

Gacmo Dhaqida

Hand Washing

Handwashing is one of the best ways to protect yourself and your family from getting sick.

When you are in the hospital or being cared for by others, your caregivers and visitors also need to wash their hands often. 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.

Gacmo dhaqida waa qaabka ugu wanaagsan ee aad ku dhowri karto nolashaada, mida qoyskaaga si aadan u xanuunsan.

Marka aad joogto isbitaalka ama ay ku daryeelayaan dad kale, daryeel bixiyahaaga iyo dadka booqashada ku imaanaya waxay sidoo kale u baahan yihiin inay dhaqaan gacmahooda. Ka codso qof kasta inuu dhaqo gacmihiisa kahor inta uusan ku taaban ama inta aysan taaban shay'yaasha loo isticmaalaayo daryeelka.

Sidoo kale waa in gacmo dhaqista lagu sameeyo guriga haddii daryeelka uu sameynaayo bukaanku ama xubin ka tirsan qoyska. Gacmo dhaqida waa inay mar kasta ahaataa daryeelka ugu horeeya ama kan ugu danbeeya waana in la sameeyaa xataa haddii gacmo gashi qofku qabo.

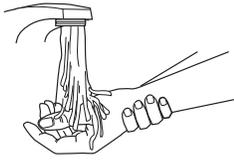
How to Wash Your Hands

- Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. You can use a nail brush or old tooth brush to get under and around your nails.
- **Scrub your hands for at least 20 seconds.**
- Rinse your hands well under clean, running water.

Sida loo Dhaqo Gacmahaaga

- Ku qooy gacmahaaga biyo socda, oo nadiif ah (qandac ama qaboow), xir tuubadaa kadibna isticmaal saabuun.
- Isdhex geli gacmahaaga adoo isku xoqaaya oo isticmaalaya saabuun. Marmari qaybta danbe ee gacmahaaga, dhexda faraha, iyo gudaha cidiyahaaga. Waxaad isticmaali kartaa buraashka cidiyaha ama buraashka cadayga kaa dhamaaday si aad ugu isticmaashid cidiyahaaga.
- **Isku xoqxoq gacmahaaga ugu yaraan 20 ilbiriqsi.**
- Biyo raaci gacmahaaga adoo isticmaalaya biyo socda, oo nadiif ah.

Tilmaamaha Gacmo Dhaqa Hand Washing Steps



Qooy gacmaha, xir biyaha kadibna kudar saabuun.

Wet hands, turn off water and add soap.



Isgelgeli oo gacmaha saabuun ku xog muddo 20 sakin ah.

Lather soap and scrub hands for at least 20 seconds.



Biyo raaci.
Rinse.



Qalaji.
Dry.



Tuubada biyaha ku xir shukumaan.

Turn off faucet with towel.

- Use a paper towel or clean towel in your hand to turn off the water. This keeps your hand clean when you touch the faucet handle, which is not clean.
- Dry your hands using a clean towel or air dry them.
- Isticmaal shukumaanka musqusha ama shukumaan nadiif ah si aad biyaha u xirto. Tani waxay gacmahaaga ka dhigeysaa nadiif markaad batoonka biyaha xirayso, madaama uusan ahayn nadiif.
- Qalaji gacmahaaga adoo isticmaalaya shukumaan nadiif ah ama hawada gacmaha qalajisa.

Key Times to Wash Your Hands

- After blowing your nose, coughing, or sneezing
- Before, during and after preparing food
- Before eating
- Before and after caring for someone at home who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After touching an animal, animal feed or animal waste

Waqtiyada ugu Muhiimsan ee La Dhaqa Gacmaha

- Ka dib markaad ka duufsato sanko, qufacdo ama hindhisto
- Kahor, inta lagu jiro iyo kadib diyaarinta cuntada
- Kahor inta aadan wax cunin
- Kahor iyo kadib marka aad qof xanuunsan guriga ku daryeesho
- Kahor iyo kadib marka aad daaweyso meel boog ah ama dhaawac ah
- Ka dib markaad isticmaasho musqusha
- Kadib marka aad bedesho xafaayada ama aad nadiifiso cunug isticmaalay musqusha
- Xayawaan markaad taabato kadib, markaad xayawaan quudiso ama markaad taabato qashinka xayawaanka

- After handling pet food or pet treats
- After touching garbage
- If your hands are visibly dirty or greasy

Remember that hands that look clean can still have germs on them.

Hand Sanitizer

Washing hands with soap and water is the best way to remove all types of germs and chemicals. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

To clean your hands, put enough liquid on your hands to wet the front and back of your hands and your fingers. Rub the liquid briskly like you are washing your hands. Be sure to get between your fingers. Rub your hands until they are dry.

- Kadib markaad taabato cuntada xayawaanka ama daawooyinka xayawaanka
- Kadib marka aad taabato qashin
- Haddii gacmahaagu leeyihiin wasakh la arki karo ama dufan

Xasuusnoow in gacmaha u muuqda inay yihiin nadiif ayaa wali lahaan kara jeermis.

Daawada Gacmaha lagu Nadiifiyo

Inaad gacmahaaga ku dhaqdo biyo iyo saabuun ayaa ah qaabka ugu wanaagsan ee aad dhammaan noocyada jeermiska ku saari karto ama kiimikada. Haddii biyo iyo saabuun aan la heli karin, isticmaal daawada gacmaha oo leh aalkohol ugu yaraan gaaraysa 60%.

Si aad u nadiifiso gacmahaaga, mari dareere ku filan gacmahaaga si aad u qoysid xagga hore iyo xagga dambe ee gacmahaaga iyo farahaaga. Ugu xoq si xoog leh oo la mid ah marka aad dhaqaysid gacmahaaga. Hubi inaad qoysid meelaha u dhexeeya farahaaga. Isku xoq gacmahaaga illaa ay ka qalalayaan.