

# Gurigaaga nadiifi jeermiskana ka dil si aad uga hortagtid COVID-19

Gurigaaga oo aad si joogta ah u nadiifisid jeermiskana uga dishid waa arrin aad muhiim u ah inta uu jiro cudurka COVID-19.

Tallaabooyinkaan raac si aad gacan uga geysatid in qoyskaaga laga badbaadiyo fayraska.

## Nadiifinta musquusha

### Tallaabada #1: Nadiifi



Biyo saabuun leh isticmaal si aad u tirtirtid (nadiifisid) meelaha wasakheysan dhammaantood oo ay ku jiraan miiska musquusha, qasabahada/tuubooyinka, qubeyska/barkadda qubeyska iyo saxanka fadhiga musquusha.



Nooc kasta oo daawada nadaafadda ah ama saabuun ayaa wasakhda iyo jajabka cuntada ka daata ka qaadi kara meelaha korkooda.



### Tallaabada #2: Jeermiska dil

Daawada jeermiska disha ama warankiilada/bilijika guryaha lagu sameeyo ku buufi ama ku masax si aad u nadiifisid meel kasta oo musquusha ah.



### Sug 1 daqiqo

Daawada jeermiska disha ama warankiilada/bilijika guryaha lagu sameeyo muddo hal daqiqo ah u daa meelaha korkooda inta aadan maro biyo nadiif ah lagu qooyey ku masixin meelaha korkooda.



Haddii aad xanuunsan tahay, waxaa muhiimad gaar ah leh in aad isticmaashid jeermis-dile la hubiyey oo dukaamada laga soo gato (eeg liiska hoose) ama daawada warankiilada/bilijika guryaha lagu sameeyo aad jeermiska ku dishid haddii aad dad kale la wadaagtid meelo idinka wada dhxeeyea (sida musquusha) ama haddii dad kale soo galayaan qololka aad deggan tahay. Inta aadan qol jeermiska ka dilin, daaqadda/dariishadda fur gallofisna (gloves) xiro.

## Nadiifinta jikada

### Tallaabada #1: Nadiifi



Isticmaal biyo saabuun leh si aad u tirtirtid meelaha wasakheysan oo dhan oo ay ku jiraan miiska, miisaska jikada/musquusha, dhulka iyo kuraasta.



Nooc kasta oo daawada nadaafadda ah ama saabuun ayaa wasakhda iyo jajabka cuntada ka daata ka qaadi kara meelaha korkooda.



### Tallaabada #2: Jeermiska dil

Daawada jeermis-dilaha ama warankiilada/bilijika guryaha lagu sameeyo ku buufi ama ku tirtir meel kasta oo jikada ka mid ah iyo sidoo kale qataarada albaabada iyo armaajooyinka/kabadhada.



### Sug 5 daqiqo

Daawada jeermis-dilaha muddo shan daqiqo ah u daa meelaha korkooda, dabadeedna u daa hawadu ha qallajisee.

## Jeermis-dileyaasha la isticmaalo:

Isticmaal daawooyinka jeermis-dilaha dukaamada laga soo gato, haddii ay suurtagal tahay, si aad gurigaaga jeermiska uga dishid. Noocyada jeermis-dileyaasha soo socda ayaa la isticmaali karaa si aad uga hortagtid COVID-19:



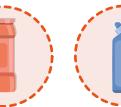
Microban



Zep



Fantastik



Clorox



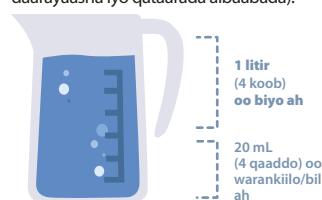
Lysol

\*Noocyada kale ee jeermis-dilaha waa suurtagal in aan loo banneyn COVID-19.

## Guriga ku samayso daawada warankiilada/bilijka adigu aad leedahay:

### Daawada jeermis-dilaha meelaha aad loo taabtaabto oo wasakheysan

Maalintii labo jeer nadiifi meelaha aad loo taabtaabto (musqulaha, taleefishin daaryaasha, taleefoonada gacanta, nal daaryaasha iyo qataarada albaabada).



Waxaad **20 mL** (4 qaaddo) oo warankiilo/bilij ah ku dartaa **1 litir** (4 koob) oo biyo ah.

### Daawada jeermis-dilaha meelaha caadiga ah

Meelaha kale oo dhan maalintii hal mar ku nadiifi jeermis-dilahaan.



1 litir  
(4 koob)  
oo biyo ah

10 mL  
(2 qaaddo)  
oo warankiilo/bilij ah

Waxaad **10 mL** (2 qaaddo) oo warankiilo/bilij ah ku dartaa **1 litir** (4 koob) oo biyo ah.