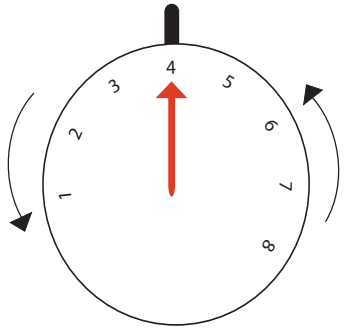
- Looxa aad wax ku jarjartid, suxuunta, iyo dusha miiska madbakha/jikada ku dhaq biyo saabuun leh oo kulul ama biliij ka dib marka aad isticmaashid.
- Khudaarta/cagaarka iyo hilibka ku jarjar looxyo jarjaris oo kala duwan.
- Isticmaal looxyo jarjaris oo balaastig ah halka aad ka isticmaali lahayd kuwo ka sameysan qori sababta oo ah balaastiggu ma laha meelo badan oo ay bakteeriyadu ku gabato.
- Isticmaal tuwaal/shukumaan waraaq ah halka aad isticmaali lahayd mid maro ah si aad goobta u nadiifisid ka dib sameynta cuntada.
- Hilibka la kariyay ha saarin saxan ama sagxad uu taabtay hilib qaydhin/cayrin.
- Markasta caanaha dhayda ah ku hay qaboojiyaha.
- Dib ha u barafeyn hilibka barafkii laga dhalaaliyay.
- Cuntada ha ku kaydin daasad/qasac furan.
- Qaboojiyaha ku aadi qabowgiisa dhexdhexaad si cuntadaadu u badbaado.




**"Badbaadi cuntadaada adiga oo qaboojiyahaaga ka dhigaya mid qabow"**

**Si aad u heshid war dheeraad ah oo ku jira internetka oo ku saabsan amaanka cuntada iyo nadaafadda, fadlan booqo:**

www.cdc.gov/cleanhands

www.cdc.gov/foodsafety

• • •

*Warka ku yaala qoraalkan yar waxa laga soo xigtay qoraallo ay soo saareen:*

*European Union Risk Analysis Information Network*

*Media Materials Clearinghouse*

*Centers for Disease Control*

*Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka Xafiiska Dejinta Qaxootiga (Department of Health and Human Services Office of Refugee Resettlement).*

**WARKA LA-XIDHIIDHISTA:**
**riht@uscridc.org**
**U.S. Committee for Refugees and Immigrants**
**1717 Massachusetts Ave., NW**
**Suite 200**
**Washington, DC 20036**
**Teleefon: 202 • 347 • 3507**
**Faakis: 202 • 347 • 7177**
**www.refugees.org**

# Nadaafadda Shakhsiga iyo Guriga

## Personal and Home Hygiene

## (Somali)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

**www.refugees.org**

*Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911*

## JOOJI FIDISTA JEERMIGA—DHAQ GACMAHAAGA

Gacmo-dhiqiddu waa habka ugu fiican ee lagaga hortagi karo cudurada sida hargabka iyo ifilada. Geermigu si fudud ayuu qof uga talaabi kara oo ugu gudbi karaa qofka kale iyada oo jidkiisu yahay taabashada. Isticmaalka saabuun ah "dilaa-bakteeriya" ama "carfiye" ayaa ah habka ugu fiican ee lagu dilo jeermiga fidiya cudurada.

## JIDH NADIIF AHI WAXA UU KUU KEENAYAA CAAFIMAAD

Saabuun ah dilaa-bakteeriya ama carfiye oo aad ku qubaysatid ama ku maydhatid waxay kaa gargaaraysaa dilista jeermiga abuura urta jidhka.

Gasho dhar iyo hoos-gashi nadiif ah ka dib marka aad maydhid jidhkaaga.

Timahaaga oo aad laba jeer ku maydhid shaamboo waxay ka hortagaysaa in maqaarka dhakadaadu toxob yeesho. Shaambooga ah "conditioner" waxa uu timahaaga ka ilaalin kara inay si weyn u qalalaan ka dib dhiqista. Noocyada kala duwan ee timaha waxay u baahan yihiin shaambooyo iyo "conditioner" kala duwan. Talo weydiiso saaxiibadaa iyo qoyska.

Shaambooga aad ka iibsatid dukaanka ma dili karo injirta. Haddii aad leedahay injir, waa inaad u tagtid dhakhtarkaaga si aad heshid shaamboo gaar ah.

## ILMAHAAGA IYO QOYSKA BAR INAY GACMAHOODA KU DHAQAAN SAABUUN

1. Ka hor cunista, karinta, iyo taabashada cuntada.
2. Ka dib isticmaalidda musqusha/suuliga.
3. Ka dib nadiifinta ilmo, ama beddelista xafaayadda ilmaha.
4. Bar ilmahaaga iyo qoyska sida saxda ah ee loo dhaqo gacmaha.

## BAR ILMAHAAGA IYO QOYSKA SIDA SAXDA AH EE LOO DHAQO GACMAHA

1. Gacmahaaga ku qoy biyo kulul.
2. Isticmaal saabuun oo isku xoq gacmahaaga 45 sekan.
3. Si taxadir leh u dhaq inta u dhexeysa farahaaga iyo hoosta cidiyahaaga.
4. Raaci biyo socda kuna qalaji shukumaan/tuwaal waraaq ah ama maro nadiif ah.
5. Jeermigu waxa uu ku gaban karaa hoosta cidiyahaaga sidaa daraadeed u hubso inaad iska gaagaabisid.

Carfiyuhu ama ur-diluhu waa wax lagu isticmaalo kilkisha si loo yareeyo urta jidhka. Carfiyaha waxa lagu heli karaa nooc ah hoore, burcad (gel), ama buufin. Waxa isticmaali kara ragga iyo haweenka labadaba. Waxa fikrad fiican ah inaad feedhid/shanlaysid timahaaga haddii tagtid dugsi ama shaqo.

## DHARKA NADIIF AHI WAXA UU KAA FOGEEYAA JEERMIGA

Dharkaaga iyo gogosha oo aad ku nadiifisid saabuunta dharka ugu yaraan hal mar todobaadkii waxay ka hortagtaa finanka maqaarka.

## AQAL NADIIF AHI WAXA UU KAA FOGEYNAYAA JEERMIGA

Cayayaanka iyo jiirku waxay fidiyaan jeermiga. U hubso inaad xaaqdid jikadaada/madbakhaaga marrar badan oo aad dhulka ama sagxadda gurigaaga ku nadiifisid saabuun iyo biliij.

## JIKO/MADBAKH NADIIF AHI WAXA UU KA HORTAGAA CUDURKA

Geermiga soo raaca cuntada waxa badanaa laga helaa caanaha, ukunta, digaagga, hilibka doofaarka, hilibka lo'ada, iyo kaluunka. Si weyn ayay u leeyihiin waxyeelo waxana ay sababi karaan xiitaa geeri ku dhacda caruurta. Si aad uga hortagtid jeermiga soo raaca cuntada raac talaabooyinka guud.