

Farriimaha Warbaahinta Bulshada ee loogu talagalay Dabaasha

- Badbaado kaga sugnow jirada marka aad dabaalaynayso!
<https://www.cdc.gov/healthywater/swimming/swimmers/rwi.html>
- Barkaduhu waxay kaliya nadiif u tahay hadba sida aad adigu nadiif u tahay!
<https://www.cdc.gov/healthywater/swimming/materials/infographic-clean-it-up-swimmers.html>
- Jeermiska ka ilaali biyaha iyo afkaaga!
<https://www.cdc.gov/healthywater/swimming/materials/infographic-clean-it-up-swimmers.html>
- Jeermisku, wuxuu kula socdaa marka aad ku boodayso barkada dabaasha.
<https://www.cdc.gov/healthywater/swimming/materials/infographic-clean-it-up-swimmers.html>
- Naftaada ka ilaali jirada marka aad isticmaalayso barkada dabaasha, tuubada biyaha diiran laga buuxiyay 'hot tubs' ama meelaha la isku duugduugo 'spas', beeradaha raaxadda ee biyaha leh 'water parks', beeraha raaxadda ee biyaha lagu ciyaaro leh 'splash parks'.
<https://www.cdc.gov/healthywater/swimming/materials/infographic-make-a-healthy-splash.html>
- Samee biyo ku ciyaarid 'splash' caafimaad leh, ha iska fadhiyin doonida lagu ciyaaro 'jets'. <https://www.cdc.gov/healthywater/swimming/materials/infographic-make-a-healthy-splash.html>
- Saxarada ka timaada dadka dabaalanaya waxay wadan kartaa jeermis. Haddii jeermiska ay liqaan dadka kale ee dabaalanaya ka dib waxay qaadi karaan & noqon karaan kuwo jiran.
- Ogow sida la iskaga ilaaliyo infekshanada marka la dabaalanayo: <http://go.usa.gov/cuV4W>
- In ka badan 1 ayaa 5 qof ee waaweyn ee Maraykan ahba aan garanaynin in dabaashu marka la jiran yahay ee la qabo shuban ay suurtagal tahay in ay dadka kale ee dabaalanaya ay ka dhigi karto kuwo jiran.
- Miyaad u maleyneysaa in kiimikooyinka sida chlorine ay isla markiiba u dilaan jeermiska? Mar labaad ka fikir! Kiimikooyinka waxay jeermiska ku dilaan daqiiqado gudahood, laakiin qaarkood ayaa nool maalmo.
<https://www.cdc.gov/healthywater/swimming/swimmers/rwi.html>

- Qubeyso ka hor inta aadan biyaha gelin.
<https://www.cdc.gov/healthywater/swimming/materials/infographic-clean-it-up-swimmers.html>
- Saxarada ama xaarka ka ilaali biyaha.
<https://www.cdc.gov/healthywater/swimming/materials/infographic-make-a-healthy-splash.html>
- Ma cabtid biyaha aad ku qubeysatid, markaa maxaad u cabaysaa biyaha aad ku dabaalanayso? Ha liqin biyaha!
- Saacada kasta — marka qof kastaa tego! Carruurta u qaad biririfta musqusha, fiiri xafaayadaha, dib u isticmaal kareemka ilayska qoraxda la iskaga ilaaliyo 'sunscreen' isla markaana caba cabitaano badan.

Tusaalooyin dheeraad ah ee farriimaha bulshada oo ku saabsan badbaadada biyaha ayaa laga helayaa CDC:

<https://www.cdc.gov/healthywater/swimming/materials/socialmedia-library.html>