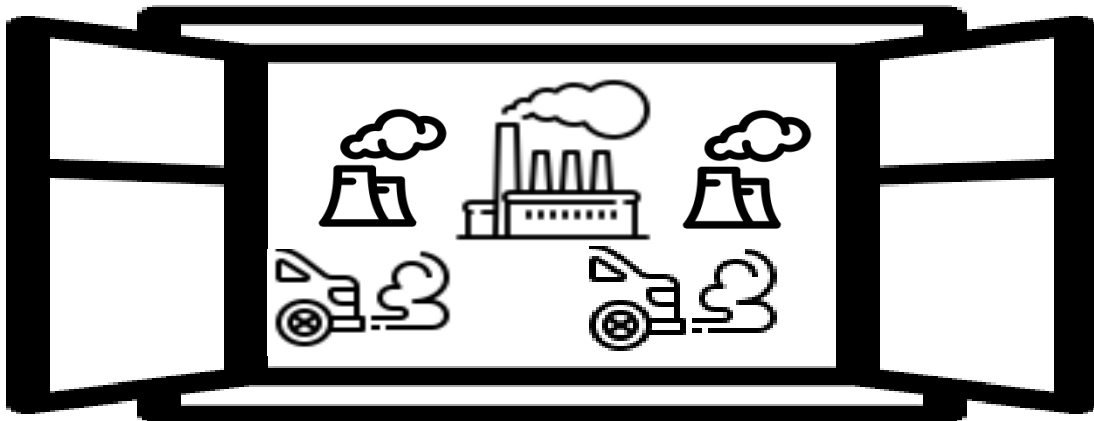


## TAYADA HAWADA GUDAHA WAA MUHIIM

Dalka Mareykanka dhexdiisa, qofka celcelis ahaan 87% waqtigiisa wuxuu ku qaataa gudaha guriga laakiin markuu yimid cudurka saf amarka ah, tiradaasi wey korortay. Hase yeshee ma ogtahay in hawada gudaha badanaa ay ka wasakheyn badan tahay hawada banaanka sababtoo ah waxey hawada gurigu soo saarta waxqabadyada sida kuwa hoos ka muuqda? Tani waxaa dhibsan karra jirkaaga waxayna kaa dhigeysaa in aad qaadid oo ku xanuunsato fayrasyada sida COVID-19 iyo hargabka.

<p><b>Hawlaha aan Gudaha ku qabanno</b> (qiiqa wax lagu karsado, wasakhda aan ahayn HEPA *, qashin nuugaha, ku nadiifinta kiimikada)</p>	<p><b>Qalabka lagu dhiso jiray guryaha</b> (rinjiga, saqafka gudaha, marmarka, suufka gidaarka ku daboolan)</p>	<p><b>Ashyaada ku jirta guryaheena</b> (alaabta lagu ciyaaro, qalabka guryaha, roogaga, buufinta, waxyaabaha udgoon)</p>
		

Cunsuriyada deegaanka awgeed, furitaanka daaqad (caadi ahaan waa hab weyn oo lagu yareeyo wasakhda) uma aha ikhtiyaar bulshooyinka ku nool waddooyinka waaweyn ama dhulka warshadaha. Sidaa darteed, waxaa muhiim ah in la helo habab kale oo lagu yareeyo wasakheynta hawada gudaha.



\*HEPA (Hawada Waxtarka Sare leh) qashin nuugaha waa in u yahay nooca HEPA oo shaandheynaya si uu uga celiy in aann boor soo gelin qolka- si ka duwan qashin nuugaha caadiga ah, ee boorka ku sii daaya qolka markii la isticmaalo

## HAWADA WANAAGSAN EE GUDAHA WAXEY LA MACNA TAHAY CAAFIMAAD

Inaad ku haysato hawo nadiif ah gudaha gurigaaga ayaa muhiim u ah caafimaadkaaga. Tayada hawada gudaha oo liidata waxay u horseedi kartaa:

### Saamaynta degdegga ah sida:

- Cuncunka indhaha, sanka iyo cunaha
- Madax xanuun
- Wareer
- Calaamadaha hargabka oo kale ah



### Saamaynta muddada-dheer:

- Kansar
- Cudurada neefsashada (sida neefta iyo COPD)
- Wadne xanuun
- Xaaladaha caafimaad ee hadda jira ka sii dara



## YAA UGU XASAASISAN TAYO XUMADA HAWADA GUDAHA?

- Carruurta yar-yar
- Dadka qaba cudurada neefsashada ama jiran, wadne xanuunka, ama cudurada daba dheeraada,
- Dadka dadoodu ka weyn tahay 65 sano
- Dadka leh (ama horey u lahaa) COVID 19
- Dumarka uurka leh
- Dadka la kulma dhibaatooyinka cunsuriyada deegaanka

## GOORMAA LA ISTICMALAA FILTARKA MARAWAXADA SANDUUKHA

- Inta lagu jiro maalmaha qiiqa dab- dureedka
- Marka hawadu banaanka tahay mid liidata
- Inta lagu jiro ama ka dib howlaha gudaha ee abuuraya tayada hawo xumada (tusaale ahaan, qiiqa ka imaanaya cunto karinta)
- Ha isticmaalin markaad ka baxdo guriga ama aad seexanayso
- Ha isticmaalin haddii daakhadahu frunayahiin!



Tirtir boorka oo si-isx-xiga u masax



PLEASE TAKE OFF  
YOUR SHOES

Kabaha guriga ha la soo galin



Isticmaal shaandhada qashinuugaha noociisu yahay



Ha isticmaalin qalabka wax carfiya sida (hawo udgoneysiyaha)

## SHAANDHADA MARAWAXADA AYAA KAA CAAWINI KARA IN AAD CAAFIMAAD KU HEYSO HAWADA GUDAHA

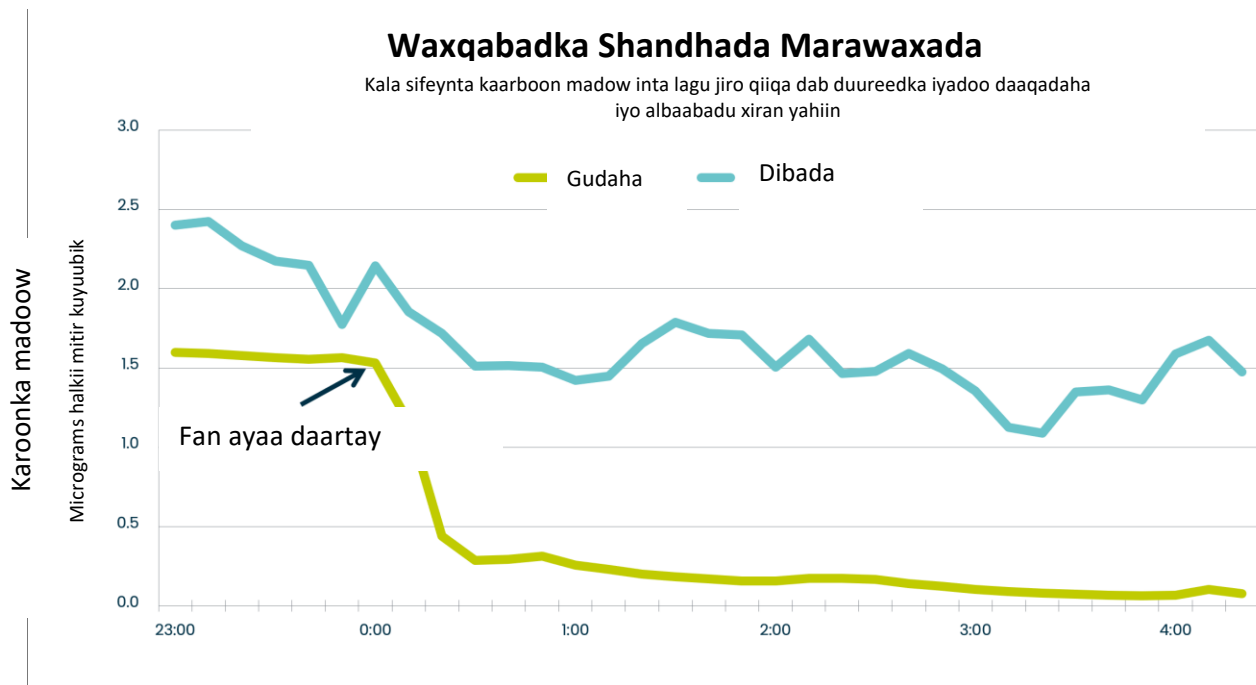
Adoo adeegsanaya nidaamyada sifeynta hawada gudaha gurigaaga, waxaad si muuqata u wanaajin kartaa tayada hawada gudaha waxaadna yareyn kartaa in aadan wax ka qadin.

Qaabka qiimaha jaban ee guriga loogu nadiifiyo waxaa leh sanduuqa marawaxadda iyo shaandhada kuleyl-dhaliyaha. Kuwan "shaandhada marawaxadaha" ayaa shaandhayn kara qaybaha yaryar ee ku badan dabka kaymaha ama qiiqa alwaaxda, iyo sidoo kale fayrasyada, wasakhda huurka keeno, iyo boorka ay soo daayaan waxyaabaha caadiyan laga helo guriga dhexdiisu, iyadoo yareynaya saamaynta caafimaad ee wasakhda hawada gudaha.



Shaandhada hawada nuuga ee mara shaandhada kuleyl-dhaliyaha, Meesha qashinku galo, xayubka dhirka ka soo daata, iyo walxaha kale sidaa darteed hawo nadiifi ahi waxay ka soo baxdaa dhinaca kale ee marawaxada!

Hey'adda Puget Sound Clean Air ayaa cabiratay waxtarnimada shaandhadaas waxayna ogaadeen in ay horseedi karaan hoos udhaca 90% noocyada wasakheynta hawada qaarkood:



## QIIQA DAB-DUREEDKA



Iyada oo ay sabab u tahay isbedelka cimilada iyo saameynta ay ku yeelatay dhaqammada maaraynta keymaha, qiiqa dabka ee xagaaga ayaa wax caadi ah ka noqday gobolkeena.

Qalabkan shaandhada marawaxadaha, markii lagu hagaajiyo shaandho nadiif ah, ayaa kaa caawin kara in aad abuurto gurigaaga qol hawo nadiif ah leh inta lagu jiro maalmaha qiiqa dabdureedka.

## TUSMADA ISTICMAALKA FILTARKA MARAWAXADA

Qalabkan shaandheynta ee taageere sanduuqa ayaa keenaya xal qiimo jaban si looga caawiyo yareynta saameynta qiiqa dabka. Si kastaba ha noqotee, marawaxada sanduuqa looguma talagalin in lagu isticmaalo marawaxada qiiq qaadaha MERV-13 oo nabadgelyadooda wali lagu tijaabinayaa Shaybaarka 'Underwriter' (shirkad tijaabo ah oo saddexaad ah oo hubisa amniga alaabooyin badan) Taageerayaasha sanduuqa kuma jiraan xargaha socda ama farsamo kale oo damineysa haddii ay aad u kululaadaan isticmaalka ka dib marka lagu rakibo shaandhada qiiq qaadaha MERV-13 oo hawada uu dhinaca ka qaadanayo marawaxadu.

In kasta oo aysan jirin wax macluumaad ah oo muujinaya in tani ay dhibaato ahayd markii marawaxadaha sanduuqa horay loo isticmaali jiray, ma jirin baaritaan rasmi ah oo la sameeyay oo halista kuleylka ayaa weli suurtagal ah. Isticmaalka saxda ah iyo dayactirka sanduuqa marawaxadaha leh shaandhada waxaa si aad ah loogu talinayaa hababka hoos ku xusan:



### **Marawaxadda leh shaandhada waa in loo adeegsadaa iyadoo la raacayo dhaqamada badbaado ee soo socda:**

- Weligaa ha ka tegin marawaxadda / shaandhada iyadoo aan lala joogin.
- Ha isticmaalin intaad huruddo ama aadan guriga joogin. Ka saar shaandhada ka hor hurada haddii qulqulka hawadu muhiim u yahay inuu qabow ahaado.
- Demi marawaxadda ku lifaaqan 30kii daqiiqaba oo u oggolow unugga inuu qaboojiyo muddo 15 daqiiqo ah ka hor inta aadan unugga dib u celin.
- Isticmaal marawaxadda qolka aad waqtiga badan joogto.
- Kusijeedi marawaxadda dhexda qolka, kana fog derbiyada iyo walxaha waaweyn. Ha ag dhigin marawaxadda meel u dhow boor ama wasakh ama marawaxaddu boodhka ayay afuufi doontaa hawada.
- Xir dhammaan daaqadaha iyo albaabbada inta marawaxadu shaqeynayso. Shandhada marawaxada ma nadiifin karo hawada haddii wasaqowga banaanka uu dib ugu soo laabanayo qolka.
- Badbaadada korantada, ha ku isticmaalin marawaxada musqusha ama biyaha agtooda.
- Beddel shaandhada 3dii biloodba mar ama markay umuuqdaan kuwo wasakh ah.
- Shaandhooyinku waa inay lahaadaan "MERV-rating" oo ah 13 (miirayaasha 20x20x1 inji ayaa la shaqeeya cutubkan sanduuqa marawaxada). Sanduukha marawaxada loo adeegsado qaabkan waa in ay ka cusub yihiin 2012 markii matoorrada la cusbooneysiisay si loo yareeyo khataraha kuleylka.
- Ka fogee caruurta yar yar shaandhada sanduuqa marawaxada.

**Marka la aqbalo xirmada shaandheynta sanduuqa, isticmaaluhu wuxuu aqbalayaa in uu qaado mas'uuliyadda adeegsiga, dayactirka, iyo waxqabadka alaabada xirmada shaandhada sanduuqa ee laga helay Caafimaadka Dadweynaha - Seattle & King County.**

## RAKIBAADA QALABKA SANDUUQA SHAANDHADA MARAWAXADA

Qalabka loo baahan yahay:



marawaxadd

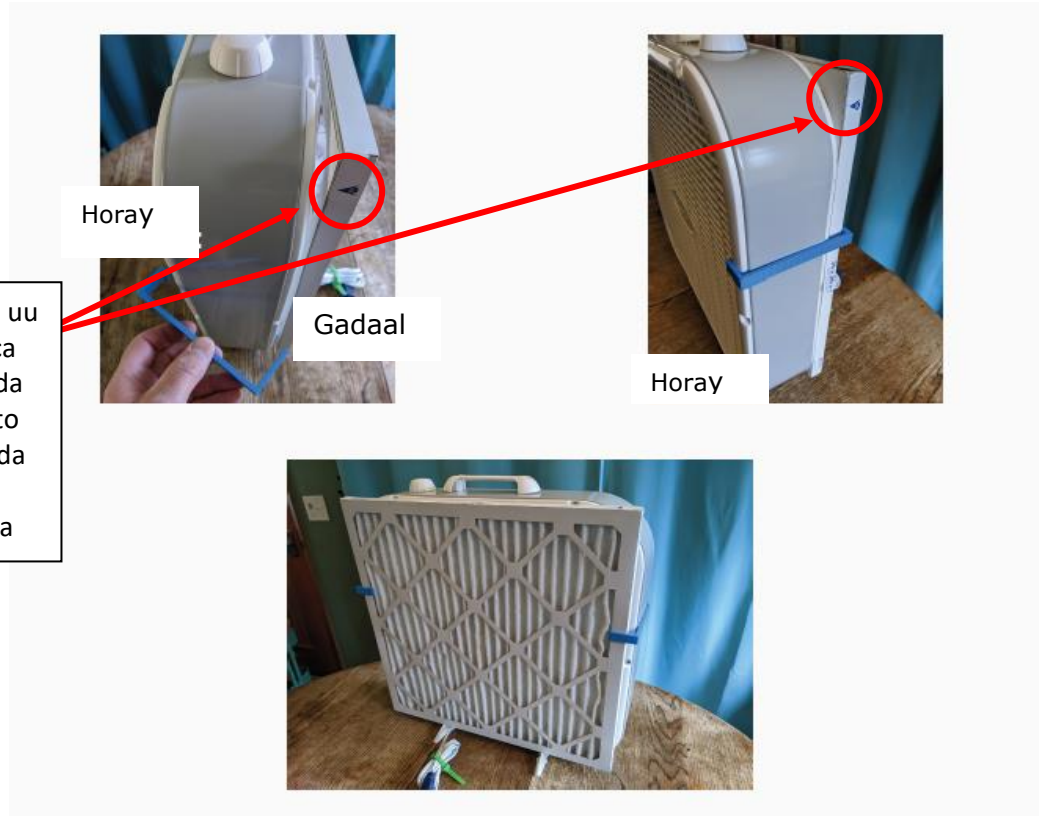


shaandhayso



xirmo

Sida loo rakibo:



\* Waad ku mahadsan tahay Puget Sound Clear Air Agency sida aad noola wadaagteen