



Maxaa hadda loo tixgeliyaa qof “si buuxda u tallaalan”?

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Dowladda Kanada waxay cusbooneysiinaysaa qeexitaankeeda ku aaddan qofka “si buuxda u tallaalan”. Dhowaan, waxaad u baahan doontaa 3 kuuro ama qiyaasood si loo tixgeliyo in aad tahay qof “si buuxda u tallaalan” beddelkii 2 kuuro - laakiinse waxaa sidoo kale muhiim ah in aad la socoto goorta aad qaadatey tallaalkaagii ugu dambeeyay.

Laakiinse waa in aad had iyo jeer raacda tilmaamaha caafimaadka dadweynaha - inta fayrasku uu sii kobcayo, waa suuragal in dadka Kanadiyaanka ah u baahan doonnaan tallaalo awoodda sii kordhiya.

Maxay tahay sababta? Sababtu waa in waxtarka tallaalku uu yaraado muddo kadib. Tallaalada awoodda difaaca jirka sii kordhiya ayaa loo baahan yahay si loo xaqiijiyo helidda difaaca ugu badan ee ka dhanka ah cudur daran iyo dhimasho.



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Social Determinants of Health

Waxaa xaqiijiyey
MedComm – oo ah
Naadiga Gaarista ee
Ururka Ardeyda
Caafimaadka ee McGill.

Want to learn more?

You can find out more about COVID-19
here: <https://bit.ly/CanCovid-19>

Qoraalkan looguma talogalin in uu beddel u noqdo daryeelka iyo talada xirfadeed. Had iyo jeer raadso adeegyada xirfadle caafimaad ama adeeg bixiye caafimaad kale oo la aqoonsan yahay si aad u weyddiiso su'aalaha laga yaabo in aad qabto.