



KA FOGAANSHAHA 101
DADKA

**“Waxaan ahay qof yar mana qabo
astaamaha cudurku khatar igu galin karo.
Maa dhexgali karaa
bulshada?”**

FADLAN HA DHEXGALIN: Dadka duqoowda ah iyo dadka qaba xaaladaha caafimaadka aad ayay ugu nugul yihiin fayriska, laakiin dadka yaryar marna kama caagana cudurka. Xataa dadka muujiya kaliya astaamo yaryar ayaa fayriska qaadsiin kara dad badan, dad kale oo aad u badan.



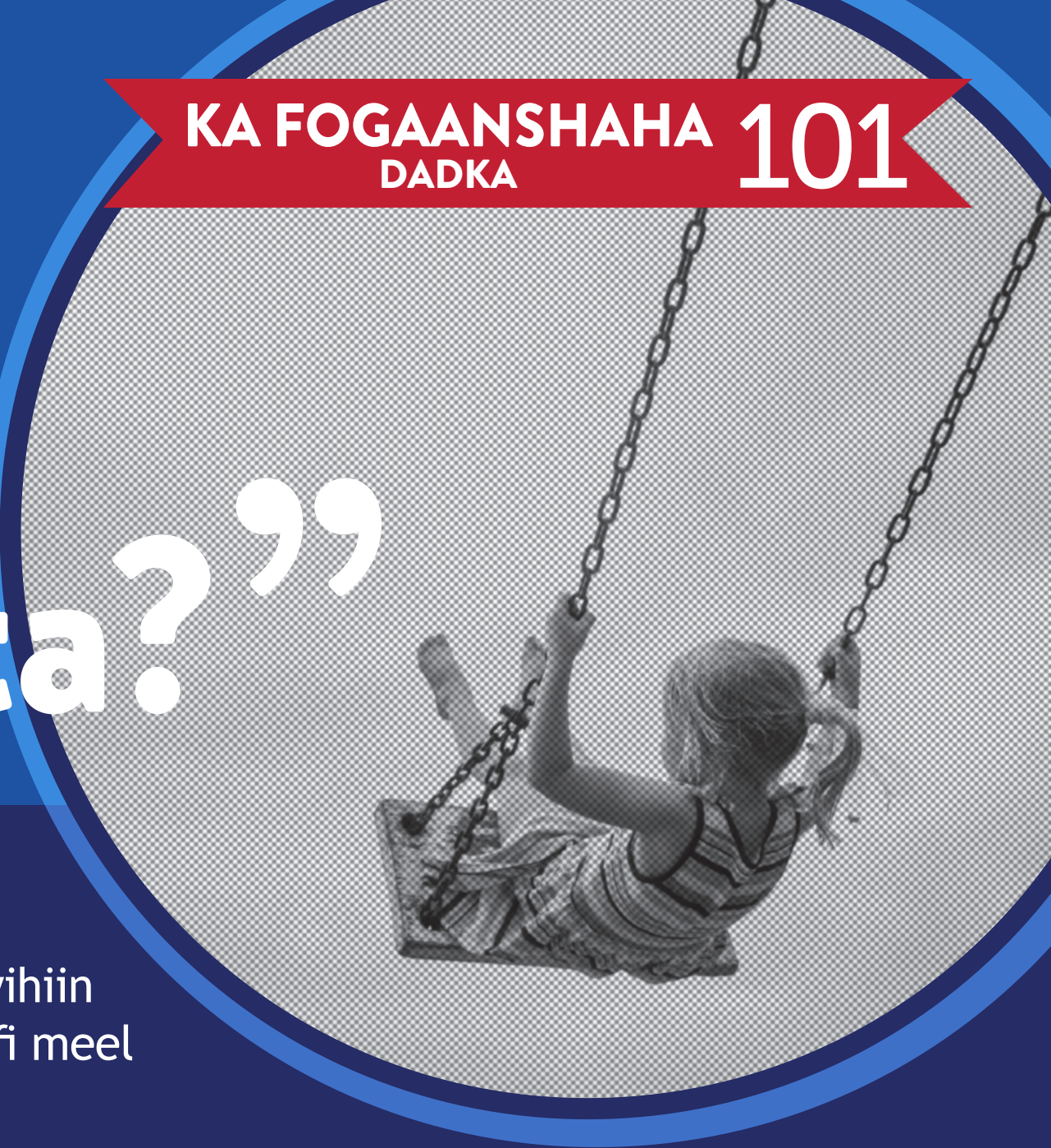
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“Maan gayn karaa carruurtayda garoonka ciyaarta?”

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CARRUURTA HA U KAXAYN WAREEG HADDII AY JIRAN YIHIIN.

Nashaadaadka banaanka sida raacista baaskiilka ayaa caadiyan la ogolyahay. Si adag uga fiiro socdaalada meelaha dadka aad ugu badan yihiin sida garoonka ciyaaraha. Qaado daawada gacmaha lagu dhaqo, oo nadiifi meel kasta adoo marinaaya istiraasho daawaysan kahor intaadan ku ciyaarin.



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“Maan aadi karaa Suuqa Wayn?”

HAA. Iskuday inaad waqti u samayso marka dukaanka aysan joogin dad badan. Qaado daawada nadiifinta si aad u nadiifiso meelaha la taabto, haddii aad haysato, si aad u nadiifiso gacmahaaga iyo alaabaha aad taabatay ee dukaanka yaala. Ugatag taleefankaaga gaariga si aadan qaab kama’ ah u taaban markaad alaabta soo gadanayso.



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Hadba markay yaryihiin dadka isku imaada,

ayay sii yaraanaysaa khatarta
qaadista iyo faafinta COVID-19.



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Hadba intuu wayn yahay badku,

ayay sii yaraanaysaa khatarta
qaadista iyo faafinta COVID-19

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