

Farriimaha Warbaahinta Bulshada ee loogu talagalay Gacmo dhaqida

Sababta loo dhaqayo gacmaha

- #HandWashing (Gacmo dhaqidu) waa 1 ka mid ah hababka ugu wanaagsan ee looga hortaggo faafinta infekshanka & jirrada. <http://go.usa.gov/XpVw>
- #HandWashing (Gacmo dhaqidu) waa mid sahlan tahay in la sameeyo & wuxuu kaa caawiyaa in aad caafimaad qabto. <http://go.usa.gov/XpVw>
- Gacmaha nadiifta ah waxay jeermiska ka ilaalin karaan in uu ku faafo dadka kale ee bulshadaada ka tirsan. <http://go.usa.gov/XpVw>

Goorta ay tahay in la dhaqo gacmaha

- Goorma ayay tahay in aad gacmahaaga dhaqdo? <http://go.usa.gov/Xppx>
#HandWashing
- Gacmaha dhaq ka hor, inta aad ku jirto & ka dib diyaarinta cuntada & ka hor cunida. <http://go.usa.gov/Xppx>
- Gacmaha dhaq ka hor & ka dib daryeelida qof jiran. <http://go.usa.gov/Xppx>
- Gacmaha dhaq ka hor & ka dib daaweynta meel jeexan ama boog.
#HandWashing <http://go.usa.gov/Xppx>
- Gacmaha dhaq ka dib isticmaalida musqusha. <http://go.usa.gov/Xppx>
- Gacmaha dhaq ka dib isticmaalida musqusha, bedesho xafaayadaha ama marka aad nadiifinayso ilme isticmaalay musqul. <http://go.usa.gov/Xppx>
- Gacmaha dhaq ka dib marka aad duufka sanko iska tirtirayso, qufacdo ama hindhisto. <http://go.usa.gov/Xppx>
- Gacmaha dhaq ka dib ma aad taabasho qashin. <http://go.usa.gov/Xppx>

Sida gacmaha loo dhaqo

Raac 5 tallaabo si aad u gacmahaaga ugu dhaqdo si sax ah. <http://go.usa.gov/Xppx>
#HandWashing

1. Gacmo qoyan ee leh biyo nadiif ah, oo soconaya, qasabada xir & isticmaal saabuun.
2. Xunbo ku shub — si wadajir ah iskugu xoq/tirtir gacmaha adiga oo isticmaalaya saabuun. Ha ku jiraan dhinaca dambe ee gacmaha, inta u dhaxaya inta u dhaxaysa faraha & ciddiyaha hoostooda.

3. Gacmaha xoq/tirtir ugu yaraan 20 ilbiriqsi. Laba jeer naftaadu u qaad heesta “Happy Birthday”!
4. Si fiican u dhaq gacmaha adiga oo isticmaalaya biyo nadiif ah, oo socda.
5. Gacmaha qalaji adiga oo isticmaalaya shukumaan ama hawada ku qalaji.

Waxyaalaha gacmaha lagu nadiifiyo

- Haddii aadan haysan saabuun & biyo aad gacmaha ku dhaqdo isticmaal waxyaalaha aalkolada ka kooban ee gacmaha lagu nadiifiyo oo leh ugu yaraan 60% oo aalkolo ah. <http://go.usa.gov/Xppx>
- Waxyaalaha gacmaha lagu nadiifiyo waxaa laga yaabaa in aysan dilin jeermiska ama aysan waxtar u lahayn haddii gacmuhu u muuqdaan kuwo wasakheysan ama dufan leh. <http://go.usa.gov/Xppx>
- Si sax u isticmaal waxyaalaha gacmaha lagu nadiifiyo. Isticmaal xaddiga saxda ah (akhri qoraalka ku qoran) & ku xoq dhammaan gacmaha dushooda ilaa ay gacmuhu ka qalalayaan. <http://go.usa.gov/Xppx>

Sayniska ka dambeeya talooyinka

- Waa maxay sababta aad u dhaqayso gacmuhu? Akhri sayniska ka dambeeya talooyinka CDC. <http://go.usa.gov/Xpp5> #HandWashing
- Sidee ayay tahay in aad gacmahaaga u dhaqdo? Akhri sayniska ka dambeeya talooyinka CDC. <http://go.usa.gov/Xpph>
- Goorma ayay tahay in aad isticmaasho waxyaalaha gacmaha lagu nadiifiyo? Akhri sayniska ka dambeeya talooyinka CDC. <http://go.usa.gov/XpdG>