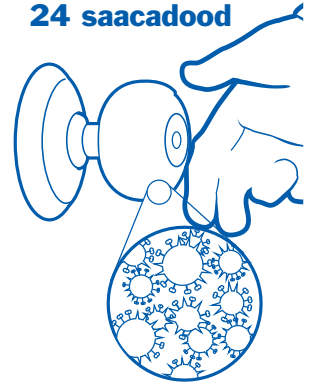


Nadiifinta si Looga Hortago Hargabka

24 saacadood

Waqti intee la'eg ayuu cudur dhaliyaha hargabka uu ku dul noolaan karaa alaabta, sida handaraabyada albaabada iyo miisaska?

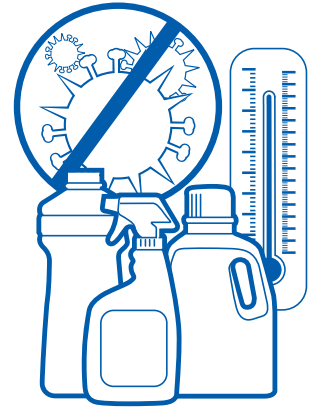
Cudur dhaliyaha hargabku wuxuu “ku noolaan” karaa meelaha sare qaarkood ilaa muddo 24 saacadood ah. iyadoo la joogteeyo nadaafada meelaha xagga sare ayaa laga yaabaa in ay yarayso faafitaanka hargabka.



Maxaa dila cudur dhaliyayaasha hargabka?

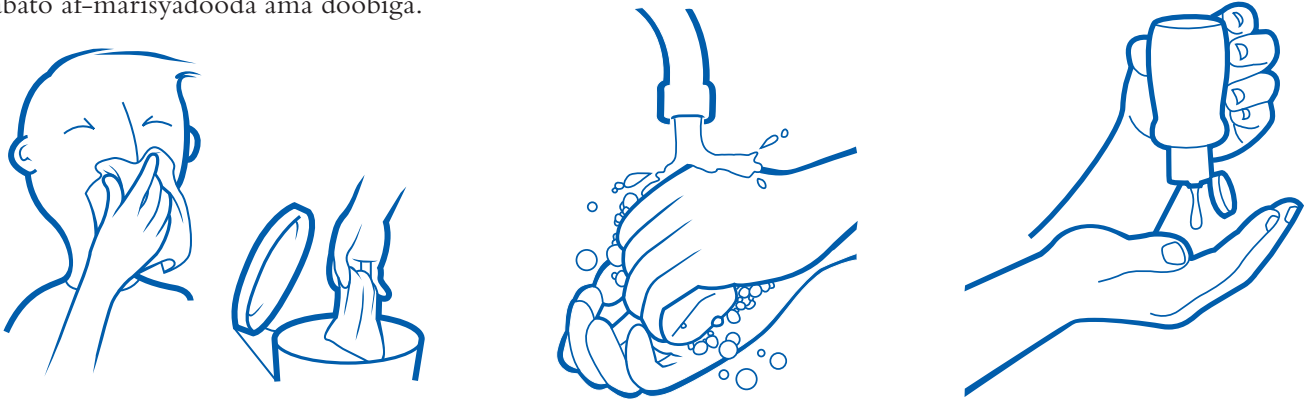
Cudur dhaliyayaasha hargabka waxaa dila kul ka sareeya 167° F [75° C]. shayada had caadigaa ee guryaha inta badan lagu nadiifiyo ayaa dili kara cudur dhaliyaha hargabka, waxaa ka mida shayadan kuwa ay ku jiraan:

- curyaha lagu isticmaalo in lagu nadiifiyo biyaha
- hydrogen peroxide
- saabuunta budada ah (saabuun)
- iodophors (daawo-buluuga oo loo isticmaalo jeermis tirida)
- isbiirtada/alkuladda



Sidee ayuu daryeel bixiyuhu u maareeyn karaa af-mariska qofka xanuunsanaya ama shayada kale?

Isku day inaad dhaqdo gacmahaaga kaddib markaad taabato qofka xanuunsanaya. Sidoo kale dhaqo kaddib markaad taabato af-marisyadooda ama doobiga.



Macluumaad dheeraad ahna la hadal telefoonka macluumaadka CDC 1-800-CDC-INFO (232-4636) ama booqo barta- shabakada www.cdc.gov/flu.