

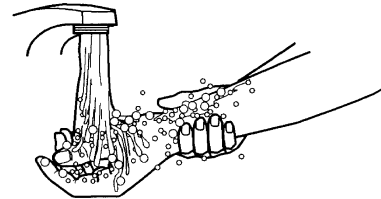
Hand Washing

One of the best things you can do to protect yourself and others from illness is careful and frequent hand washing. Your caregivers and visitors also need to wash their hands. Ask everyone if they have washed their hands before they touch you or things that may be used in your care.

Hand washing also needs to occur at home where care is done by the patient or family member. Hand washing **must always** be the first and last step of care and is needed even if gloves are worn.

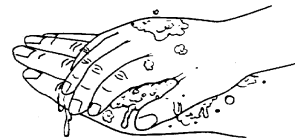
How to wash your hands:

1. Turn on the water to warm. Adjust the flow so the water does not splash.



2. Wet your hands.

3. Rub soap over your wet hands.



4. Lather the palms, the back of your hands and wrists. Rub your hands together on all sides, between your fingers and around your nails for at least 15 seconds.
5. You can use a nailbrush or an old toothbrush to clean under and around your nails.

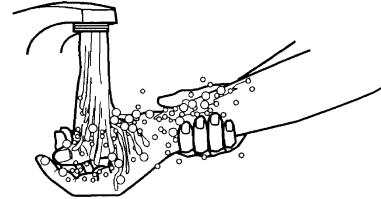
Gacmo iska Dhaqidda

Mid ka mid ah waxyaabaha ugu fiican ee aad sameyn karaysid si aad naftaada iyo kuwa kaleba uga ilaalisid jirro waa in aad si taxaddar leh oo joogto ah gacmaha isaga dhaqidid. Daryeeleyaashaada iyo kuwa ku soo booqanaya sidoo kale waxay u baahan yihiin iney gacmaha iska dhaqaan. Weydii qof kasta inuu gacmaha iska dhaqay ka hor inta aysan ku taabannin ama ka hor inta aysan taaban waxyaabaha daryeelkaaga loo isticmaalayo.

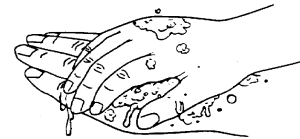
Gacmo iska dhaqiddu waxay sidoo kale u baahan tahay iney guriga ka dhacdo halkaasoo daryeelka uu sameeyo bukaanku ama xubin qoys ka tirsan. Gacmo iska dhaqiddu **waa iney mar walba** ahaataa shay ugu horreeya uguna danbeeya ee daryaalka waxaana looga baahan yahay xataa haddii gacmo gashad la xidhan yahay.

**Sidee ayaad gacmahaaga iskaga dhaqaysaa:
sidee ayaa gacmaha la isaga dhaqaa:**

1. Tubbada ama qasabadda biyaha fur si ay u diiraan. Cabbir fiican ku hagaaji si aysan biyuhu kuugu firdhan.



2. Gacmaha qoy.



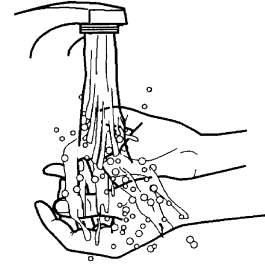
3. Saabbuun mari gacmaha qoyan.

4. Calaacalaha isku xunbeysii, dusha gacmaha iyo cumaacumaha. Gacmaha isku xoq dhinacyada oo dhan, faraha dhexdooda iyo ciddiyaha hareerahooda ugu yaraan 15 ilbidhiqsi.

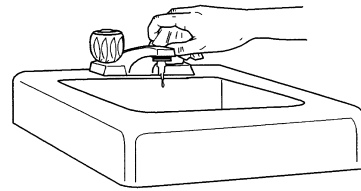
5. Waxaad isticmaali kartaa buraashka ciddiyaha ama caday duug ah si aad isaga nadiifiso ciddiyahaaga hoostooda iyo hareerahooda.

Hand Washing. Somali.

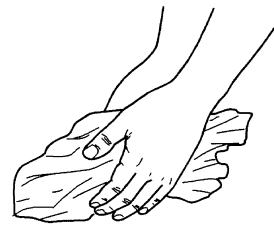
6. Rinse your hands well with warm water, **leaving the water running**.



7. Use a paper towel or **clean** towel in your hand to turn off the water. This keeps your clean hand from touching the faucet handle, which is not clean.



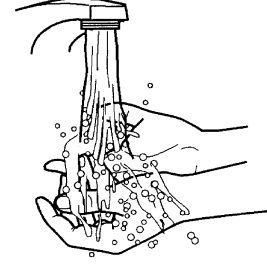
8. Dry your hands.



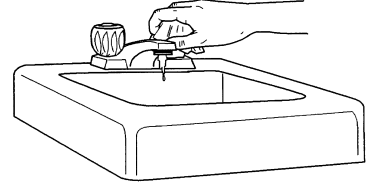
Hand Sanitizer

Hand sanitizer is an alcohol-based cleanser. It can be used instead of soap and water if your hands do not look dirty or soiled. To clean your hands, put enough liquid on your hands to moisten the front and back of your hands and your fingers. Rub the liquid briskly like you are washing your hands. Be sure to moisten between your fingers. Rub your hands 15-30 seconds or until your hands are dry.

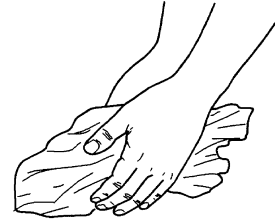
6. Biyo diirran si fiican isaga raaci gacmaha, **adigoo biyaha u daynaya iney socdaan.**



7. Warqadda gacmaha la isaga tiro ama tuwaal **nadiif** ah u isticmaal in aad tubbada biyaha ku xirto. Tani waxay gacmahaaga nadiifka ah ka ilaalineysaa in ay taabtaan meesha tubbada laga furo, taasoo aan nadiif ahayn.



8. Gacmahaaga engeji.



Gacmo Nadiifiye

Gacmo nadiifiye waa nadiifiye aalkolo ku saleysan. Waxaa la isticmaali karaa meeshii saabbuun iyo biyo laga isticmaali lahaa haddii aysan gacmahaagu u muuqannin wasaq ama kuwo wax ku dheggan yihiin. Si aad gacmahaaga u nadiifisid, dareere ku filan mari si aad u qoyso horta iyo gadaasha gacmaha iyo farahaba. Dareeraha is mar-mari sidii adigoo gacmaha iska dhaqaya oo kale. Xaqiiji in aad qoyso inta faraha u dhexeysa. Gacmahaaga isku xoq 15-30 ilbidhiqsi ama ilaa ay gacmuhu kaa engegayaan.

Hand Washing. Somali.

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