

KA DHIGA CAMDEN MEEL AAMIN AH

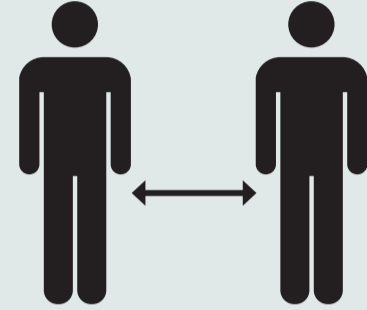
Fadlan raac talooyinkan si aad u nabad gasho inta lagu jiro cibaado bulsheedka ama cibaadada gaarka ah:



Si joogto ah u dhaq gacmahaaga



Xiro marada wajiga lagu daboolo marka laga reebo haddii aad tahay qof caafimaad ahaan looga dhaafay xirashada



Ka fogow 2 mitir dadka kale, marka laga reebo dadka ku jira shabakadaada ama qoyskaaga



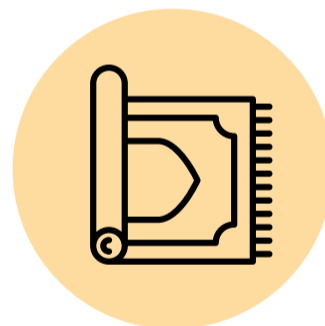
Goobaha cibaadada si fiican hawo mareen ugu yeel adigoo furaya daaqadaha



Ka fogow inaad gacanta ku salaanto dadka kale ee leh xiriir dhow



Dabool afkaaga haddii aad u baahan tahay inaad qufacdo ama hindhisooto



La imaaw saligaaga ama buugaagta diinta si aad uga fogaato ku soo gaarista fayraska

MA QABTAA ASTAAMAHA COVID? ISGO'DOOMI OO ISBAAR



Ha ka bixin guriga ama ha gelin goob lagu cibaadeysto



Hel baaritaan bilaash ah adigoo wacaya 119 si bilaash ah ama [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)



Waad ku mahadsan tahay wax kasta oo aad sameyneyso si aad u ilaaliso badbaadada Camden

