Nadiifinta iyo Jeermis dilistaka dib kiis ah COVID-19 oo la xaqiijiyay

Waxa ay tahay in la nadiifiyo:

- **Nadiifi oo jeermiska ka dil meelaha aadka loo taabto.** Diiradda saar musqulaha, meelaha la wadaago, iyo meelaha uu qofka qabo COVID-19 uu joogay muddo dheeraad ah. Xooga saar meelaha aadka loo taabto sida miisaska, kuraasta leh jildi adag, gacanka albaabada, daare-damiyaha nalka, gacanada, miisaska, musqulaha, iyo darka weelasha.
- **Xiro galoofyo la tuuri karo markii aad nadiifinayso jeermiskana ka dilayso sagxadaha.** Dhammaan galoofyada waa in la tuuraa ka dib nadiifinta/jeermis dilis kasta waana inaan loo isticmaalin ujeedooyin kale. Galoofyada waa in la beddelaa haddii ay dillacaan.
- **Nadiifi gacmaha isla markiiba** ka dib markii galoofyada la siibo oo la tuuro.

Waa muhiim in la nadiifiyo oo jeermiska laga dilo meelaha banaan si looga fogaado fiditaan dheeraad ah ee koronafayras (COVID-19). Dukumintigaani wuxuu kaa caawin karaa inuu kugu hago meelaha ay tahay in jeermiska laga dilo, waxyaabaha

Sida loo Nadiifiyo Jeermiskana loo dilo:

Haddii sagxadaha ay wasakh yihiin, nadiifi sagxadaha adigoo isticmaalaya oomo ama saabuun iyo biyo kahor intaan la dilin jeermiska.

SAGXADAHA ADAG

- Jeermis ka dilista, nadiifi sagxadaha adoo adeegsanaya kiimikada jeermis dilaha la barxay ee guriga lagu isticmaalo, milanka aalkolada leh ugu yaraan 70% o ah aalkolo, ama jeermis diliha guud ee ka diwaan gashan EPA ee lagu isticmaalo guryaha.
- Isticmaal kiimikada jeermis dilaha la barxay ee guriga lagu isticmaalo. Raac tilmaamaha soosaaraha ee loogu talagalay isticmaalka iyo marin hawo oo habboon.
- Hubso in sheygu uusan dhicin.
- Marna haku qasin jeermis dilaha guriga ammonia ama wax kale oo nadiifiye ah.

SAGXADAHA JILICSAN (BIYO MAREENKA)

-)Ka saar wasakhda la arki karo haddii ay ku jirto oo ku nadiifi nadiifiyeyaasha ku habboon ee lagu tilmaamay in loo isticmaalo sagxadaha jilicsan.
- Hadday suuroggal tahay, dhaqida alaabta adoo isticmaalaya biyaha ugu diiran ee loo dajiyay alaabta iyo angajinta alaabta gabi ahaanba.
- Haddii aadan dhaqi karin alaabta, u isticmaal alaabooyinka EP ay ansixisay ayadoo la dhawrayo fayraska soo ifbaxaya ee ku shaqaynaya sagxadaha jilicsan.

Alaabta ay tahay in La isticmaalo:

- Jeermis dilaha lagu isticmaalo guriga waxay si wax ku ool ah wax uga qaban doontaa COVID-19 markii si sax ah loo barxo.

DIYAARI KIMIKADA JEERMISKA DISHA ADIGOO ISKU QASAYA:

- 5 qaado (1/3 koob) Jeermis dile halkii galaan oo biyo ah ama 4 qaado oo jeermis dile ah halkii rubuc oo biyo ah
- **HA u** isticmaalin jeermis dile dhacay
- Ku tirtir sagxada korkeeda una ogoloow sagxada inay hawada qalajiso
- Alaabada kale ee guryaha looga dilo jeermiska ee ka diiwaangashan EPA ayaa la filayaa inay wax ku ool u yihiin la dagaalanka COVID-19. Raac tilmaamaha soo saaraha ee dhammaan nadiifinta iyo jeermis dilista alaabada (tusaale ahaan, ku badinta, habka isticmaalka iyo waqtiga la xiriirida, iwm).

MA RAADINAYSAA MACLUUMAAD DHEERAAD AH?

Booqo websaydka nadaafinta iyo jeermis dilista deegaanka ee CDC si aad u hesho macluumaad cusboonaysiin ah.

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