

# Nadiifinta iyo Jeermis dilka



## Waa maxay nadiifintu?

Waa hanaanka lagu saarayo wasakhda muuqata, waxa daata, baraha, boorka, iyo sidoo kale qaar kamid ah jeermiska, oogada

- Ilaalinta nadaafadu waxay muhiim u tahay daryeelka caafimaadka si looga hortago gudbinta wasakhda iyo boorka bukaanka soo gaaraya.
- Ayada nadiifinta kaliya ay ku filnaan karto xaaladaha qaarkood, haddana kuma filna goobaha daryeelka caafimaadka sababtoo si wax ku ool ah meesha ugama saarayso jeermisyada.
- Nadiifinta oogooyinka kahor jeermisdilka waxay sare u qaadi kartaa ku filnaanshaha baabi'inta jeermisyada.



## Waa maxay jeermisdilku?

Hanaanka baabi'inta nooleyaasha khatarta badan (bakteeriyada, fayrasyada, iyo fungi-ga) ee oogooyinka ama walxaha.

- Jeermisdilku waa muhiim sababtoo ah nadiifinta kaligeed ma baabi'inayso jeermisyada.
- Waxyaabaha jeermiska dila kaligood si ku filan wax ugama qabanayaan wasakhda faraha badan, waxyaabaha daata, ama baraha, waxayna faafin karaan wasakhda.
- Jeermisdilistu waa inaysan kahor marin nadiifinta. Nadiifinta iyo jeermisdilka is barbar socda ama hanaanka labada talaabo ah ee la nadiifinayo kahor inta aan jeermiska laga dilin ayaa lagu talinayaa.

Ilaaha: Mashruuca Center for Diseases Control (CDC, Xarunta Xakamaynta Cudurada) Firstline Environmental Cleaning and Disinfection (Session Plan) (cdc.gov) iyo Project Firstline Washington: Taxaneyaasha Onleenka ah ee Tababarka Xakamaynta Caabuqa