

# Jeermiska cusub ee koroono-Ilaali naftaada iyo dadka kale

Jeermiska cusub ee Karoona wuxuu ku faafaa goobaha dadka ku badan yahay, salaanta gacanta, dhibco candhuuf ah qufaca soo raaca ama hindhisada. Ilaali naftaada iyo dadka kaletalooyinka wanaagsan.



Dhaq/Mayr gacmaha marar badan ama istcimaal alkohol gacmaha lagu nadiifyo



Ku qufac ama hindhis dhudhunka gacanta, ha ku Qufac ama hindhis dhudhunka gacmaha



Ka taxadar, dhunkashda dhabanka, habta, iyo xadid taabashada jirka



Ka taxadar nadaafada, guriga iyo shaqada labadaba



Ka fogeey baaxadaada oo weydii dadka kale in la tixgeliyo