

Jooji

fidinta jeermiska

hargabka

Afkaaga iyo sanku ku dabool xanshi marka aad qufaceysid ama aad hindhiseysid



Ku rid xanshida aad isticmaashey **welka qashinka** oo dabool leh ama ku xir bac



Had iyo jeer iska dhaq iskana **qallaji** gacmahaaga kaddib marka aad qufacdid ama aad hindhistid – sabuun isticmaal



Dadka ka fogow haddii aad jirantahay



Wasaaradda Caafimaadka way soo dhoweynaysaa hawsha ay qabteen Caafimaadka Guud ee Gobolka, Guddiga Caafimaadka ee Capital & Coast iyo Guddiga Caafimaadka Degmada ee Hutt Valley oo soo diyariyay maqaalkaan.

www.moh.govt.nz/pandemicinfluenza

Ka ilaali goyskaaga/reerkaaga hargabka loo yaqaano in **FLU** wensada