

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

Gurigaaga oo aad si joogta ah u nadiifsid jeermiskana uga dishid waa arrin aad muhiim u ah inta uu jiro cudurka COVID-19. Tallaabooyinkan raac si aad gacan uga geysatid in qoyskaaga laga badbaadiyo fayraska.

Nadiifinta musqusha



Tallaabada #1: Nadiifi

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



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



Tallaabada #2: Jeermiska dil

Daawada jeermiska disha ama warankiilada/biliijka guryaha lagu sameeyo ku buufi ama ku masax si aad u nadiifsid meel kasta oo musqusha ah.



Sug 1 daqiiqo

Daawada jeermiska disha ama warankiilada/biliijka guryaha lagu sameeyo muddo hal daqiiqo ah u daa meelaha korkooda inta aadan maro biyo nadiif ah lagu qooyey ku masaxin 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/biliijka guryaha lagu sameeyo aad jeermiska ku dishid haddii aad dad kale la wadaagtid meelo idinka wada dhexeeya (sida musqusha) ama haddii dad kale soo galayaan qololka aad deggan tahay. Inta aadan qol jeermiska ka diilin, daaqadda/dariishadda fur galoofisna (gloves) xiro.

Nadiifinta jikada



Tallaabada #1: Nadiifi

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



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



Tallaabada #2: Jeermiska dil

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



Sug 5 daqiiqo

Daawada jeermis-dilaha muddo shan daqiiqo 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/biliijka adigu aad leedahay:

Daawada jeermis-dilaha meelaha aad loo taabtaabto oo wasakheysan

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



1 litir
(4 koob)
oo biyo ah

20 mL
(4 qaaddo) oo
warankiilo/biliij
ah

Waxaad 20 mL (4 qaaddo) oo warankiilo/biliij 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/biliij
ah

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