

Wixii xog dheeri ah oo ku saabsan 2019 Novel Coronavirus, booqo [www.coronavirus-sd.com](http://www.coronavirus-sd.com). Haddii aad qabto wax su'aalo ah ama welwel la xiriira caafimaad la xiriira, la xiriir daryeel bixiyahaaga caafimaadka/takhtarkaaga. Wixii su'aal guud ah oo ku saabsan COVID-19 ama xog guud ah oo ku saabsan qaniimaadka/ilaha bulshada wac 2-1-1.



## KAROONAFARIS COVID-19 TILMAANTA JEERMIS DILAHA

Cudurka Coronavirus 2019 (COVID-19) waa cudur neef-mareenka ah oo qofba qofka kale u gudbin kara. Fayraska sabab cudurka COVID-19 waa karoonaafaris cusub oo markii ugu horreysay lagu gartay intii lagu jiray baaritaanka cudurka halka uu ka dillaacay ee Wuhan, Shiinaha. Calaamadaha/astaamaha lagu garto waxaa ka mid ah qandho, qufac, iyo neefsashada oo adkaata/neefta oo adkaata. Cudurka COVID-19 wuxuu ku fidaa dadka xiriir dhow la yeesha (qiyaastii 6 dhudhun / 2 mitir), oo soo gaarta dhibcaha neefsashada ee soo baxa marka qof cudurka qaba uu qufaco ama hindhisto, ama aad taabato shay ay ku wasakhoobeen fayraska ka dibna taabato indhahaaga, sankaaga, iyo afkaaga gacmo dhaqdaan.

### Walxaha Jeermiska lagu Dilo ee Waxtarka leh

Meelaha aan biyaha lahayn, milanka warankiilada guryaha lagu qasi karo iyo milanka aalkolada ku jira oo ugu yaraan 70% aalkol ah ayaa la ogyahay inay waxtar leeyihiin. Isticmaal kaydka macluumaadka diiwaan gashan ee Hay'adda Ilaalinta Deegaanka (EPA) oo hoose ku qoran. **Hubso inaad raacdo tilmaamaha soo-saaraha ee isticmaalka habboon iyo si ammaan u qabashada.** Ku isticmaal jeermis dilaha meelo si fiican hawo u leh.

Si aad u hesho walxaha sida wanaagsan jeermiska u dala ee lidka ku ah cudurka koronafayrus, fadlan booqo: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

#### Haddii aad warankiillada guriga aad isticmaalayso:

1. Meelaha kor horey u dhaq sida (gacanta-albaabka, meelah kore, meelaha dhaqashada gacmaha, musqulaha, iwm).
2. Sameyso isku milan ka kooban oo ku dhex qas 1/3 koob oo warankiilo ah ku dar 1-gallon oo biyo ah.
3. Meelaha dusha sare ku tirtir milaha warankiilada. U oggolow waqti ku filan oo ay ku gaarto sida ku qoran calaamadaha walxaha.
4. Biyo ku raaci oo si caadi ha u qalasho.



### Meelaha dusha ah ee inta Badan la Nadiifiyo

- Dusha
- Gacanta-albaabka
- Baraha Nalka laga Dembiyo
- Meelaha Musqusha
- Taleefannada
- Batoomada Kumbiyuutarka iyo Mouse-ka
- Miisaska iyo Kuraasta
- Meelaha gacmaha lagu qabsado
- Aalad wax looga shaqaysiiyo sida (Telfishinka)
- Kashiiyeerka Lacagta
- Kuraasta curyaamiinta iyo Lugeysiiyeyasha
- Qalabka Madaddaalada
- Kuraasta sare
- Meelaha Jikada
- Dhalooyinka wax laga Shubto

## Ka Hortagga Faafida Cudurks

- ✓ In badan dhaq gacmaha hadba inta loo, oo ay ku jiraan:
  - ✓ Ka dib marka qofka uu diifsado, qufaco ama hindhisho
  - ✓ Ka dib marka musqusha isticmaalo
  - ✓ Ka hor inta cuntada cuno ama diyaarsado
  - ✓ Ka dib marka uu la xiriiro xaywaannaadka ama xaywaanka guriga lagu rabaayadeysto.
- ✓ Haddii ayna saabuun iyo biyo jirin, isticmaal nadiifiyaha gacmaha ee alcohol ka samaysan ku jira ugu yaraan boqolkiiba 60% alcohol ah.
- ✓ Iska ilaali in isha, sanko, ama afka aad ku taabato gacmo aan la iska dhaqin.
- ✓ Si joogto ah isaga nadiifi oo jeermiska ka baabi'i meelaha iyo dusha sare ee meelaha si joogtada loo taabto.
- ✓ Haddii aad xanuunsan tahay, guriga joog oo ka fogow dadka kale si aad uga ilaaliso in aysan ayaga ku xanuunsan.
- ✓ Qufucaaga ama hindhishadaada ku dabool istiraasho, oo ka dibna istiraashka ku tuur qashinka.
- ✓ Ku dhaqan caadooyin caafimaad wanaagsan ee kale. Hel hurdo badan, oo jir ahaan jimicsi samee, giigsanaantaada maaree, cab dareere aad u badan oo cun cunto nafaqo leh.



## Nidaamyada Gacmo Dhaqida

Ku dhaqan gacmo dhaqis haboon oo saxda ah adiga oo gacmaha iyo garabka ku dhaqa saabuun iyo biyo diiran ugu yaraan 20 ilbiriqsi; si fiican ugu dhaq biyo dareera oo nadiif ah gacmaha iyo garabkaaga. Hubso in calaamadaha gacma-dhaqidida lagu dhajiyay meelo ku habboon.

## Ilooyin Dheeraad ah

- Deegaanka San Diego COVID-19 Wixii soo Cusboonaada kala soco: <https://www.coronavirus-sd.com>
- Tilmaamo dheeraad ah oo ku saabsan kahortaga jeermis dilaha ayaa waxaa laga heli karaa halkan: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>