

# ዝርጋሐ ኮቪድ-19 ንመገዳል

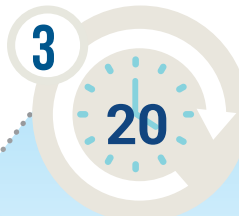
## የእዳውካ ተሓ ዳብ



1 አእዳውካ ብማይ አተርክሶ



2 ሳምና ግበር



3 እንተወሓይ ን20 ሰከንድ አዳቢካ ተሓዳብ



4 ተለቅ ለቅ



5 ብሽጎማኖ ጽቡቅ ጌርካ ኢድካ



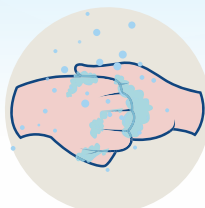
6 ንቲ ቡንባ ብቲሹ (ልስሉስ ወረቐቲ፣ ጌርካ እጻዎ



ውሽጥን ለእሊን ኢድካ



አሞጎ አዳብዕቲኽ



ቶሕቲ



ዓባይአጽብ