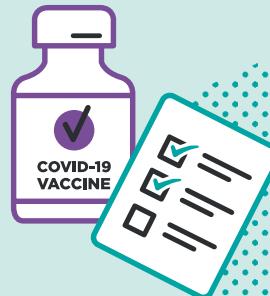


# Hel xaqiiqooyinka ku saabsan tallaalada



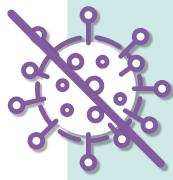
Waa caadi inaad su'aalo ka qabtid waxyaabaha cusub. Ogow waxa runta ah iyo waxa aan ahayn xaqiiqda ku saabsan tallaalada COVID-19. Inagoo wadajir jir ah, waxaan u baahanahay inaan dhisno kalsoonida tallaalka maxaa yeelay qof kasta oo la tallaalo wuxuu naga caawinaya inaan ka guuleysano xannuunka saf marka ah.

## RUN



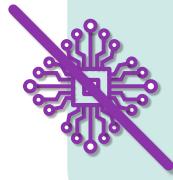
### Tallaalladu waa ammaan

Dad badan oo adduunka ku nool ayaa iska kaashaday inay sameeyaan tallaallada COVID-19, iyagoo wadaagaya lacag iyo saynisyahanno si loo dhameystiro bilo gudahood, iyadoon hal tallaabo laga boodin. Waxaa Australia laga oggolaaday tallaallada markii la sameeyay baaritaano oo la ogaaday inay badbaado iyo waxtar leeyihii. Dhammaan tallaalladu waxay sii ahaan doonaan kuwo tayo leh oo la baari doono isla markaasna lala socon doono ammaankooda.



### Tallaallada COVID-19 ma wataan fayras nool mana laga qaadi karo COVID-19

Tallaaladu waxay iska dhigayaan ama matalayaan inay yihiin fayraskii oo run ah waxayna jirkaaga barayaan sida la isu difaaco. Tani waxay kaa caawineysaa inaadan si daran u xanuunsan hadhoowna aad isbitaal aado ama xitaa aad dhimato.



### Microchip lama dhexgalin karo cirbadda tallaalka

Khuraafaadkan ayaa salka ku haya fiidyoow been abuur ah oo lagu baahiyay baraha bulshada.



### RUMEYNTA FIKRAD BEEN AH

 Tallaalada COVID-19 waxaa loo ansixiyay si degdeg ah taas oo cadeeneysa inay yihiin kuwo ammaan ah.

 Tallaalada COVID-19 ayaa laga qaadi karaa COVID-19.

 Tallaalada COVID-19 waxaa ku jira microchip si la iila socdo meesha aan marayo.

# Hel xaqiijooyinka ku saabsan tallaalada

# RUN



## RUMEYNTA FIKRAD BEEN AH



### Tallaaladu waa u lacag la'aan qof kasta oo ku sugar WA

Tan waxaa ka mid ah deganyaasha ku -meelgaarka ah, qaxootiga, muhaajiriinta iyo dadka aan haysan fiisooyin aan dhicin.

### Waan ognahay wax kasta oo ka mid ah waxyaabaha laga sameeyay tallaalada

Tallaallada waxa laga sameeyay waxay u badan yihiin biyo, cusbo, sonkor iyo dufan. Tallaallada kuma jiraan graphene oxide, gluten, ukunta, qamadiga, sunta shinnida, cinjirka ama waxyaabaha xoolaha laga helo. Golaha Fatwada Australia ayaa taageeray tallaalada inay yihiin Xalaal.

### Waad heli kartaa tallalka COVID-19 xitaa haddii aadan haysan Medicare

Waxaa loo baahan yahay inaad caddeysa qofka aad tahay marka aad ballanta sameysaneysid, markaa fadlan soo qaado dukumiinti uu ku qoran yahay magacaaga sida liisanka darawalnimada, warqad ama biiil.

### Helitaanka tallalka COVID-19 kama dhigayso sidii inaad tahay qof bir qabato oo kale ah - meel kasta oo jidhkaaga ah

Tallaallada COVID-19 waxyaabaha laga sameeyay kuma jiraan wax ka sameysan bir qabato oo taas keeni karta. Waaad u baahan doontaa biro badan si ay kuusoo jiidato bir qabato. Tusaale ahaan, dadku waxay qaataan fiitamiinno badan oo inta badan ka sameysan (iron) aayroon. Tani kama dhigayso dadkaas inay yihiin kuwo ay soo jiidaneyso bir qabatada maxaa yeelay aad baa waxaas loo qasay waxayna ku faafayaan jirkaaga.

### Tallaallada COVID-19 ma saameeyaan bacriminta

Tallaalladu ma saameynayaan awoodda aad u leedahay inaad ilmo dhasho hadda, ama mustaqbalka. Waxaa sidoo kale si xoog leh lagula talinayaah haweenka uurka leh inay qaataan tallalka COVID-19 si ay u badbaadiyaan naftooda iyo ilmahooda.

✗ Waxaa ku baxayo lacag si loo helo tallalka COVID-19.

✗ Ma naqaanno waxa ku jira tallaaladan.

✗ Waaad u baahan tahay inaad leedahay kaarka Medicare oo shaqeynaya si aad u heshid tallalka COVID-19.

✗ Tallaallada COVID-19 waxay ku sameyn karaan gacantaada magnet stick.

✗ Tallaallada COVID-19 waxay saameeyaan bacriminta.

Is-diwaangeli oo ballanso tallalkaaga COVID-19

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si aad u heshid turjubaan

