

## Jadwalka Nadiifinta

Tilmaamaha Goobaha Xannaanada Carruurta  
ee Nadiifka iyo Caafimaadka Qaba

**Habka Nadiifinta ee 3-da Talaabo ah waa: 1. NADIIFI 2. BIYO RAACI, ka dibna 3. JEERMIS-DILE KU MASAX ama JEERMISKA KA DIL**

**Talaabada 1-aad.** Nadiifinta waxaa lagu sameeyaa saabuun, biyo iyo xoqid. Talaabadan ayaa meesha ka saaraysa wasaqda saaran sagxadaha waxayna ka saartaa inta badan noocyada jeermisyada khatarta ah ee sababa cudurada.

**Talaabada 2-aad.** Walxaha wax lagu masaxo iyo jeermis dileyaasha ayaan waxba tarayn haddii saabuun ay ka harto tallaabada koowaad. Xunbada saabuunta ayaa u baahan in lagu **biyo raaciyo biyo nadiif ah** si walxaha wax lagu masaxo iyo jeermis dileyaashu ay shaqadooda u qabsadaan.

**Talaabada 3-aad.** **Nadiifiye ku masax** - Nadiifiyeyaashu waxay leeyihiin kiimiko ku filan oo warankillo ah si loo yareeyo tirada jeermiska dusha sare ku haray si aysan u faafin, laakiin kuma filna inay waxyeello u geystaan jirka carruurta ee koraya. Nadiifiyeyaasha ayaa loo arkaa mid amaan u ah in loo adeegsado agabka ilmuhu ay afka gashan karaan (cinjirada ilmuhu nuugaan iyo alaabo-alaabayda carruurta) ama sagxadaha ay cuntadu taaban karto (sida saxamada iyo weelasha wax lagu cuno). Nadiifiyeyaasha badanaa waxaa loo isticmaalaa **meelaha cuntadu taabato, jikada, iyo fasallada.**

Iyadoo ay ku xiran tahay walxaha uu ka samaysan yahay shayga waxaa lagu **masaxi** karaa siyaabo kala duwan:

- Iyadoo la isticmaalayo xal warankiilo wax lagu **masaxo** ama badeecad kale oo ay diiwaangelisay Environmental Protection Agency (EPA, Hayadda Ilaalinta Deegaanka) oo ammaan u ah taabashada cuntada sida tallaabada sadexaad ee Habka 3-da Tallaabo ah
- Biyo karkaraya muddo 1 daqiiqo ah
- Mashiinka lagu dhaqo saxamada (iyadoo la isticmaalayo kiimiko ama kulayl); ama
- Mashiinka dharka lagu dhaqo, iyadoo la isticmaalayo warankiilo ama kulayl gaaraya ugu yaraan 140°F (60°C)

**ama**

**Jeermiska dil** –Xalka jeermis-dilaha waxaa loo isticmaalaa in lagu dilo jeermiska lagana hortago inuu koro. Qaar kamid ah jeermisyada ku dhex nool saxarada (xaarka), dhiiga, iyo dheecaanada kale ee jirka ayaa sababi kara cudur ama xanuun daran. Yoolku waa in la dilo jeermisyadaan, maaha in keliya la yareeyo. Maadaama jeermis

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dileyaashu ay dilaan jeermisyada ku haray sagxadaha dushooda kadib marka la dhaqo, waxaa loo **isticmaalaa musqulaha iyo meelaha xafaayadda lagu beddelo**, halkaas oo jeermis keeni kara cudurro daran ay ku noolaan karaan. Sidoo kale waxaa loo adeegsadaa nadiifinta dheecaannada jirka, dhiiga, ama Other Potentially Infectious Materials (OPIM, walxo kale oo suurtagal ah inay faafiyaan caabuq).

Haddii sagxad ama meel, oo ay ku jiraan roogag yar ama roogag waaweyn, ay ku wasakhoobaan dhiig ama OPIM, carruurta waa in laga fogeeyaa **ka hor** inta aan la nadiifin lana **jeermis dilin** iyadoo la isticmaalayo kulayl sare ama badeecad ay diiwaangelisay EPA.

### Qoraal ku saabsan marooyinka dunta yaryar leh

- Marooyinka dunta yaryar leh waxay ka waxtar badan yihiin xaashiyaha lagu nadiifiyo marka la nadiifinayo sagxadaha iyo marka la saarayo jeermiska.
- Haddii la isticmaalayo maryaha dunta yaryar leh, maro gaar ah u isticmaal tallaabo kasta oo ka mid ah Habka 3-da Tallaabo ah, si la mid ah sida aad u isticmaali lahayd xaashida halka mar la isticmaalo.
  - Dhaq maryaha isticmaal kasta ka dib.
  - Maryaha la isticmaalay ku gur weel ama dambiisha dhardhaqaalka oo dhig meel aysan ka gaarin carruurta oo u dhaq si gaar ka ah dhardhaqaalka kale ee barnaamijka.

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| Goobaha Fasalka  |  |   |                       |   |
|--|--|---|-----------------------|---|
|  | Immisa jeer?                                   |   |                       |   |
|  | Kadib isticmaal kasta                          | Maalin walba (dhammaad ka maalinta)   | Todoba adkiiba mar    | Wax kale  |
| Mujurucyada carruurta nuugto   | Biyo raaci haddii hal cunug keliya isticmaal o |   |                       | Haddii ay wasakhoobaan ama uu isticmaalo cunug kale si lama filaan ah, <b>nadiifi</b> adigoo: ku karkarinaya biyo kulul muddo 1 daqiiqo ah kadibna hawada ku qalaji <b>ama</b> ku dhaq mashiinka lagu dhaqo saxamada. |
| Weelasha lagu keydiyo mujurucyada  |  | <b>Nadiifiye ku masax</b> kadibna hawada ku qalaji <b>ama</b> ku dhaq mashiinka lagu dhaqo saxamada |                       |   |
| Alaabta carruurta ku ciyaarto: afka gashato ama qaniinaan                                    | <b>Nadiif ka dhig</b>                          |   |                       |   |
| Alaabta carruurta ku ciyaarto: dhallaanka iyo ilmaha socod baradka                           |  | <b>Nadiif ka dhig</b>   |                       |   |
| Alaabta carruurta ku ciyaarto: da'da waxbarashada dugsiga ka hor iyo kuwa jira da'da dugsiga |  |   | <b>Nadiif ka dhig</b> | Jadwal nadiifin oo gaar ah oo goobta ah waa in la sameeyaa lana raaca.  |
| Koofiyadaha badbaadada   | U nadiifi sida uu tilmaamay soo saaraha.       |   |                       |   |
| Miisaska biyaha lagu ciyaaro   |  | <b>Jeermiska ka dil</b>   |                       | <ul style="list-style-type: none"> <li>Carruurta leh nabaro furan ama boogaha waa inaysan ka qayb qaadan ciyaarta biyaha.</li> </ul>  |

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|   |  |  |                       |   |
|---|--|--|-----------------------|---|
|   |  |  |                       | <ul style="list-style-type: none"> <li>• Ha isticmaalin inta ay jirto jirro dillaacday.</li> </ul>  |
| <b>Sariiraha carruurta, gogosha iyo firaashyada</b>           |  |  | <b>Nadiif ka dhig</b> | Haddii uu isticmaalo wax ka badan hal cunug, <b>nadiifi</b> kadib isticmaal kasta.  |
| <b>Caagadaha qashinka lagu rido</b>                           |  | Faaruji  |                       | <b>Jeermiska ka dil</b> marki loo baahdo.   |
| <b>Roogaaga iyo roogaga waaweyn</b>                           |  | Ku nadiifi faakuum marka carruurta aanay joogin                                |                       | <p>Ku nadiifi mashiinka lagu nadiifiyo roogga ama uumiga <b>ugu yaraan 6-dii biloodba mar.</b></p> <p><b>Qolalka carruurta yaryar, nadiifi ugu yaraan hal mar bishii.</b></p> <p>Carruurta waa in aysan ku soo noqon meelaha roogga leh ilaa ay qalalaan.</p> |
| <b>Roogaga yaryar</b>   |  | Ku hurguf bannaanka ama ku nadiifi faakuum                                     |                       | Dhaq marki loo baahdo.  |
| <b>Sagxadaha: mutuleelka, linoleum, vinyl, laminate, iwm.</b> |  | Xaaq ama faakuum mari, kadibna ku tirtir tirtire qoyan oo leh <b>nadiifiye</b> |                       | Tirtiraha musqusha ha u isticmaalin sagxadaha fasalka.  |

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| <b>Meelaha Musqusha iyo Beddelka Xafaayadda</b>                   |                              |   |   |
|---|------------------------------|---|---|
| Xasuusin: Ha isticmaalin jeermis-dile marka carruurta ay joogaan. |                              |   |   |
|   | <b>Immisa jeer?</b>          |   |   |
|   | <b>Kadib isticmaal kasta</b> | <b>Maalin walba (dhammaadka maalinta)</b> | <b>Wax kale</b>   |
| <b>Miisaska wax looga beddelo</b>                                 | <b>Jeermiska ka dil</b>      |   |   |
| <b>Siinkiyada gacmaha lagu dhaqdo iyo miisaska dushooda</b>       |                              | <b>Jeermiska ka dil</b>                   |   |
| <b>Kuraasta tababarka isticmaalka musqusha carruurta</b>          | <b>Jeermiska ka dil</b>      |   |   |
| <b>Musqulaha iyo gacan-qabadyada musqusha</b>                     |                              | <b>Jeermiska ka dil</b>                   | Nadiifi oo jeermiska ka dil isla markiiba haddii ay si muuqata u wasakhoobaan.  |
| <b>Caagadaha qashinka xafaayadaha lagu rido</b>                   |                              | <b>Jeermiska ka dil</b>                   | Faaruji inta lagu jiro maalinta oo dhan.  |
| <b>Sagxadaha musqusha iyo meelaha xafaayadda lagu beddelo</b>     |                              | <b>Jeermiska ka dil</b>                   | Isticmaal tirtirayaal ama madaxyo tirtirayaal oo loogu talagalay musqusha ama meelaha xafaayadda lagu beddelo; tusaale ahaan, tirtire lagu nadiifiyo fasalka ama jikada ha u isticmaalin musqusha ama meelaha xafaayadda lagu beddelo |

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| Meelaha Jikada iyo Cuntada   |                        |                       |  |   |
|--|------------------------|-----------------------|--|---|
|  | Immisa jeer?           |                       |  |   |
|  | Isticmaal kasta ka hor | Kadib isticmaal kasta | Maalin walba (dhammaadka a maalinta)   | Wax kale  |
| Firinjeerka  |                        |                       |  | <b>Nadiifiye isticmaal ugu yaraan hal mar bishii.</b>   |
| Qaboojiyaha  |                        |                       |  | <b>Nadiifiye isticmaal ugu yaraan saddexdii biloodba mar.</b> Ka dhalaali barafka marka uu ka bato ¼ inch ama heerkulku dhaafo 0°F.   |
| Weelasha wax lagu cuno, dhalooyinka, iyo saxamada  |                        | <b>Nadiif ka dhig</b> |  | <ul style="list-style-type: none"> <li>Gacanta ku dhaq, ku biyo raaci, kadibna ku nadiifi nadiifiye <b>ama</b></li> <li>Isticmaal setinka “sanitize” ee mashiinka lagu dhaqo saxamada.</li> </ul> |
| Meelaha cuntada lagu diyaariyo iyo miisaska dushooda   | <b>Nadiif ka dhig</b>  | <b>Nadiif ka dhig</b> |  | Isticmaal maro dun yaryar leh oo hal mar la isticmaalo ama xaashiyo la tuuro. <b>Ha isticmaalin wax isbuunyo ah.</b>  |
| Siinkiyada cuntada lagu diyaariyo  | <b>Nadiif ka dhig</b>  | <b>Nadiif ka dhig</b> |  |   |
| Qalabka: digsiyada iyo birtaawada, qalabka wax lagu shiido, qalabka lagu furo qasacadaha, sagxadaha wax lagu jarjaro |                        | <b>Nadiif ka dhig</b> |  | <ul style="list-style-type: none"> <li>Gacanta ku dhaq, ku biyo raaci, kadibna ku nadiifi nadiifiye <b>ama</b></li> <li>Isticmaal setinka “sanitize” ee mashiinka lagu dhaqo saxamada.</li> </ul> |
| Miisaska iyo kuraasta dhaadheer ee carruurta wax ku cunto  | <b>Nadiif ka dhig</b>  | <b>Nadiif ka dhig</b> |  | Sidoo kale, nadiifi lugaha iyo qaab-dhismeedka marka ay si muuqata u wasakhoobaan.  |
| Sagxadaha jikada   |                        |                       | Xaaq ama faakuum mari, kadibna ku tirtir tirtire qoyan oo leh <b>nadiifiye</b> | Tirtire lagu nadiifiyo musqusha ha u isticmaalin sagxadaha jikada.  |

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### Dhar dhaqidida

Si loo xaqiijiyo in heerkul sax ah la gaaro, dharka waa in lagu dhaqo goobta barnaamijka ama meel dhar dhaqis oo ganacsi.

- **Ku dhaq** saabuunta dharka ama dareere nadiifiye ah.
- Mashiinka dharka dhaqa ayaa biyo **raacin** doona dharka.
- **Nadiifiye isticmaal** adigoo adeegsanaya mid ka mid ah kuwan soo socda:
  - setinka “sanitize” ee mashiinka dharka dhaqa oo gaaraya ugu yaraan 140°F (60°C); **ama**
  - mashiinka qalajinta oo gaaraya ugu yaraan 140°F (60°C); **ama**
  - warankillo ama nadiifiye la mid ah oo ay diiwaangelisay EPA (Isticmaal habkan haddii dharku ku wasakhoobo dhiig ama Other Potentially Infectious Materials (OPIM, walxo kale oo suurtagal ah inay faafiyaan caabuq).
- Si buuxda u qalaji.

|  | Immisa jeer?  |                                    |   |
|--|---|------------------------------------|---|
|  | Ka hor isticmaal kasta  | Maalin walba (dhammaadka maalinta) | Todobaadkiiba mar   |
| <b>Marooyinka cunugga loo xiro xilliga quudinta iyo marooyinka lagu masaxo</b> |   | <b>Nadiif ka dhig</b>              |   |
| <b>Alaabta lagu ciyaaro oo ka samaysan dharka iyo dharka ciyaarta</b>          |   | <b>Nadiif ka dhig</b>              |   |
| <b>Gogosha: go’yaasha, busteyaasha, bustayaasha ilmaha loo galiyo, iwm.</b>    | <b>Nadiif ka dhig</b> haddii ay isticmaalaan wax ka badan hal cunug |                                    | <b>Nadiif ka dhig</b> haddii uu isticmaalo hal cunug keliya |

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### Sagxadaha Inta badan La Taabto

Waxaa laga yaabaa in la jeermis dilo marar badan inta lagu jiro faafitaanka cudurrada, iyadoo ku xiran tilmaamaha maamulka caafimaadka maxalliga.

|   | Immisa jeer?  |  |
|---|---|--|
|   | Maalin walba (dhammaadka maalinta)  | Wax kale   |
| Gacan-qabadka albaabada, meelaha la qabsado armaajooyinka, badhamada laga damiyo ama laga daaro nalalka, iwm. | Nadiifi marar badan maalintii. <b>Jeermiska ka dil</b> dhammaadka maalinta. |  |
| Kombiyuutarrada, kiiboodhyada, tablet-yada, iyo taleefanada ee la wadaago.                                    | Nadiifi marar badan maalintii. <b>Jeermiska ka dil</b> dhammaadka maalinta. | <ul style="list-style-type: none"> <li>Isticmaal daboollada kiiboodhka ee silikoonka ah, ee la saari karo lana nadiifin karo.</li> <li>Ha isticmaalin buufinnada.</li> </ul> |

### Sheeyaasha Kale

|   | Immisa jeer?   |   |
|---|--|---|
|   | Maalin walba (dhammaadka maalinta)   | Wax kale  |
| Dhalooyinka buufinta ee loo isticmaalo Habka 3-da Tallaabo ah | <b>Jeermiska ka dil</b>  | Isticmaal Habka 3-da Tallaabo si aad <b>jeermiska uga disho</b> bannaanka dhalooyinka buufinta iyo miis kasta, weel ama dusha ay taabteen dhalooyinka buufinta. |
| Meelaha xayawaanka rabaayadda iyo saadkooda                   | <p>Ka eeg siyaasadaada xayawaanka rabaayadda si aad uga hesho sheeyaal gaar ah. Haweenka uurka leh iyo carruurta waa inaysan nadiifin moorada xayawaanka, sanduuqyada ay ku saxaroodaan xayawaanka, haamaha kalluunka, iwm.</p> <p><b>Jeermiska ka dil</b> meelahaan iyo agabkan kadib marka nadiifinta kale oo dhan la dhammeeyo.</p> |   |