



CUDURKA KORONA FAYRASKA (COVID-19)

NADIIFINTA IYO JEERMIS KA DILADA MEELAHA DAD WAYNAHA

Dhokumentigan waxa uu bixiyaa hagitaanka ku saabsan nadiifinta iyo jeermis ka dilista goobaha dad waynaha, ay ku jiraan dugsiyada, jaamacaddaha, maktabbadaha dad waynaha, carwooyinka, goobaha safarka guud, guryaha la wada degen yahay iyo goobaha shaqada.

DIN 00000000

WAXA AAD OGAAN LAHAYD

Oogooyinka int badan lagu taabto gacmaha waxa intabandan dhici karta inay wasakhaysan yihiin. Kuwan waxaa ku jira handaraabka albaabka, birta jaranjarada, badhanada wiishka, batanada nalka laga daaro, gacmaha kabadhka, halka qasabada laga furo, miisaska, dusha miisadka iyo walxaha korontada.

Weli lama garanayo ila ainta fayraska sababaya COVID-19 ay ku noolaato oogooyinka, si kastaba ha ahaatee, caddaynta hore waxay tilmaamaysaa inay ku dul noolaan karto sheeyada iyo oogooyinka laga bilaabo dhowr saacadood ilaa maalmo.

DOORO ALAABTA WAX LAGU NADIIFIYO OO JEERMISKA DISHA

Marka la nadiifinayo meelaha dad waynaha, dooro alaabta nadiifisa **iyo** jeermiska disha dhammaan isla mar qusha (tusaale, milkanka dila jeerkisma hore u laaqan ee dukaanka laga iibsaday ee nadiifinta iyo/ama masaxaada marka la heli karo).

Alaabta nadiifinta waxay ka saartaa jeermiska, wasakhda, iyo wasakhda oogooyinka iyaddoo la isticmaalayo saaboon (ama taydh) iyo biyo. Nadiifintu lama huraan ahaan ma disho jeermiska, laakiin ka saarida, waxay yaraysaa tirada iyo khatarta faafida caabuqa.

Alaabta nadiifinta jeermiska disha ka disha jeermiska oogooyinka iyaddoo la isticmaalayo kimiko.

Isticmaal [alaabta nadiifiyaha oogada adag jeermiska disha oo la ansixiyay](#) oo leh Lambarka Aqoonka Daraaga (DIN). DIN waa tiro 8 god ah oo ay bixiso Caafimaadka Canada oo xaqiijiya alaabta jeermiska disha in la ansixiyay oo ay badbaado u tahay in lagu isticmaalo gudaha Canada.

SAMEE NIDAAMKA NADIIFINTA

Hawl wadeenada goobaha bulshadda waa inay horumariyaan ama dib u eegaan nidaamyada iyo borotokoolada nadiifinta goobaha dad waynaha. Tani waxay caawin doontaa go'aan ka gaadhida halka horumarinta ama nadiifinta dheeraadka ah loo baahan karo.





Akhri oo raac tilmaamaha warshadeeyaha wixii ah isticmaalka badbaadada leh ee nadiifiyaha iyo alaabta jeermiska disha (tusaale ahaan, xidho galoofyo, isticmaal aaga hawo leh, oggolow wakhti taabasho oo ku filan si jeermis dilahu u dilo mida jeermiska ku salaysan ee alaabta la isticmaalayo).

Ku dhaq gacmaha saabuun iyo biyo ama isticmaal nadiifiyaha alkooladu ku jirto ka dib marka aad iska saarto galoofyada.

Isticmaal qaabka nadiifinta qoyan sida maro qoyan oo nadiif ah, iyo/ama masaxaada qoyan. Boodhka ha ka tumin ama ha xaadhin taasi oo ku faafin karto dhibcaha fayraska hawada.

Walxaha nadiifinta wasakhoobay ee la tuuri karo (tusaale, madaxa masaxaada, dharka) waa in lagu ridaa daasada qashinka safka taal ka hor inta aan lagu ridin qashinka caadiga ah. Walxaha nadiifinta dib loo isticmaalay waa la dhaqi karaa iyaddoo la isticmaalayo saabuunta dharka iyo biyo kulul (60-90°C).

Nadiifi oo jeermiska ka dil ooga inta badan dadku taabtaan

Ka sakow jid nadiifinta, oogooyinka inta badan lagu taabto gacmaha waa in la nadiifiyaa oo jeermiska laga dilaa inta badan, siiba marka la arki karo wasakhda.

Meelaha la wadaago sida kijooyinka iyo xamaamada sidoo kale waa in la nadiifiyaa inta badan.

WAXAANU DHAMMAANTEEN SAMAYN KARNAA QAYBTEENA KA HORTAGGA FAAFIDA COVID-19.

WIXII MACLUUMAAD DHEERAAD AH, BOOQO

canada.ca/coronavirus

ama la xidhiidh

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