

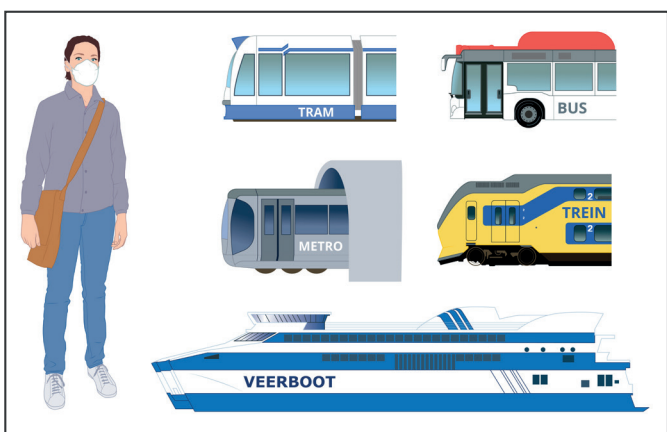
# Caabuqa Corona

Halkan waxaad ka akhrisanyaa faahfaahin caabuqa Corona.  
Wxii su,aal ah la xiriir: 0800-1351



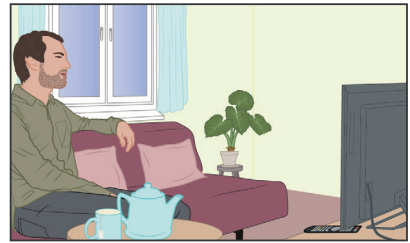
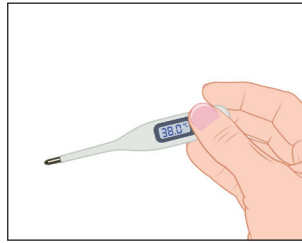
## Talo ku saabsan Gudaha iyo bannaanka:

- Ha aadin goobaha dad badani isugu imaanayaan.
- Ka fogoow dadka kale masaafo 1,5 mitir ah.
- Ilmaha ilaa 13 jir looma baahna iney kala fogaadaan marka ay isboortiga ciyaarayaan.



## Gaadiidka Dadweynaha

- Waxaad gaadiidka dadweynaha raacdaa keliya hadii ay daruuri tahay. Ha raacin marka la buuxo.
- Laga bilaabo 1 juun waa in afka la xirtaa maskarka marka la raacaayo tram-ka, buska, metro-ga, tareenka iyo doomanka aada jasiiradaha Wadden. Tani waa waajib laga bilaabo 13 jir. Waxa lagu ganaaxi karaa € 95 haddii aadan afka ku xiranin maskarka.



### Talo ku socota dadka xanuunsan:

Haddii ay ku hayso qandho/xummad ka sarraysa 38 digrii, ama ay neeftu ku dhibayso waa inaad Guriga joogtaa. Sidoo kale dadka Guriga kula degganna waa inay guriga joogaan.

Haddii aad 1 ama wax kabadn xanuunadan hoose isku aragto:


- Qufac
- Hindhiso
- Diif sanka gudihiisa
- Dhuun xanuun

Waai naad guriga joogtaa, dadka kalena ka fogaataa.

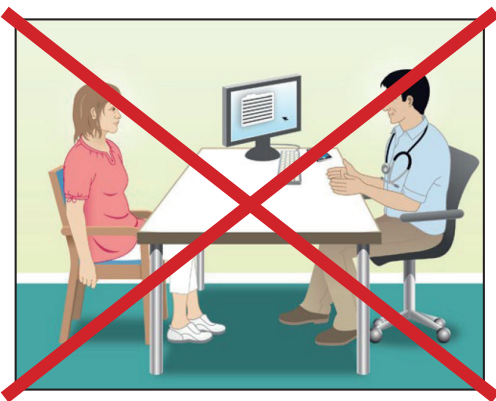
### Talo ku socota dadka waayeelka ah, dadka caafimaadkoodu liito ama xanuun kale qaba:

- Joog guriga sida ugu badan ee suurtagalka ah. Haddii aad bannaanka u baxdo, taxadarka badi.

### Haddii aad rabto inaad ogaato inay tahay inaad la xiriirto dhakhtarka guud:

1. fiiri internet-ka bogga [Thuisarts.nl](https://www.thuisarts.nl)
2. ku buuxi qybta raadinta: Corona ka dib riix 'zoeken'
3. Ka dooro liiska: 'Ik denk dat ik het nieuwe coronavirus heb'
4. Riix qaybta kore  Voorlezen si aad qoraalka u dhegeysato

### Ha iska aadin dhakhtarka guud, wac marka hore.



## Ma qabtaa su,aalo kale:

Wac **0800-1351**