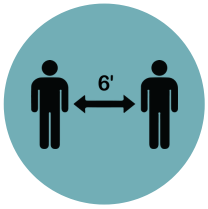
Dadka Loogu Dhex Adeego Guryaha iyo Bulshada Dhexdooda

Isticmaalidda iyo Dhaqaaleynta Qalabka Difaaca Shakhsiga ah (PPE)

Marka Guriga Lagugu Soo Booqdo

Maro ku daboolo wejigaaga qeybaha sanka iyo afka. Waxaad isticmaali kartaa tabbeebbe ama cimaamad haddii aadan haysan marada wejiga lagu daboolo. Dhaqo oo qallajiso marada wejiga maalin kasta. Haddii ay marada gaarto wasakh aan go'ayn, waa in aad iska beddesho.

Sida ay kuugu suuroobeyso uga fogow dadka aan kula noolayn ugu yaraan lix fiit.



Mar kasta gacmaha ku dhaqo saabuun iyo biyo, ama aalkolada gacmaha markaadan saabuun haysan. Gacmaha dhaqo ka dib markaad musqusha ka soo baxdo mar kastaba; ka hor, ka dib, iyo intaad cuntada karineyso; ka dib markaad diifsato, qufacdo, ama markaad hindhisto; ama markaad qashin taabato.

Gurigaaga gudihiisa iyo meelsha badanaa la taabto oo dhan nadiifi adigoo isticmaalaya jeermis-dile. Qaar ka mid ah meelaha badanaa la taabto ee nadiifinta u baahan waa: albaabbada iyo meelaha laga furo, taleefashinka caagga lagu xukumo, kambuyuutarka dushiisa, taleefanka iyo xalleefyo la mid ah, miisaska iyo meelaha wax la saarto, waasgada iyo tuubbooyinka, iyo qalab kale.

Waxyaabo Kale oo Fiican:

- Ha taaban wejigaaga, indhahaaga, ama afkaaga
- Suxulka ku dabool qufacaaga iyo hindhisadaada

Macluumaadyo Dheeraad ah:

- Talooyinka CDC ee Nadiifinta iyo Jeermis-dilidda Gurigaaga
- Talooyinka CDC Ugu Fiican ee Isticmaalidda PPE
- Talooyinka WI DHS ee PPE
- Macluumaadka CDC ee Maryaha Wejiga Lagu Daboolo

WISCONSIN DEPARTMENT of HEALTH SERVICES

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