baxsan dadka kale, gaar ahaan kuwa laga yaabo inay jiranyihiin



Ka fogow

dadka badan iyo meelaha buux dhaafa



Ogow

aastaamaha. Haddii aad qabtid aastaamaha is gooniyey oo la xiriir GP (Dhaqtarkaaga Qoyska) islamarkiiba

Aastaamaha COVID-19 waxaa ku jiro

- > heerkulka sareeyo
- > qufaca
- > dhibaataada neefsashada
- > lumitaanka lama filaanka ah ee urta ama dhadhanka
- > aastaamaha sida samboorka

Haddii aad qabtid aastaamo walba, is-gooniyey si aad dadka kale u illaalisid oo u soo wac GiiBiigaada (GP) baaritaanka COVID-19.

#holdfirm

Wixii warbixin dheeraad ah

www.gov.ie/health-covid-19
www.hse.ie