

Xeerarka guud ee **koronaha**

1. **Raac talooyinka maamulka wakhti kasta** Oo xasuusnow in talooyinka loo badeli karo si digniin gaab ah. Adeegso kaliya ilaha warbixinada ee la hubo wixii ku saabsan fayruska iyo xanuunka, kala soco barta internetka ee [helsenorge.no](https://www.helsenorge.no).
2. **Habdhaqankeena ayaa badbaadin kara naf.** Qaado masuuliyada si aad uga dheeraatid inaad faafisid cudurka. Ka taxaddar nadaafadda gacmaha oo u jirso ugu yaraan hal mitir dadka kale. Xushmee xeerarka karantiimada.
3. **Ogolow dareenkaaga iyo dareenka dadka kale** Si kala duwan ayaan uga fal celinnaa xaaladaha walaaca leh. Waa caadi in la dareemo murugo, daal, jahwareer, walaac ama xanaaq inta lagu jiro qalalaasaha.
4. **Ha isticmaalin alkohool ama maandooriye si aad isku hilmaamsiiso xalaada walaac.** Umaaree dareenkaga si caafimaad leh.
5. **Xidhiidh la yeelo asxaabtaada iyo ehelkaagaba** Taleefoonka, emaylka ama warbaahinta bulshada, hadii aadan iyaga kula xidhiidhi/kulmi karin ka shakhsi ahaan.
6. **Tus/muuji daryeel** Isku day in aad si khaas ah ula xidhiidho dadka aad u malaynaysid ay kali yihiin. Ha ugu tagin booqasho kuwa ku jiro karantiinada ama gooni loo soocay.
7. **Fayrusku waxa uu ku dhici karaa qof walba** waa inaadan gacan ka gaysan cabsida aad ka qabtid fayrusku iney keento ku dhaleecaynta dadka gaar ah ama koox ah.
8. **Ilaali naftaada** Cun cunto caafimaad leh, ku sugnow firficooni seexo hurdo kugu filan, hadii aad guriga ku shaqaynaysid ama aad karanteeno ku jirtid. Wakhti isa sii oo isku moodsi film, ama buugag ama wax kale. Ha u isticmaalin wakhtigaaga aa dhan inaad la socotid wararka ku saabsan xanuunka.
9. **Ha u keenin naftaada ama dadka kale xaalad keenta inaad u baahatan caawimaad** Ka socoto laanta caafimaadka ee adeega heeganka ah ee ka baxsan guryahooda. Ha aadin guryaha dibada ah ama safar. Taasi waxay faafin karta isqaadsiinta waxayna culays saareysa adeega heeganka ah ee waxqabadka meelaha.