

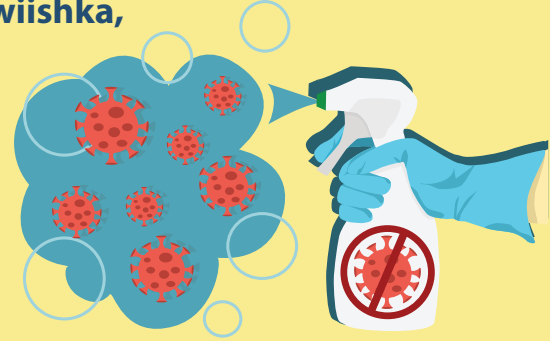


# NADIIFI OO JEERMISKA KA DIL EE COVID-19

**Nadiifinta iyo jeermis ka dilista sagxadaha aadka loo taabto, oo ay ku jiraan gacanka albaabada, miiska jikada, badhamada wiishka, ayaa ka caawin kara hortagga faaftaanka COVID-19.**

**Markaad nadiifinayso...**

- Xiro galoofisyo (gacmo gashi).
- Had iyo jeer raac tilmaamaha ku qoran.
- MARNA haku dhex darin kiimikada nadiifinta midba midka kale. Tani waxay abuuri kartaa gaasas halis ah.
- Ka ilaali in kiimikada ay gaarto cuntada inta lagu jiro nadiifinta.



Si loo nadiifyo qalabka jilicsan ee biyuhu ka dareeraan, sida shukumaanada, dharka, gogosha sariirta, boombalaha caruurta ee jilicsan (sida, xayawaannada laga sameeyay maryaha):

1. Haddii shayga lagu dhaqi karo mashiin, ku dhaq mashiinka adigoo mid dabacsan ka dhigaya ama ku ridaya bacda dhar dhaqida.
2. Ku dhaq adiga oo isticmaalaya biyo kulul iyo saabuun ay ku jiraan biliij midab nabdoon leh.
3. Ku qallaji kuleyl aad u sareeya.
4. Nadiifiye oo xirfadle ayaa kaa caawin kara waxyaabaha aan mashiinka lagu dhaqi karin.



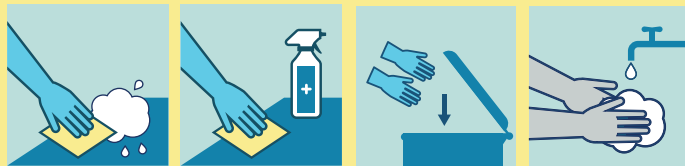
**Alaabaha aadka u weyn ee aan lagu dhaqi karin mashiinka (rooga, alaabada guriga, iwm.) Waxaa lagu nadiifin karaa uumiga ama haddii kale xirfad ahaan ayaa loo nadiifin karaa.**



Meelaha biyuhu fariistaan waxaa ka mid ah: birta ka samaysan alaabaha jikada, sagxada guriga, miiska jikada, miisaska, kuraasta, darka weelasha, musqulaha, dayrka guriga, daare damiyaha nalka, gacanka albaabka, alaaba alaabayda birta/caagga ka samaysan, loox-xarfeedka kombiyuutarka, kontoroolada fog, qalabka madaddaalada.

**Nadiifinta meelaha adag ee aan biyuhu fadhiistaan waa hab 4 tallaabo ah.**

1. Ku nadiifi oogad nadiifiyaha guud ama saabuun iyo biyo si aad uga saarto dhammaan wasakhda muuqata oo ku tirtir maro ama shukumaan warqad ka samaysan.
2. Isticmaal jeermis dilaha EPA ee la ansixiyay. Si aad si wax ku ool ah u disho fayruska, hubi in oogada sare ay qabto qoyaaan ah jeermis dilaha ugu yaraan 10 daqiiqo ka hor intaadan ku masaxin shukumaan nadiif ah.
3. Ku raaci biyo oo u oggolow oogada sare inay hawada qallajiso. Raacinta biyo muhiimad gaar ah ayey leedahay haddii oogada sare ay tahay goob cunto lagu diyaariyo.
4. Iska saar galoofiska/gacmo gashiga oo ku rid qashinka. Dhaq gacmahaaga ka dib marka aad iska saarto galoofiskaaga/gacmo gashigaaga.



Sida ugu wanaagsan ee looga hortagi karo jirrooyinka waa in laga fogaado in cudurka kugu dhoco. Sii wad kala fogaanshaha (jirka) bulshada, in aad xirato weji daboole si aad u ilaaliso dadka kale, oo aad dhaqdo gacmahaaga had iyo jeer. Wixii macluumaad dheeri ah, booqo [www.bphc.org](http://www.bphc.org).