



Dhaq gacmaha inta badan. Adiga oo isticmaalaaya saabuun iyo biyo kulul. Ugu yaraan 30 ilbiriqsi.



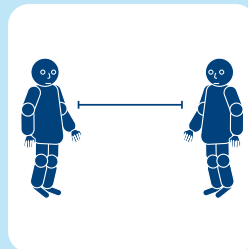
Ku qufac oo ku hindhis laabtada gacanta.



Iska ilaalin inaad taabato indhaha, sanko iyo afka.



Joog guriga haddaad xanuunsan tahay. Xataa haddaad dareemayso wax yar oo astaamaha cudurka ah.



Haku dhawaanin dadka kale. Xataa saaxibadaada.



Guriga iska joog hadaad tahay kabadan 70 sano.

CORONAVIRUS/COVID-19

Adigu is ilaali dadka kalena ka ilaali in cudur ku faafo