



Habdhaqannada Ugu Fiican ee Macaamiisha looguna talagalay Bacaha(koleyada) Dib Loo Isticmaali karo iyo Weelasha (containers)

Koronafayrasku wuxuu ku noolaan karaa saacado illaa maalmo meelaha dushooda ee ka samaysan oo ay ka mid yihiin koleyga dib loo iisticmaali karo, iyo waxyaabaha lagu duubo cuntada la sii qaadanayo.

Macaamiisha: Hubi Inuu Koleygaagu Nadiif Yahay

- Haddii koley adigu aad leedahay aad soo qaadato, hubi iinuu nadiif yahay. Koley badan oo kuwa dib loo isticmaalo ah ayaa mashiinka dharka lagu dhaqi karaa. Nadiifinta oo ay ku xigto jermis-dilisku ayaa ah habdhaqanka ugu wanaagsan ee loogu talagalay noocyada kale ee koley.
- Dukaammada ayaa laga yaabaa inay ku weyddiistaan inaad adigu koleygaaga ku gurato waxyaabahaaga. Fadlan ka caawi oo ogow inay tahay danta ugu wanaagsani ugu jirto qof walba caafimaadkooda iyo badbaadadooda.

Weelasha cuntada dibadda loogu qaato

- Dhig meel ka fog meeshaad wax ka cuni doonto.
- Fur baakada, kaddib gacmaha si fiican ugu mayr saabuun iyo biyo ugu yaraan 20 ilbiriqsi kahor intaadan cuntada ku wareejin saxan.
- Kaddib markaad tuurto baakada (oo ay ku jiraan weelasha, boorsooyinka, risiiddada, meeniyuga, iwm.), mar labaad gacmahaaga mayro kahor intaadan cunin.
- Nadiifi oo jermiska ka dil meelaha dushooda ay baakaduhu taabteen.

Markay tahay jermis ka-dilka, liiska wershada soosaarrada leh sheegashada inay u ansixisay Hay'adda Difaaca Bey'adu caabuq-dhaliyeyaasha fayrased ee soo ifbaxaya, oo laga helo Xarunta Guddiga Kemistiriga Maraykanka ee loogu talagalay Kimistiryada Lid-jermiska (CBC), ayaa laga helaa [badeecadaha la dagaallama Novel Coronavirus \(COVID-19\)](#). Had iyo jeer raac tilmaamaha shirkadda soo saartay ay ugu talagashay isticmaalka.