

# Wax iibsiga badbaadada leh muddada COVID-19

Haddii aad qabto:

- qufac cusub oo joogto ah
- heerkul aa du sareeya
- waayida ana isbeddelka dareenka ama dhadhanka

waa inaad **joogtaa xaga guriga** oo aad habbaysaa baadhitaan. Booqo [pha.site/cvtesting](http://pha.site/cvtesting) ama wac 119 haddii aanad geli karin onlaynka.

Waydii saaxiib ama jaar si uu kugu soo helo adiga waxyaabaha lama huraanka ah qaarkood oo kaga tag albaabka si aad u soo qaadato.

## Xusuuso:

1

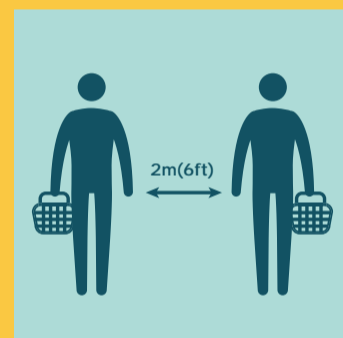
Wax iibsiga ka hor  
Dhaq gacmahaaga  
ilaa 20 ilbidhiqsi



2

Marka aad wax iibsanayso

- xidho daboolka wejiga oo iska ilaali taabashada wejiga
- Haddii nadiifiyaha la helo karo, masax gacmaha la qabto kaariyoonka/salada ka hor iyo ka dib isticmaalka
- joog 2m (6ft) meel u jirta qofka xiga
- isticmaal kaadhka lacag bixinta aan la taaban haddii ay suuragal tahay



3

Wax iibsiga ka dib  
Dhaq gacmahaaga ilaa  
20 ilbidhiqsi



**WE ALL  
MUST DO IT  
TO GET  
THROUGH IT**



**STAY SAFE**



**SAVE LIVES**

**HSC** Public Health Agency

Public Health Agency  
12-22 Linenhall Street, Belfast BT2 8BS.  
Tel: 0300 555 0114 (local rate).  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

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