

Habka ugu wanaagsan ee

BEERAHA BULSHADA

Mudada Lagu Jiro COVID-19



Extension

UNIVERSITY OF WISCONSIN-MADISON

go.wisc.edu/communitygarden

Muhimadda koowaad waxaa inoo ah badbaadinta bulshada xilliga aafada COVID-19.

Talo soo jeedintan waa mid la doonayo in adiga iyo dadka kale lagu badbaadiyo xilliga beerashada.

Ma Xanuunsan tahay?
Gurigaaga Joog!



Iska dhaq qudaarta
inta aadan isticmaalin.



Ka fogoow dadka.



Ka fogoow ugu yaraan

.....6 dhudhun.....



inta u dhaxeysa beerashada.



Si joogta ah gacmaha biyo
iyo saabuun ugu dhaq.



Ka digtoonow in aad wajigaaga
taabato. Way Wanaagsan tahay in aad
xirato af dabool.



Nadiifi goobaha ay taabashadu ku badan
tahay. Hala wadaagin dadka kale qalabka
haddii ay suurogal tahay.

