

**Talooyinka aafada oo dhakhso leh: Bololka****Badbaadadaada ka shaqee markaad nadiifineyso**

Bololka ayaa abuurmi kara 12 ilaa 24 saacadood kadib daadka Bololka ayaa dadka qaarkood bukeysiiin kara, sida marka ay yeeshaan alerjiga (sanka oo xirma, indhaha oo damqada).

Maqaarkaaga dabool. Si aad u nadiifiso bololka, ka gasho:

- Qalbaka neefta ee N-95 respirator wajigaaga;
- Muraayada indha dhaawaca laga ilaaliyo;
- Giloofyada caagga ah;
- Kabo buudh ah oo caag ah; iyo
- Shaar gacmo dhaadheer iyo surwaal luga dheer.

Ka ilaali maqaarka bannaan bololka iyo jaafeelka.

***Ka taxaddar – jaafeelka ayaa gubi kara maqaarka!***

**Tuur sheyga biyaha-ku-radsan**

Tuur sheyga ku raday biyaha. Sheyda qoyan waxa ku dhalan kara bolol dadka cudur ku ridi kara. Feernijarka (fadhiga iwm) laga sameeyey calalka, rooggaga iyo waxyaabaha cufeysan, derbiga-engegan, qaybaha alwaaxa ka samaysan, alwaaxa cadaadsan, iyo derbiga-engegan ayauu ka baxaa bololku marka u qoyan yahay. Markaad ka shikisan tahay – iska tuur!

**Nadiifi meelaha dushooda**

Nadiifi dhammaan meelaha dushooda ee ay taabteen taabteen biyaha daadka ama bullaacadda. U isticmaal ¼ illaa ½ koob (cup) oo jaafeel ah gaalankii biyaha ahba.

Nadiifi meelaha dushooda aan ku radin-biyaha. Tusaalooyin waxa ka mid ah caagga adag, sibiidhka, muraayada, iyo birta.

Ha ku darin jafeelka saabuunta ama sheyga kale. Fiiri “Talooyin Dhakhso Leh Oo Aafada Ku Saabsan: Isticmaalka Jaafeelka.”

**Si dhakhso leh u engeji guriga iyo sheyga**

Kadib markaad nadiifiso, u engeji guriga iyo sheyga si dhakhso leh sidii uuna bololku uga bixin. Fur albaabka iyo dariishadaha si aad u dhaqaajiso hawada. Isticmaal marawaxado iyo qalabyada qoyaanka guriga ka saara (dehumidifiers).

**Ingejisku waa intee in le’eg?**

Meelaha dushoodu waa in ay engeega noqdaan ilaa ay engegayaan sida meelaha la midka ah ee aan qoyin. Waxaad isticmaali kartaa qoyaanka cabbire (moisture meter) sidaas inaad sameyso.

Engejisku ayaa qaadan karta waqti dheer. Waxa laga yaabaa inaad sugto bilo kahor intaadan wax ka qaban guriga hoose (basement). Bololka ayaa ka bixi kara derbiyada haddii aad wax ka qabato qeybta hoose ee guriga marka ay derbiyada iyo udubyadu wali qoyan yihiin.

**Haddii aad ugu baahato dokumentigan qaab kale oo ay ka midka yihiin farta waaweyn, Braille, ama cajalad, la xiriir (651) 201-5000 ama (800) 657-3908.**

**Dadka dhagaha la' ama dadka maqalkuku culus yahay TTY: (651) 201-5797.**



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