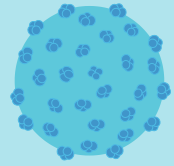


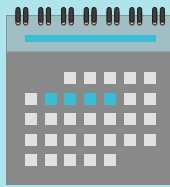


# HARGAB



**Waxaa sababay:**  
Fayraska ifilada

**Lagu gudbiyey:**  
Dhibco neefsashada ah



**Jirro:** Wuxuu bilaabmayaa 1-4  
maalmood ka dib soo-gaadhista

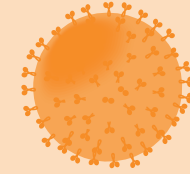
## Faafa:

1 maalin kahor intaan astaamuhu bilaaban  
iyo ilaa 7 maalmood kadib markii jirradu  
bilaabato



**Kahortaga:** Tallaalka Hargabka

# COVID-19

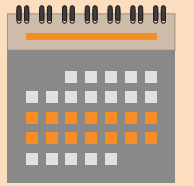


**Waxaa sababay:**  
Fayraska SARS-CoV-2

## Lagu gudbiyey:

Dhibcaha neefsashada IYO hawo ku jirta  
meelaha xiran

**Jirro:** Wuxuu bilaabmayaa 2-14  
maalmood ka dib soo-gaadhista



## Astaamaha:

- Luminta dhadhanka iyo urta

## Faafa:

2 maalmood kahor intaan astaamuhu bilaaban  
iyo 10 maalmood (ilaa 20 maalmood) kadib  
markii astaamuhu muuqdaan.

## Dhibaatooyinka:

- Xinjiro dhiig
- Cudurka Dabeecadda ee  
Multisystem ee Carruurta (MIS-C) iyo  
Dadka Waaweyn (MIS-A)

# LABADABA

**Lagu gudbiyey:**  
Dhibcaha neefsashada ee  
qof cudurka qaba

## Astaamaha:

- Xummad
- Qufac
- Neef adkaansho
- Daal
- Kor xanuun
- Sanka oo duulan
- Madax xanuun
- Cune xanuun

*Suurtagal inay tahay inaanad  
lahayn wax calaamado ah*

## Dhibaatooyinka:

Oof-wareen, iyo kuwo kale\*,  
oo ay ku jirto dhimasho

## Kahortaga:



**Guriga joog haddii  
aad jiran tahay**



**Dabool qufacaaga ama  
hindhisada**



**Iska ilaali taabashada  
wajigaaga**



**Dhaq gacmahaaga**



**Nadiifi oo jeermiga  
jeermiga ku nadiifi**



**Xiro marada  
gafuur xirka**



**Layliska Bulsho /  
Jidh Siinta**

## \*Dhibaatooyinka:

Oof-wareenka, neef-qabatin la'aanta, dhibaatooyinka wadnaha, dhibaatooyinka wadnaha, xubnaha jirka oo sii xumaada, xaaladaha caafimaad ee sii xumaanaya, caabuqa wadnaha, maskaxda, ama unugyada muruqyada.