

# Sida Guriga Loo Nadiifiyo Ee Jeermiska Loo Ga Dillo

Tani waa tilmomo ku saabsan sida loo nadiifiyo ee jeermiska loo ga dillo guryaha lagu tuhunsan yahay ama la xaqiijiyay in qof qaba COVID-19, uu joogay.

## Nadiifinta iyo jeermis ka dillida meelaha oogada adaga



Xidho galoofisyada marka la dhaqo dib loo isticmaali karo ee loogu talagalay nadiifinta iyo jeermis-dilidda COVID-19. Haddii meeshu wasakh tahay, ku nadiifi saabuun ama biyo saabuun leh inta aanad jeermiska ka dillin. Biliijka guryaha lagu dhaqo waxaa loo isticmaali karaa jeermis-dille. Diyaarso isku-jir ka kooban biyo, biliij iyo saabuun warankilada adigoo isku daraya:



- 5 qaado (1/3<sup>rd</sup>) oo biliij ah ku dar 1 galaan oo biyo ah
- 4 qaado oo biliij ah ku dar galaanka marka rubuc loo qaybiyo

## Nadiifinta iyo jeermis ka dillida meelaha jilicsan



Meelaha jilicsan, sida roogagga, iyo go'yaasha waa in lagu nadiifiyaa waxyaalaha ku haboon.

Nadiifinta kadib, nadiifi dusha jilicsan sida uu faray soo saaraha shaygaasi. Adeegso biyaha ku haboon kadib na qalaji.

## Waxyaalaha korantada ku shaqeeya

Waxaa ka mid ah telefoonada qacnta, taablatka (tablet), kuwa shaashada la taabto leh, rimuudka tv ga, iyo kiiboodhka (keyboard).



Hadaad awoodo isticmaal kuwo leh kofar (cover) korka la ga tirtiri karo.

Raac tilmaamaha nadaafadda ee uu soo-saarahu ku so qoray. Haddii aysan jirin, isticmaal aalkoosha wax lagu tirtiro ama ku buufi alkool ay ku jiraan ugu yaraan 70% aalkolo ah si ay u jeermiska u disho, ka dibna si fiican u qalaji. Ha isticmaalin kiimikada la dhaho kaloras (Clorox).

## Mashiinka dharka lagu dhaqo

Waxyaalaha mashiinka dharka lagu dhaqo waxaa ka mid ah gogosha, dharka iyo qaar kale.



Xidho galoofisyada hal mar oo qudha la isticmaalo ama galoofisyada dib loo isticmaali karo ee loogu talagalay nadiifinta iyo jeermis-ka-dilidda COVID-19. Haddii aadan isticmaalin galoofiskaas, hubi inaad dhaqdo gacmahaaga isla markaaba.

Ha ruxin dharka wasakhda ah si aad uga ilaaliso inuu san ku faafu fayrasku hawada.

Ku dhaq biyo qandac ah oo ku haboon kadib na si fiican u qalaji. Nadiifi oo nadiifi oo jeermiska ka dill dharka. Isku day inaad isticmaasho caaga dharka lagu rido.

## Qashinka



Hadday suurogal tahay, qofka buka ha isticmaalo qashin-qub gaar ah.

Isticmaal galoofisyada mark aad tuurinaysid qashinka. Dhaq gacmahaaga isla markaaba.

### Sources:

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>