



# Yaree khatartaada coronavirus (COVID-19)

- **KU DHAQ** gacmaha badanaa biyo soconaya iyo saabuun, ugu yaraan 20 ilbiriqsi. Iskuqalaji shukumaanka warqada ah ama qacan qalajiye.
- **ISKUDAY** inaadan taaban indhahaaga, sankaa ama afka.
- **KU DABOOL** sankaa iyo afkaaga tiishuu markaad qufacdo ama hindhisto. Haddii aadan heysan tiishuu ku qufac ama ku hindhis suxulkaaga ama gacma dheerahaaga.
- **JOOG** guriga haddii aad jiran tahay. Haddii aad daawo qaadatid hubi inaad heysato in kugu filan.
- **TALEEFANGAREE** dhakhtarkaaga ama Khadka degdega ah – **1800 675 398** – haddii aad u baahan tahay caafimaadkaaga in la eego. Waxay kuu sheegi doonaan wixii aad sameyn lahayd.
- **SII WAD** u dhaqankaaga si caafimaad leh: jimicso, biyo cab, hurdo badan qaado.
- **XIRASHADA** maaskarada wejiga waa laga maarmaa haddii aad caafimaad qabtid.
- **SOO IIBSO** jeermis dilaha gacanta oo aalkahool leh ka badan 60% aalkahool ah.



**Ka ogow wax ka sii badan**  
[www.coronavirus.vic.gov.au/somali](http://www.coronavirus.vic.gov.au/somali)

Haddii aad wax saluugto , wac Khadka degdega ah ee  
**coronavirus 1800 675 398 (24 saac)**

Haddii aad u baahan tahay tujumaan, ka wac TIS National 131 450  
Fadlan u heyso Saddexda Eber (000) xaalada degdega ah oo kaliya

Si aad ugu hesho daabacaadan qaab aad u isticmaali kartid limey! COVID-19@dhhs.vic.gov.au

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Reduce your risk of coronavirus (COVID-19) - Somali



Health and Human Services