

Xafaayadda Istaagga Habraaca



1. Gacmo dhaqo.
2. Soo uruuri agabka lagama maarmaanka ah sida (xafaayada/kuwa laastiiga leh/hoosgashiyada, tirtirayaasha, daawada nadiifinta iyo warankiilada jeermiska disha, waraaqaha shukumaanka, gacmo gashiyada, bacaha balaastiga).
3. Xiro gacmo gashiyada la tuuri karo, haddii loo baahdo.
4. Ku tababar canuga hoos ujjidida iyo iska siibidda xafaayada/kuwa laastiiga leh/hoosgashiyada (kana caawi hadba sidii loogu baahdo).
5. Ku rid xafaayada/midda laastiiga ee wasakheysan haanta qashinka oo daboolan, ayadoo aan gacmo lagu taaban, oo kujirta ama ku rid hoos gashiyada wasakheysan bac balaastig ah si loogu celiyo qoyska dhammaadka maalinta.
6. Ku tababar canuga nadiifinta aagga xafaayada horey ilaa gadaal isagoo isticmaalaaya tirtire nadiif ah, oo qoyan markasta uu saxaroodo (oo ka caawi hadba sidii loogu baahdo).
7. Ku rid tirtirayaasha wasakheysan bacda balaastiga ee wasakhda (ama ka caawi canuga inuu sidaas sameeyo) oona ku tuur bacda balaastiga haanta qashinka daboolan, gacmo lagu taaban, oo bac kujirta.
8. Iska bixi gacmo gashiyada, haddii aad xiran tahay.
9. Gacmo dhaqo (musqusha/meelaha gacmaha lagu dhaqdo ee biyaha hoos kabaxaan) oo ku tababar canuga inuu isla sidaas sameeyo.
10. Haddii daawo la oggolaaday oo saxiixan ay tilmaameyso, mari kareemada/boomaatada/looshinka caadiga ah adigoo isticmaalaaya gacmo gashiyada la tuuri karo kadibna iska bixi gacmo gashiyada.
11. Ku tababar canuga xirashada xafaayadda/midda laastiiga leh/hoosgashiyada iyo dharka nadiifka ah.
12. Isticmaal Habka 3-da Tallaabo ah meesha aad ooga badashay:
 - a. Ku nadiifi biyo iyo saabuun.
 - b. Biyo raaci.
 - c. **Jeermiska kaga dil** milanka warankiilada: U tixraac: "[DOH Disinfecting and Sanitizing with Bleach Guidelines](#)". U oggolow milanka warankiilada inay hawada ku qalasho ama saarnaato meesha dusheeda ugu yaraan 2 daqiiqo kahor inta aanan lagu qalajin warqada shukumaanka ah.
13. Gacmo dhaqo (musqusha/meelaha gacmaha lagu dhaqdo ee biyaha hoos kabaxaan).