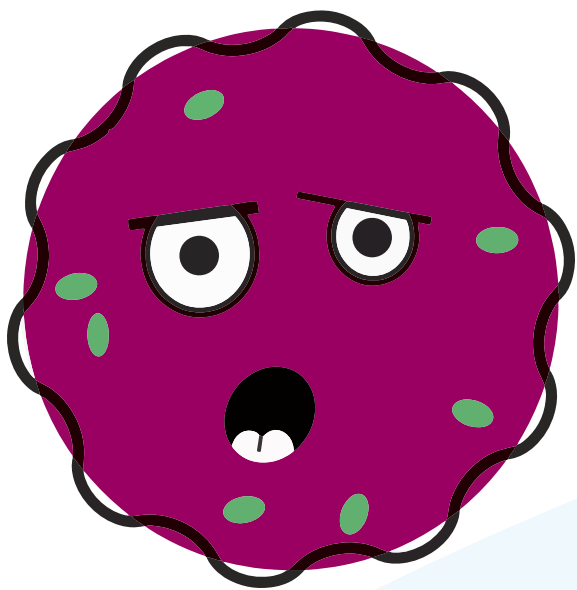


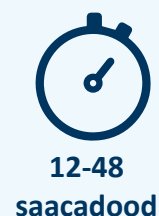
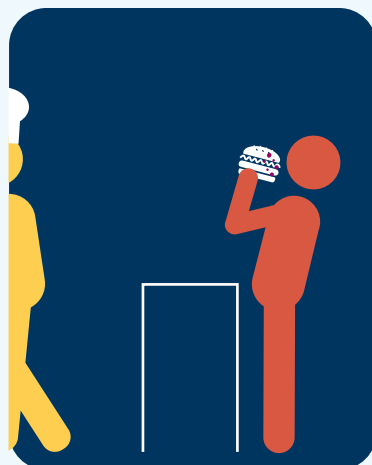
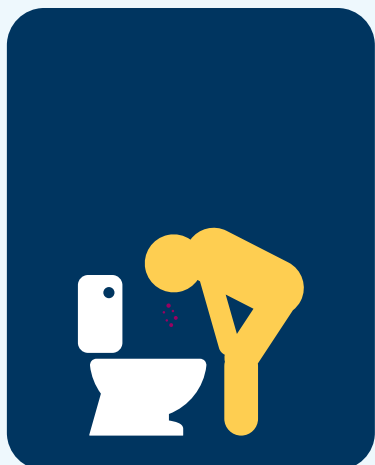
HARGAB KU DHACA CALOOSHA MAJIRO

Sida caadiga ah waa NOROVIRUS, waana
waxa badanaa sababa shuban iyo matag
muddada gaaban ah!

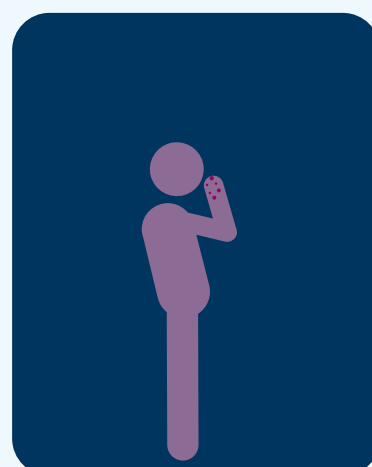


Norovirus waxaa laga helaa saxarada iyo
matagga dadka jirran.
Haddii fayrasku afkaaga gaaro, waad
bukoon kartaa.

Cuntadaada ayaad ka qaadi kartaa



Saaxiibadaa iyo waxaad taabatay ayaad ka qaadi kartaa



Fayraska wuu faafi karaa maalmo kadib kolkaad caafimaado.

Mar kasta

Ku dhaq gacmahaaga
saabuun iyo biyo muddo
20 ilbiriqsi ah sida suuliga
markaad isticmaasho kadib iyo
intaadan cuntada diyaarin ka hor.

Ha Samayn

in aad dad
kale cunta
u diyaariso ugu
yaraan 24 saacadood ilaa
aad caafimaado.

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OF HEALTH

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