

Kahortagga Jiro Inta Lagu Jiro Xaalad Degdeg Ah

Preventing Illness During an Emergency

Germs such as bacteria, viruses, fungi and parasites cause infections that can lead to serious illness.

There are things you can do to stay healthy during an emergency:

- **Wash your hands often.**

Wash the front and back of your hands and wrists, between your fingers and around your nails with soap and water for 15 seconds.

Wash your hands:

- › After using the toilet
- › Before and after eating or handling food
- › After coughing, sneezing or blowing your nose
- › Before and after you have contact with someone who is sick
- › Before and after changing a baby's diaper
- › After touching another person
- › After handling dirty dishes or garbage
- › After touching animals or handling animal waste



- **Use alcohol-based hand sanitizer** when soap and water are not available.
- **Avoid touching your eyes, nose and mouth.** Germs often spread when you touch something that has germs on it and then touch your face.

Jeermisyada sida bakteeriyada, fayrasyada, fungi iyo ku dul-nooleyaasha/barasaydka waxay keenaan infekshanno sababi kara cudur daran.

Waxaa jira waxyaabo aad sameyn karto si aad u caafimaad qabtid inta lagu jiro xaalad degdeg ah:

- **Dhaq gacmahaaga had iyo jeer.**

Dhaq xagga hore iyo xagga dambe ee gacmahaaga iyo mijimahaaga, farahaaga dhexdooda iyo ciddiyahaaga hareerahooda, adigoo ku dhaqaaya saabuun iyo biyo muddo 15 ilbiriqsiyo ah. Dhaq gacmahaaga:

- › Ka dib markaad isticmaasho musqusha
 - › Kahor iyo ka dib cunista ama gacma gacmaynta cuntada
 - › Ka dib marka aad qufacdid, hindhisto ama aad sankaa taataabato
 - › Kahor iyo ka dib markaad taabato qof jiran
 - › Kahor iyo ka dib markaad cunuga ka bedesho xafaayadda
 - › Kadib markaad taabato qof kale
 - › Ka dib markaad gacma-gacmayso saxamada wasakhda ah ama qashinka
 - › Ka dib markaad taabato xayawaanada ama aad gacma-gacmayso wasakhda xayawaanka
- **Isticmaal daawada qacanta lagu nadiifiyo ee alkolada ka samaysan haddii saabuun iyo biyo la heli karin.**
 - **Ha taabanin indhahaaga, sankaa iyo afkaaga.** Jeermisku badanaa wuxuu faafaa markaad taabato shay jeermis leh ka dibna wejigaaga aad taabata.

- **Cover your mouth and nose** with a tissue when you cough or sneeze to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.



- **Clean surfaces** such as countertops, sinks, doorknobs, telephones and light switches with a disinfectant cleaner or cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water to one part bleach.
- **Limit your contact with those who are ill.**
- **Avoid shaking hands** if you are ill and with others who are ill.
- **Stay away from others when you are sick.** Stay home from work, school or running errands if you can.
- **Get a full night's rest, eat a healthy diet and drink at least eight glasses of liquids each day.**

- **Ku dabool afkaaga iyo sankaa** maro qafiif ah markii aad qufacayso ama aad hindhisayso si looga hortago inaad jeermiga ku faafiso kuwa kugu xeeran. Tuur marada qafiifka ah oo dhaq gacmahaaga. Haddii aadan haysan maro qafiif ah, ku qufac ama ku hindhis garabkaaga ama gacantaada qeybta kore.
- **Nadiifi meelaha** sida miisaska dushooda, meelaha alaabta lagu dhaqdo, gacanta albaabada, taleefannada iyo daara-demiyaha nallka adigoo isticmaalaya nadiifiye jeermis dile ah ama nadiifiye leh kiimiko. Waxaa sidoo kale samaysan kartaa nadiifiye kiimiko iyo biyo ka samaysan. Isku qas toban qaybood oo biyo ah iyo hal qayb kiimiko (bleach) ah.
- **Yaree taabashada aad la sameyneyso dadka jiran.**
- **Ka fogoow inaad gacmaha ku salaanto dadka kale** haddii aad xannuunsato iyo haddii dadka kale ay xanuunsan yihiin.
- **Ka fogoow dadka kale markaad jiran tahay.** Guriga iska joog oo ka joog shaqada, iskuulka ama adeeg aadista haddii aad sidaas samayn karto.
- **Qaado nasasho habeen dhan ah, cun cunto caafimaad leh oo cab ugu yaraan sideed koob oo cabitaanno ah maalin kasta.**