

# NADIIFINTA IYO JEERMIS-DILKA KADIB FURUQA DAANYEERKA



Inta lagu jiro xilliga caabuqa, dareeraha jirka iyo qolfaha ka yimaada dadka qaba furuqa daanyeerku waxay ku noolaan karaan marada, dharka, iyo sagxadaha sare. Waa muhiim in la nadiifiyo oo la jeermisdilo meelaha uu qofka furuqa daanyeerka qaba ku sugnaa si loo yareeyo khatarta faafitaanka furuqa daanyeerka.

**Adeegso jeermis-dilaha ka diwaangashan Hay'adda Ilaalinta Deegaanka ee Maraykanka (EPA) oo xidho qalab ilaalin shaqsiyeed oo habboon (PPE) (maaskarada, galoofyada, ama goonnada) markaad nadiifinayso.**

## U NADIIFI OO U JEERMIS-DIL GURIGA HABKAN SOO SOCDA:

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### URURI OO MEEL KU RID QASHINKA

Bac xiran ku rid qashinka wasakhaysan, sida faashadaha, shukumaanada waraaqaha, baakadaha cuntada, iyo walxaha kale ee qashinka guud, ee ku jira bacaha sijilaysan.



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### DHAR-DHAQID

- Soo ururi dharka wasakhaysan iyo marada KAHOR inta aan la nadiifin wax kasta oo qolka ku jira.
- Ha hurgufin marada, maxaa yeelay tani waxay faafin kartaa walxaha faafa.
- Ku dhaq dharka saabuun.



Wixii wargelin ah, qoraal ugu dir COSD MONKEYPOX lambarka 468-311. Si aad u hesho macluumaad, booqo:

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## NADIIFI SAGXADAHA SARE EE MEELAHA ADAG IYO ALAABTA GURIGA

- Tan waxaa ka mid ah miisaska armaajooyinka, gacanka albaabada, gacmaha musqusha, tubooyinka, daaro-damiyaha layrka, sagxadaha, gudaha qaboojiyaha, talaagada, qalabyada kale, meelaha gudaha armaajooyinka, ama khaanadaha.
- Ku dhaq suxuunta wasakhaysan iyo maacuunta wax lagu cuno waaskadda dhaqidda adigoo isticmaalaya saabuun iyo biyo kulul ama gacanta kula mayrayo biyo kulul iyo saabuun.



## NADIIFKA SAABAANTA IYO ALAABTA KALE EE JILICSAN

- Tan waxaa ka mid ah alaabta guriga ee kore, roogagga, caga-saarta, iyo furaashyada. Xaaladaha qaarkood, nadiifinta uuminta ayaa la tixgelin karaa.
- Haddii qofka furuqa qaba uu illaa xad taabtay, ku nadiifi sagxadda jeermis-dile ku habboon sagxad nadiifinta.



## FAKUUMI, XAAQ, OO TIRTIR ROOGAGGA IYO SAGXADDA

- Hababka nadiifinta qoyan ayaa la door bidaa sida tirtirayaasha jeermiska dila, buufinta, iyo xaaqida.
- Fakiyuumku waa mid la aqbali karo iyadoo la isticmaalayo faakuum leh shaandhooyin hawo oo tayo sare leh. Haddii filtarka hawada aan la heli karin, hubi in qofka faakiyuumku xirto maaskaro ama qalab neefsasho si fiican u habboon.
- Iska ilaali jafidda ama xaaqidada qallalan, sababtoo ah tani waxay faafin kartaa infekshanka.



## QASHINKA ISKA TUUR

- Qofka furuqa qaba waa in uu qolka uu isku gooniyeelayo ku isticmaalo weelka qashinka ee u gaar ah.
- Gacan-gashi, faashado, ama qashin kale iyo shay la tuuri karo ee kasta oo si toos ah maqaarka uga taabtay waa in lagu ridaa bac xiran, ka dibna lagu tuuraa weelka qashinka loo qoondeeyay.
- Qofka qaba furuqa ama xubnaha kale ee guriga waa inay isticmaalaan galoofyada marka uu iska saarayo bacaha qashinka oo uu qabanayo oo uu tuurayo qashinka.



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