

Talooyinka dadka socod-lugeed sameeya xilligan kooronada

Weli waa la ogolyahay, dadkana waa lagu dhiirigelinayaa inay socod lug ah sameeyaan. Waxaad socod ku samayn kartaa banaanka ku yaala dhabarka dhismaha aad degantahay, beerta dadweynaha ee kuu dhow, duurka, buurta ama biyaha barbarkooda. In socod lagu soo maro dibeddu waxay u wacantahay jidhka iyo madaxaba, waxaanay qayb ka noqon kartaa yaraynta istereska. Si loo yareeyo faafinta fayrasta kooronada waxa muhiim ah in aynu taxadar samayno bixitaanka hortii.

Hay'adaha Agaasinka Bey'adda iyo Cimilada, Caafimaadka iyo ururada isticmaalka dabecadda ayaa isutegay si ay kuu siyaan talooyin wadajir ah oo ku saabsan sidii loo samayn lahaa socod lugeeg wacan oo amaan ah.

1. **Lugee meelaha kuu dhow!** Ka feker meelo cusub oo aad lugayn kartid oo aan dadka kale socon. Iska dhaaf isticmaalka gaadiidka dadweynaha ka dhexeeya haddii aad ka maarmi karto, isticmaal baaskiil ama lugee.
2. **Qasab maaha inaad keligaa socotid** – socod la samee qoyskaaga ama axsaabtada, laakiin kooxdiiinu yaanay ka badan 5 qof.
3. **Qaado cunto iyo cabitaan, oo ku nafis socodka.** Xasuuso inaad gacmaha dhaqidid marka hore ama isticmaashid isbiirtada gacmaha.
4. **Ilaali dabecadda/bey'adda,** waa wax aynu u baahannahay. Ixtiraam xayawaanka iyo dhirta iyo caleemaha, waxa aad tuuraysid (qashin) u qaado guriga.
5. **Ka feejignow halista dabka ee iman karta!** Meel badan oo ka mid ah waddanku waa qalayl waxaana ka madnuuc ah in dab lagu shito.
6. **Isticmaal qariirad iyo diirad hagitaan** marka aad aad soconayso wadiiqooyin ama jidad aan la calaamadin. Waxa iyana jira barmaamijyo moobayl (app) iyo baro internet oo kaa caawin kara jidka.
7. **Goor hore dib u soo laabo,** oo dooro hawlo aan lahayn halis badan. Qaabkaas waxaynu ku yarayn karnaa culayska ku imanaya adeegyada gargaarka iyo caafimaadka.
8. **Qosol!** Ka durug dadka kale, laakiin waad salaami kartaa oo u qosli kartaa markaykaa hor yimaadaan.
9. **La soco waxyaalaha cusub ee ku soo biira** talooyinka iyo xeerarka ka yimaada hay'adaha caafimaadka ee dawlada.

Dibedda u bax, oo ku nafis dabecadda! Socod wacan iyo iistar wacan (påske)!

Macluumaad kale oo ku saabsan isticmaalka dabecadda iyo caafimaadka ka akhriso halkan iyadoo ku qoran luuqado badan:

<https://norskfriluftsliv.no/friluftsliv-og-helse-materiell/>

Halkan waxaad ka helaysaa talooyin iyo fikrado ku saabsan socodka:

<https://norskfriluftsliv.no/kategori/tema/tips-og-inspirasjon/>

Macluumaad la turjumay oo ku saabsan COVID-19, ka eeg:

<https://www.fhi.no/nettpub/coronavirus/fakta/generell-informasjon-koronavirus-pa-flere-sprak/>

<https://www.fhi.no/nettpub/coronavirus/rad-til-personer-som-er-smittet-eller-har-vart-utsatt-for-smitte/informasjon-om-hjemmekarantene-og-isolasjon-pa-ulike-sprak/>

<https://www.fhi.no/nettpub/coronavirus/fakta/brosjyre-om-litt-mye-eller-helt-avstand-pa-ulike-sprak/>

<https://helsenorge.no/koronavirus/informasjon-pa-andre-sprak>



Klima- og miljødepartementet



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Oslofjordens Friluftsråd



NORSK FRILUFTSLIV