

Talooyinka guud oo la adkeeyay

Laga bilaabo 29 Oktoobar waxaa lagu baraarurijinayaa dhamaan dadka jooga gobolkan inay:

- Iska ilaaliyaan inay joogaan meelaha gudaha ah sida dukaanada, xarumaha ganacsiga, madxafyadda, maktabaddaha, meelaha lagu dabaasho iyo meelaha tababarka jirka. Booqashooyinka lagama maarmaanka ee tusaale ahaan dukaanada raashinka iyo farmasiga waa la sameyn karaa.
- Iska ilaaliyaan inay ka qaybgalaan tusaale ahaan shirar, carwooyin, bandhigyo, tababaryo isboorti, tartano iyo kulamo tartan ah. Laakiinse tani ma khuseyso tababaryadda isboortiga ee caruurta iyo dhalaanka dhashay 2005 ama ka dib.
- Haddii ay suurtagal tahay la laga fogaado in kulan toos ah lala yeesho dadka kale ee aan ahayn kuwa qofku la noolyahay. Tani micnaheedu waa in in lagu talinayo in la iska daayo qaban-qaabinta ama ka qaybqaadashada xaflad ama isku imaatin bulsho oo la mid ah. Xiriiryada dhow ee lagama maarmaanka ah, sida tusale ahaan booqashada rugta caafimaadka iyo baaritaanada daweynta, kuwaas ma ku jiraan taladan. Laakiinse waxaa muhiim ah in laga fikiro in qofkii leh calaamado ahaan kara kuwa covid-19 uu ka fogaado in aad loogu dhawaado dadka kale.

Go'aankan wuxuu xitaa khuseeyaa talooyinka guud ee la adkeeyay looguna talagalay hawlaha – sida tusaale ahaan dukaanada, xarumaha ganacsiga iyo goobaha isboortiga:

- Dhamaan hawlahaan waa inay qaadaan talaabooyin si qof kastaa u awoodo raacida talooyinka guud ee marka ay jirto baahida maxaliga ah ee covid-19. Tani waxay ahaan kartaa tusaale ahaan in hawshaasi yareyso tirada soo booqanaya wakhti isku mid ah.
- Shaqo-bixiyayaashu waa inay qaadaan talaabooyin loogu talagalay shaqaalahaodu si ay u awoodaan inay raacaan talooyinkan guud ee marka ay jirto baahida maxaliga ah ee covid-19. Taasi waxay ahaan kartaa talaabooyin sida in lagu baraarujiyo shaqaalaha inay shaqeeyaan iyagoo jooga gurigooda, loo soo bandhigo fursado badan si qofku u shaqeeyo isagoo jooga guriga iyo in safarada shaqo, shirarka iyo kulanada kale ee si toos ah loo kulmayo dib loogu dhigo.