

**Laga bilaabo isniinta 27.04.2020 waa inaad maaskaro gashataa, markaa dukaamada aadaysid, ama baska, tareenka ama U-Bahnka raacaysid.**

## **Tilmaamaha sida maaskarada loo isticmaalo**



Fayraska Corona waxaa inta badan lagu kala qaadaa hawada, dhibco so kaca markaad hadlaysid (saas uma badna) markaad qufacaysid ama hindisto (aad u badan).

Sidaa daraadeed ubaahantay maaskaro: Maskarada adiga cudurka ka ilaalin mayso ee dadka kale ka ilaalin. Waxaa dhici karta inaad jirada qabto oo aadan ogayn.

**Sidee maaskarada u gashada?** Maaskaro nadiifa oo jeermis lahayn gasho.

- **Intaad maaskarada gashan ka hor gacmaha si buuxda u dhaqo!!!!**
- Maaskarada waa in afka iyo sanko daboosha oo si a dag u fadhidaa, sii adkay.
- Si fiican ma u neefsan kartaa? Haddaad neefsan karin, waxaa dhici in maaskarada ka tolantahay dhar loogu tala gelin.
- Marka qufacaysid ama hindhisaysid maaskarada ha iska furin ee maaskarada gudeheed ku qufac ama ku hindhis.

**Sidee ba maaskada isaga furaysaa?**

- Ugu dambeenti markay maaskarada qoydo waa inaa iska furtaa ama bedeshaa.
- **Maaskarada toos ha u taaban , ee xariga xiran ka fur.**
- Maaskarada gadaal ka fur, xarka gadaal ku xiran ka fur.
- Maaskarada geli islamarkiiba weel dabool leh ama bac afka laga xiri karo (oo waqti dheer ha ku hayn, haddii kale way caaryoobi) ama maaskarada toos udhaq ama ku rid biyo kar karay.
- **Gacmaha si buuxda sabuun ugu dhaq (20-30 ilbiriqsi)!**

**Sidee baan maaskarada la tolal udhaqaa ama u nadiifiya?**

- Maaskarada biyo kara-karay (ugu yaraan 5 daqiiqo, sida dhalada caruur caanaha lagu siiyo oo kale) **ama**
- Maaskarada 60 digrii ku dhaq **ama**
- Maaskarada ugu yaraan 65 ilaa70 digrii celsiius fornada geli in 30 daqiiqo dhan jeermiska ka dil ( fornada ka hor kabixi maaskarada xariga caaga ah) **ama**
- Feero aad u kulul hal daqiiqo ku feerey.

Hadday maaskarada dilaacdo ama aad u isticmaashay fadlan maaskarada iska bedel.