

# Jeermiska ka dil oo Nadiifi adoo adeegsanaya Warankiilo

Sida Warankiilada loogu Qaso Daryeelka Caruurta

## Tilmaamaha Diyaar Garoowga

- **Qas** warankiilada cusub maalin walba. Ku qas meel ka fog carruurta iyo goob hawo fiican leh.
- **Calaamadee** warankiilada walba. Qor cadadka warankiilada aad ku dartay iyo taariikhda.
- **Adeegso biyo qaboow.** Marka hore biyaha ku shub, kaddibna ku dar warankiilada.
- **Xiro** galoofis iyo difaaca indhaha.
- **Ku qas** meel u dhow meel indhaha lagu dhaqdo.

## Dareeraha Jeermis Dilaha (~1000 ppm)

Isticmaal miisaska lagu badelo xafaayadda, qasabadaha gacmaha lagu dhaqdo, suuliyaasha qabayska, saxamada suuliga, fadhiyada suliga, goobooyinka tababarashada, meelaha saabuunta la dhgto, kursiga saxarada iyo qataarada albaabada ama armamajada, iyo waxyaabaha lamidka ah.

	Adeegsiga warankiilada aadka u adag:		
Biyaha	2.75 %	5.25–6.25 %	7.5–8.25 %
1 Galaan	$\frac{3}{4}$ koob	$\frac{1}{3}$ koob	$\frac{1}{4}$ koob
1 Rubuc	3 Qaado	4 qaado	1 Qaado

## Dareeraha Jeermis Nadiifiyaha ah (~100 ppm)

U isticmaal oogoooyinka cuntadu taabato, suxuunta iyo maacuunta, miisaska, kuraasta dhaadheer, gidaarada kursiga ilmaha iyo joodariyaasha, boombaleyaasha, cinjirka ilmuu nuugaan, sagxadda, gogosha lagu seexo, iyo waxaabaha lamidka ah.

	Adeegsiga warankiilada aadka u adag:		
Biyaha	2.75 %	5.25–6.25 %	7.5–8.25 %
1 Galaan	1 Qaado	2 qaado	1 qaado
1 Rubuc	1 qaado	$\frac{1}{2}$ qaado	$\frac{1}{4}$ qaado

**Isticmaal oogoooyinka adag ee la masixi karo.** Awoodaha ku qoran shaxdaan waxay isku qasi doonaan ku dhawaad 1000 ppm oo warankiilada ah si jeermiska looga dilo, ama 100 ppm si jeermiska looga nadiifiyo. Isticmaal xirmooyinka tijaabada ee koloriinta taasoo u dhexaysa 0 – 2000 ppm si aad u tijaabiso awoodda milanka aad isku qastay.

**Isticmaal warankiilo aan ur lahayn oo khali ah.** Akhri sumadda. Waxay yeelan doontaa boqoleyda (%), ama awoodda, warankiilada. Tusaale ahaan, waxay noqon kartaa sida sodium hypochlorite 6.25% ama 8.25%.

**La xiriir waaxda caafimaadka ee deegaankaaga.** Waxay kuu sheegi karaan sida loo nadiifiyo oo jeermiska looga dilo haddii qofku xanuunsado.

## Raac tallaabooyinka:

1. **Ku nadiifi** saabuun iyo biyo kahor inta aadan jeermiska ka dilin oo aadan nadiifin.
  2. **Ku biyo raaci** biyo nadiif ah. Ku qalaji shukumaan.
  3. **Mari** warankiilo iyo biyo isku qasan adoo meesha oo dhan gaarsiinaya.
  4. **Ha qoyanaato** meeshu ugu yaraan 2 daqiiqo.
- Hawadu ha qalajiso, ama waxaad ku qalajin kartaa shukumaan 2 daqiiqo kaddib.

Shaxdaan waxaa la sameeyay 2015 waxaana samaysay Washington State Disinfection Workgroup (Kooxda Shaqada ee Jeermis Dilista) oo ay hogaanka u hayso Washington State Department of Health (Waaxda Caafimaadka Gobalka Washington). Kooxda shaqada ayaa ka kooban shaqaale ka socda Department of Early Learning (Waaxda Waxbarashada Dhallaanka), Snohomish Health District (Caafimaadka Degmada ee Snohomish), Local Hazardous Waste Management Program in King County (Barnaamijka Maamulka Wasaqda Waxyaabaha Khatarta ku ah Deegaanka ee King County), Washington State Department of Ecology (Waaxda Gobalka Washington uqaabilsan Noolaha), Coalition for Safety and Health in Early Learning (Isbahaysiga Badqabka iyo Caafimaadka Waxbarashada Dhallaanka), iyo Department of Health ee Gobalka Washington.

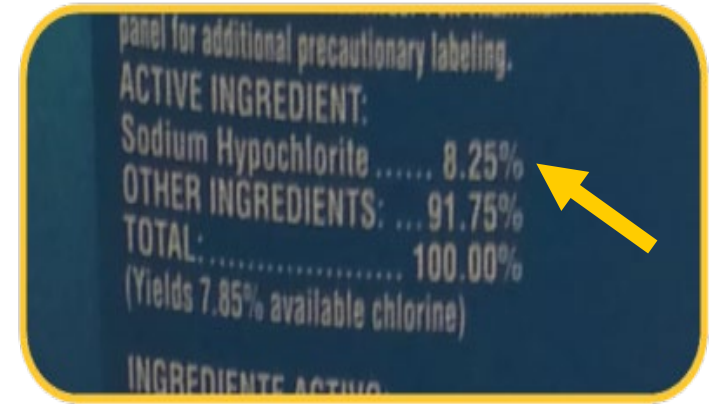
DOH Daabacaadda 970-216 Juun 2025 Somali



Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

## Sida loo Akhriyo Shaxda Warankiilada

Warankiiladu wuxuu ku yimaadaa awoodo kala duwan. Ka eeg calaamadda firka cadeeyaha si aad u hesho boqoleyda percent sodium hypochlorite. Waxay u ekaan kartaa sawirka midigta ka muuqda. Kaddib, isticmaal shaxda si aad u qasto warankiilada.



## Isticmaal Badbaadada Kiimikooyinka

- Xiro galoofisyo iyo difaaca indhaha marka aad isku qasayso warankiilada iyo biyaha.
- Ku qas warankiilada meel u dhow goob indhaha lagu dhaqdo taasoo buuxinaysa heerarka Washington Department of Labor and Industry (Waaxda Shaqaalaha iyo Warshadaha ee Washington).
- Ku qas warankiilada biyo qabow. Biyo ku dar marka hore, kadibna warankiilada ku dar.
- Isticmaal shaando si aad warankiilada dhalada buufinta ugu shubto
- Ku qas warankiilada goob hawo fiican leh. Ha ku qasin fasalka dhexdiisa ama meel caruurta u dhow.
- Weligaa ha ku darin warankiilada kiimikooyin kale. Ha dhigin warankiilada meel u dhow kiimikooyinka ay kujirto ammonia.
- Ku xir dhalooyinka buufinta meel buufin culus leh, haka dhigin buufin khafiif ah.
- Ha isticmaalin jeermisdil.eyaasha marka caruurtu kaa agdhowdahay
- Xaqiiji in daryeelka canuggaagu haysto hawo wanaagsan. Haddii kiimiko kuu soo urto, sii hawo nadiif ah.

## Tixgali Alaabaha Ammaanka ah

Alaabaha qaarkood ayaa ka ammaansan warankiilada. Marka ay suurtagal tahay, dooro jeermis dilayaasha iyo nadiifiyayaasha aan carafta lahayn. Waxsoosaarka ka sameysan hydrogen peroxide ama aalkolada waxay badbaado u yihiin caafimaadka aadanaha mana sababaan cudurka neefta.

## Baddalka Warankiilada

[5 Talaabo oo aad Qaadayso Haddii Aadna Doonayn Inaad Isticmaasho Warankiilada](#) – Public Health Seattle & King County (Caafimaadka Bulshada Seattle iyo King County)