

Talooyinka fasaxa booskaha

Waa kuwan talooyinka dawladda ee ku saabsan sida loo qaadanayo fasaxa booskaha iyada oo isla markaana laga hortago faafitaanka cudurka.

Guud ahaan

- Guriga joog haddii aad xannuunsanayso, oo tijaabo iska qaad sida ugu dhakhsaha badan haddii aad ka shakisan tahay in aad qaadday covid-19

Is-dhexgalka dadka

- Labo mitir ka fogow dadka kale, gudaha iyo dibedda ba.
- Waxa wacan inaad inta ugu badan ee macquulka ah yarayso tirada dadka aad la kulmayso.
- Waxa wacan in aan wax ka badan 2 qof kugu soo booqan guriga. Haddii degmada aad deggan tahay ku talinayso in la joojiyo booqashooyinka guryaha, waxa wacan in aad ku dhaqantid taladaas haddii aad joogto guriga, ama guri-fasaxeed ama meelo kaleba,
- Haddii aad ka timi aag cudurku ku badan yahay oo ay ka jiraan tallaabooyin maxalli ah oo adag ma wacna in booskaha la sameeyo booqasho dhixitaan ah. Laakiin carruurta iyo dhallinyarada ka yar 20 sanno iyo dadka keligood guriga deggan waxa ay booqashooyin dhixitaan ah la yeelan karaan 1-2 saaxiib oo joogto ah.
- Waxaad doorataa firfircoonida ka dhacaysa dibedda. Iska dhaaf aadista meelaha dad badan ku urursan yahay iyo meelaha ay adag tahay in la kala fogaado.

Safarrada

- Waxa wacan in dadku iska dhaafaan safarrad, haddii aanay ahayn lagama maarmaan. Iska dhaaf safarrada laga maarmi karo ee Norway gudaheeda ah
- Safar waad ku aadi kartaa guri-fasaxeed aad leedahay, ammaanaysatay ama aad kiraystay haddii aad si wacan u ilaaliso xeerarka ka hortagga faafitaanka, marka aad ku sii socotid iyo marka aad joogto goobta fasaxa. Safarka la samee dadka aad la deggan tahay, waxaana wacan in aad sii iibsato wixii aad u baahan tahay ka hor intaanad bixin, isla markaana dadka ka fogow.
- *Isticmaal af-dabool markaad ku jirto dukaan*
- *Keliya hal qof ayaa u soo adeegyada qoyska*
- *Dukaanka ka soo adeego xilliyada dad badan joogin*
- Waa muhiim in la oggaado talaabooyinka ka jira degmada la joogayo, oo tusaale ahaan laga helayo bogga internetka ee degmada ama helsenorge.no.
- Haddii aad u safrayso degmo ka tallaabooyin debeansan talaabooyinka ka jira degmada aad deggan tahay, waa in aad caadi ahaan ku dhaqantid tallaabooyinka ka jira meesha aad deggan tahay.
- Haddii aad ku jirto karantiil, ama aad sugayso jawaabta tijaabo lagaa qaaday, waxa wacan in aanad gelin safarka fasaxa booskaha, oo xataa aadin guri-fasaxeedkaaga.
- Haddii aad xannuunsato adiga oo jooga guri-fasaxeed, waxa wacan in aad ku laabato gurigaaga. Haddii lagu soo waco oo lagu geliyo karantiil, waxa wacan in aad ku laabato gurigaaga
- Waad aadi kartaa hoteel ku yaalla waddanka, laakiin ka fogow martida kale, oo yaree joogitaanka goobaha dadka ka dhexeeya. Haddii aad ka timi aag faafitaanka cudurku ku badan yahay oo lagu soo rogay tallaabooyin adag oo maxalli ah, waxa wacan in aanad tegin hoteellada ama goobaha jifka ee la midka ah ee uu dad badan isugu yimaado.
- Waxa lagu talinayaa in aan guri-fasaxeedyada loo kala wareegin ama marba mid la aadin, maadaama arrintaasi si weyn u kordhinayso fiditaanka cudurka.

- Haddii la isticmaalayo guri-fasaxeedyo aan adeeg lahayn, waxa in wacan in hore loo sii ballansan karo, si aysan dhowr reer/koox oo kala duwan hal mar u wada iman meesha.
- Haddii ay jiraan guri-fasaxeedyo ku yaalla meel ay adag tahay in la gaadho, oo ay markaana maamulka maxalliga ah ku adkaanayso in ay gaadhsiiyaan gargaar caafimaad ama qabtaan hawlaha karantiilka/tijaabo-qaadista, waxa wacan in maamulka maxalliga ah ka fekeru in la xidho guri-fasaxeedyada noocaa ah.
- Marka loo baxayo safarro dibedda ah oo daruuri ah (tusaale ahaan carruur booqanaysa waalid jooga waddan kale), waxa aad u muhiim ah in taxadar la muujiyo xilliga safarka lagu jiro oo isla markaana lagu dhaqmo xeerarka karantiilka iyo iska qaadista tijaabada marka la soo laabto.
- Waxa wacan in dhinacyada ku shaqada leh safarradu xaddidaan goobaha dadka ka dhexeeya, si looga hortago fididtaanka cudurka loona fududeeyo ku dhaqanka talooyinka ka hortagga faafitaanka.

Cibaadooyinka kaniisadaha iyo munaasabadaha kale

- Marka xilliga booskaha la samaynayo cibaadooyinka kaniisadaha iyo munaasabada kale ee diimeed iyo isu imaanshooyinka diimeed waxa lagu dhaqmayaa xeerarka, tilmaamaha iyo talooyinka loogu talagalay qabanqaabooyinka. Waxa wacan in aanad ka qaybgelin isu imaanshooyin ka dhacaya meel ka baxsan degmadaada. Waxa lagu talinayaa in la baajiyo dhammaan qabanqaabooyinka lagama maarmaanka ah oo laga dhigo wixii ka dambeeya 12-ka Abriil.