



COVID-19

How to practice
physical distancing

MULTICULTURAL COUNCIL
OF WINDSOR AND ESSEX COUNTY

Investing in People

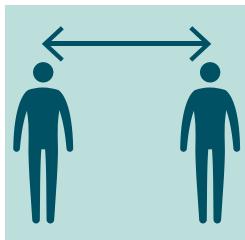
Waxaan rajeyneynaa inaad dib u eegi doonto hagehan fudud si aad iskaga ilaalo viruska COVID-19 oo aad la wadaagto qoyskaaga iyo asxaabtaada.

Horumarka bulshadeena waxay kuxirantahay xubin kasta oo sameysa xulashooyin masuul ah iyo qaadista talaabooyin ku haboon.



Maydh/ Dhaq Gacmahaaga

Isticmaal saabuun iyo biyo, si joogto ah u dhaq oo fiican



Ujir 2 mitir naftaada iyo dadka kale

Naftada ka foogey in badan



ka ilaali naftaada isdhexgalka

Ha ogolaan Gacanta iska salaamideeda iyo xabatkane ha isa saarina.



Guriga joog

Kaliya u bax banaanka xaaladaha degdeffa ah



Ka fogow inaad la kulantid dadka kale

U adeegso tikniyoolajiyadda la xiriirka bulsheed



Ogsoonow/La soco Qabaarada

Dib u eeg tilmaamaha ugu dambeeyay ee ku saabsan kahortaga iyo daaweynta



QANDHO/XUMAD



QUNFAC



NEEFASHADA OO KU DHIBTO

Astaamaha xanuunkan la xariir bahda caafimaadka

U wargeli jirada/xanuunka xirfadlayaasha ama haawl Wadeenada caafimaadka

