

Gacaliye Reer-Kortrijk,

Anaga oo wada jirna magaalooyinka iyo dagmooyinka Koonfur-Galbeed ee Flanders waxaan ugu deeqaynaa maaskaro tayo sare leh oo dib loo adeegsan karo, xubin kasta oo qoyskaaga ka tirsan oo 12 sano ka weyn.

Si taxadar leh tilmaamaha u akhri.

## SABABTA AY KUU CAAWINAYSO XIRASHADA MAASKARADA AFKU WAA MAXAY?

- maaskarada afku waxa ay bedbaadisaa marka hore dadka kugu xeeran.
- Waxa ay xaddideysaa gudbinta dhibcaha candhuufta ee ay suurto gal tahay in ay cudur sidaan.
- haddii qof walbaa mid xirto, midba midkeena kale ayuu ilaalinayaa.

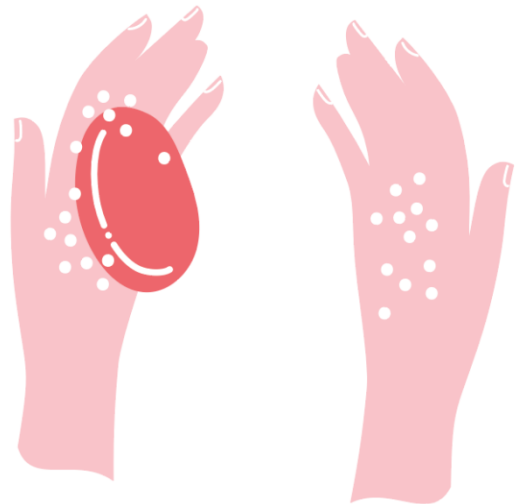
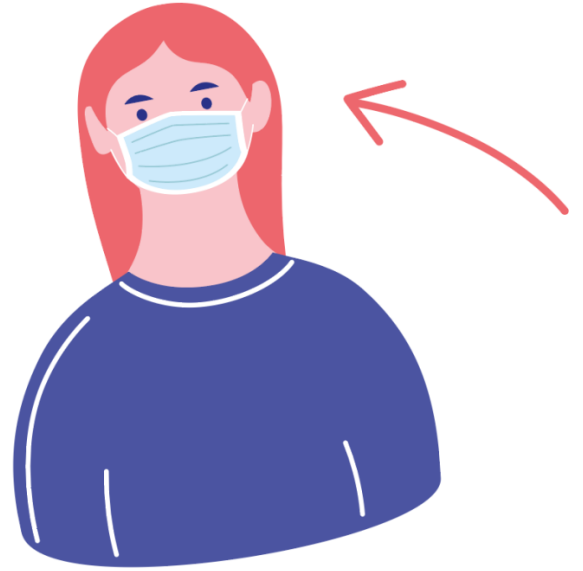
**U fiirso:** maadaama oo aad maaskaro xiratay, ma'aha in aad adigu si buuxda iskaga ilaalisay. Sidaas awgeed waxa muhiim ah in aad gacmaha dhaqdid marwalba oo aad ilaalisid masaafad kugu filan.

## GOORMAA LA XIRTAA MAASKARADA AFKA?

- Xirashada maaskarada afku **Laga bilaabo 4 maajo waa waajib**, marka loo eego xaaladahan soo socda:
  - Goobta **gadiidka dadweynaha**, qofka safraya ee sanadka dhalasho 2008 iyo wixii ka weyn.
  - Goobta **iskoolka**, shaqaalaha iyo ardada sanadka dhalasho 2008 iyo wixii ka weyn.
  - Goobta **shaqada**, haddii masaafadda kala fogaansho ee 1.5 mitir aan la dammaanad qaadi karin.
- **Waa lagu talinayaa** maaskarada afka marka la joogo goobaha kale ee dadweynaha ee dadku isku soo dhawaan karaan (sida dukaammada waaweyn)
- goobaha dad yar ay ka agdhawyihiin, in maaskarada afka la xirto qasab ma aha.

## SIDEE LOO XIRTAA MAASKARADA AFKA?

- **Gacmaha dhaqo ka hor xirashada maaskarada.**
- Hubso in aad si fiican u taqaano dhinaca gudaha ah iyo dhinaca banaanka ah.
- Hubso in maaskaradu sankaaaga, afkaaga, iyo garkaaga dabooshay iyo in ay dhinacyada xirtay.

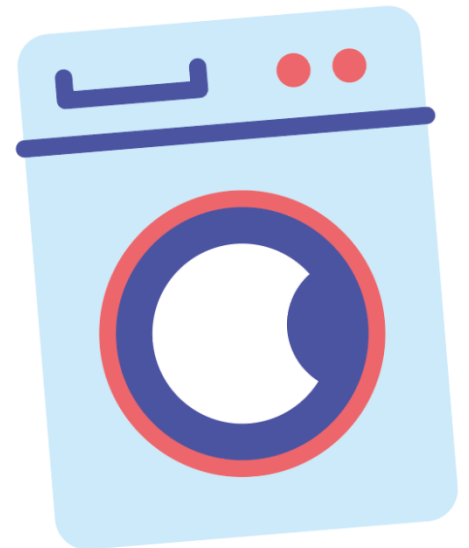
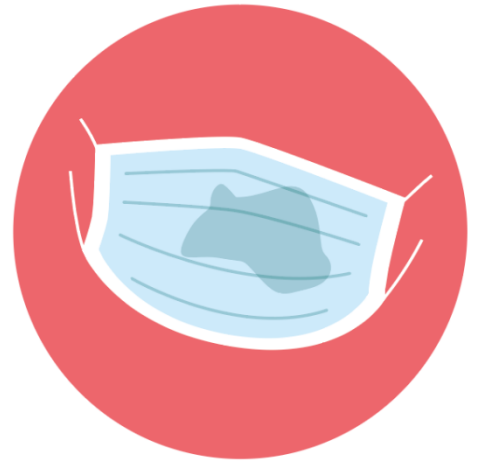


- Mar alla marka aad xirato ka dib, **yaree taabashada maaskarada inta ay macquul tahay,**.
- Maaskaradu si fiican kuugu ma xirno, markaa ka qabo **oo kaliya dhinacyada.**
- Isticmaal laastiigga ama xarkaha marka aad maaskarada iska saarayso.
- Gacmaha dhaqo marka aad maaskarada saarto.
- Haddii si ku meelgaar ah aad maaskarada u saarayso (tusaale si aad wax u cabto), dhig meel nadiif ah oo hadhow la nadiifin karo ama ku rid maaskaradaada ku meel gaar ahaan kiish warqada ama maro ah.



## SIDEE LOO DAR YEELAA MAASKARADA AFKA?

- **Nadiifi maaskarada** isla marka ay wasakh ama qoyaan ka muuqdo.
- dhaq maaskarada maalinkasta marka aad isticmaasho:
  - **Ku dhaq mishiinka dharka: ilaa 60-70°** iyo saabuunta caadiga ee wax lagu dhaqo (waa la ogolyahay in dhar kale lagu daro)
  - Haddii aad maaskaradaada ku dhaqdo heerkul hoose (tusaale in aad gacanta ku dhaqdo),  
**ku feeree markaa heerkul sare**
- Hubi in maaskaradu **qalasho isticmaalka xiga ka hor.**
- Maaskaradaada ha galinin **talaagadda (koelkast) ama qaybta barafka (diepvries).** Qabawgu fayraska ma dilo. balse maaskaradu cunnada ay fayras kaa qaadiin karto.
- haddii aad taabatay maaskaro wasakh ah (tusaale si aad ugu riddo mishiinka dharka lagu dhaqo), isla markaaba dhaq gacmahaaga.
- Ha uga tagin maaskarooyinka afka meel kasta: u xul meel gaar ah maaskarooyinka nadiifta kuwa wasakhda ah na ku ururi kiish maro ah oo aad la dhaqdo.
- Haddii ay suurto gal tahay maaskaradaada iska badal marka 20-goor aad dhaqdo ka dib



**Dukaammada ayaad hal xabo ka soo iibsan kartaa**

## Wali su'aalo ma qabtaa?

Boggan internetka waxa aad ka helaysaa xirmooyin jawaabaha dhamaan su'aalahaaga: [www.kortrijk.be/corona](http://www.kortrijk.be/corona).

*Vertaling Nederlands- Somali.*

*Deze vertaling mag enkel verspreid worden met de originele brontekst.*