



COLORADO

**Division of Environmental
Health & Sustainability**

Department of Public Health & Environment

Taxaddarka Goobta SHaqada ee Goobta Cuntada la
Farsameeyo

Qaad tillaabooyin siaad u Ilaaliso Naftaada

Had iyo jeer Nadiifi Gacmahaaga



Had iyo jeer ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 ilbiriqsi, khasatan marka aad ku sugnaato goobaha dadweynaha, ama marka aad fiifiso sankaa, aad qufacdo, ama aad hindhiso. Haddii biyo iyo saabuun aysan diyaar ahayn, isticmaal faya dhowraha gacmaha kaasoo ka kooban ugu yaraan boqolkiiba 60 alcohol. Dabool dhammaan oogooyinka gacmahaaga iskuna xog ilaa ay ka noqdaan qallayl. Ka dheerow ku taabashada indhahaaga, sankaa iyo afkaaga gacmahaaga oodan dhaqin..

Ka fogow Ciriirka Dhow kuna Dhaqan Kala durjinta Dadweynaha



Ka fogow xiriirka dadka xanuunsan. Ku dhaqan kala durjinta bulshada adigoo u jirsanaya 6 dhudhun adiga iyo dadka kale markasta oo macquul ah. Tani waa mid muhiimad gaar ah u leh shucuubta nugal kuwaasoo khatar sare ugu jira in ay xanuunsadaan.

Qaado Tillaabooyin Aad ku Ilaalinayso Dadka kale

Guriga Joog Haddii aad Xanuunsantahay



Guriga ka joog shaqada haddii aad xanuunsan tahay, marka laga reebo in aad raadinayso daryeel caafimaad. Sidoo kale, joog guriga haddii qof xubin ka ah qoyska kaasoo si aad ah u xanuunsan lagana yaabo in uu yahay mid faafaya.

Dabool qufaca iyo Hindhisada



Ku dabool sankaa iyo afkaaga tiish marka aad qufacayso ama hindhisayso, ama isticmaal dhinaca kale ee gudaha suxulkaaga. Ku tuur tiishka la isticmaalay weelka qashinka. Isla markaba ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 ilbiriqsi. Haddii biyo iyo saabuun aysan diyaar ahayn, ku nadiifi gacmahaaga faya dhowraha gacmaha kaasoo ka kooban ugu yaraan boqolkiiba 60 alcohol.

Nadiifi oo Jeermis dil



Nadiifi oo jeermis dil si joogto ah meelaha aad taabato maalin kasta. Kuwaasoo ay kamidka yihiin miisaska, qufulada albaabada, furayaasha layrka, meelaha lacagaha lagala baxo, miisaska, telefoonada, kiiboorada, musqulaha, tuubooyinka, iyo meelaha wax lagu dhaqdo sidaa si lamid ah ganaha albaabada, garaangarta isteerinka iyo oogooyinka kale ee baabuurka. Haddii oogooyinku nadiif yihiin, nadiifi: Istickmaal oomo ama saabuun iyo biyo kahor inta aadan jeermis dilin.



U kaydi Daboolka wajiga Dadka Khatarta ku Jira

Haddii aad xanuunsan tahay, waa in aad xirataa maaskaraha wajiga ee qalniinka marka aad ka ag dhowdahay dadka, sida marka aad la wadaagayso qol ama gaari, iyo marka aadan soo galin xafiiska bixiyaha daryeelka caafimaadka. Tani waxa ay ka dhigaysaa dhibcaha neefmareenka in ay ku fidaan kuwa aan xanuunsanayn.

Haddii AADAN xanuunsanayn, uma baahnid in aad xirato maaskaraha wajiga in aad ka taxafdarayso qof xanuunsan maahane, kaasoo aan awoodin in uu xirto maaskaraha wajiga. Xaaladahaas inta lagu jiro, waa in aad xirataa maaskaraha wajiga ee N95.