



Isticmaalka Jeermis-dilaha Nabdoon Inta Lagu Gudajiro Dilaaca COVID-19

Tilmaamaha ka socda Qaybta Takhasuska Caafimaadka Carruurta ee Gobollada Galbeedka

Fayraska cusub ee sababa COVID-19 waxaa lagu kala qaadi karaa hawada ama taabashada sagxadaha uu qof dhawaan ku hindhisay ama ku qufacay kadibna taabashada indhahaaga, sankaa ama afkaaga.



Maydhista gacmahaaga ama isticmaalka jeermis-dilaha gacmaha ka dib taabashada meelaha wasakhaysan, iyo gacmahaaga oo aad ka ilaaliso wejigaaga aad ayey muhiim u yihiin si looga fogaado isku gudbinta. Si looga hortago in fayras uu kaa soo gaaro hawada, waxaan soo jeedinaynaa in la raaco [Talooyinka CDC](#) ee soo socda. Xaashidan xaqiiqda waxay diirada saareysaa nadiifinta iyo jeermisk ka dilida sagxadaha, iyadoo la raacayo [Tilmaamaha CDC](#), iyadoo la yareynayo fursada ay kugu soo gaari karaan waxyeelada caafimaad ee jeermis dilaha.

Inaad jeermis-dile u isticmaasho sagxadaha gurigaaga waxay dili kartaa jeermisyada keenaya cudurada (bakteeriya iyo fayras), laakiin sidoo kale waxay yeelan karaan halis caafimaad. Tusaale ahaan, jeermis-dileyaal badan oo caan ah (sida warankilada/bilijika, qaar badan oo tirtirayaasha jeermis dilaha ah) waxaa ku jira kiimikooyin oo sababi kara ama ka sii darsiin kara cudurka neefta ama waxyeelayn kara caafimaadka taranka.

Nadiifinta: Ka Saarista Wasakhda iyo Jeermiska

Ku nadiifi sagxadaha gurigaaga nadiifiye isticmaal badan leh ama saabuun, iyo dhar, tuwaal ama maro. Haddii la heli karo, nooca dharka ugu fiican ee la isticmaalo waa marooyinka faybarka ah. Isticmaal kasta kadib marada ku dhaq baaf ama mashiinka dharka lagu dhaqdo. Haddii aad dharka mirofiber-ka ah aad isku laabto ka dibna badh sii laabto markale, waxaad yeelan doontaa 8 gees oo jeermiska uga dili karto sagxadaha oo aad isticmaali karto ka hor intaadan u baahanin mid cusub. Si gooni ah u maydh adigoo ka soocaya noocyada kale ee dharka, adigoo isticmaalin daawooyinka jilciya dharka. Jeermis badan ayaa laga saaraa hadii aad u nadiifiso ama u xoqdo si xoog ah, taas oo ka hortagi karta baahida loo qabo jeermis-dilaha. Haddii jeermis dilka loo baahdo, in marka hore

la nadiifiyo ayaa u oggolaaneysa jeermis dilaha inuu si fiican u shaqeeyo. Badeecada nadiifinta ee shahaado ka helay [Green Seal](#) ama [Safer Choice](#) ayaa amaan iyo badbaado u ah dadka iyo deegaanka.

Jeermis dilid: Dilida Jeermiska

Maxaa jeermiga laga dilayaa:

- ▶ Meelaha inta badan la taabto
- ▶ Meelo kasta oo lagu taabto gacmo aan maydhayn ka dib markii laga soo laabto meelaha dadku isugu yimaadaan. (Si ka sii wanaagsan, gacmahaaga u isticmaal gacmo nadiifiye ka hor intaadan guriga soo gelin oo aadan wax taaban!)

Qaar badan oo jeermis-dilayaasha ka mid ah kuma haboona in lagu isticmaalo sagxadaha cuntada lagu cuno/saaro. Ka raadi ereyada 'nadiifiyaha taabashada cuntada' ee ku qoran calaamadda badeecada taas oo tilmaamaysa in badeecada ku haboontay in loo isticmaalo nadiifinta sagxadaha cuntada lagu cuno/saarto.

Xulashooyinka Jeermis dilida ee Wax Ku Oolka Ah

Dhammaan badeecooyinka jeermiska lagu dilaa isku mid ma aha. Qaar badan oo jeermis dilaayada waxay lahaan karaan halis caafimaad, gaar ahaan carruurta, haweenka uurka leh iyo dadka qaba cudurrada neef mareenka. Waxaa jira xulashooyin amaan ah!

Barnaamijka Badeecooyinka Antimicrobial ee Naqshadeynta EPA ee Deegaanka (DfE) wuxuu leeyahay [liiska](#) badeecooyinka jeermis dilka ee isticmaala maaddooyinka (kuwa firfircoon iyo kuwa aan firfircooneyn labaduba) kuwaas oo caafimaad u leh dadka iyo deegaanka. Maaddooyinka firfircoon ee nabdoon ayaa ah: citric acid, hydrogen peroxide, L-lactic acid, ethanol, isopropanol, peroxyacetic acid, sodium bisulfate, iyo chitosan. [Liiska N ee EPA](#) wuxuu

liis garayaa badeecooyinka jeermiska dila ee buuxiya shuruudaha EPA kuwaas oo loogu talagalay in looga hortago fayraska sababa COVID-19. Xulashada ugu fiican ayaa ah in la shaandheeyo [liiska DfE](#) Xulashada ugu fiican ayaa ah si loo muujiyo kaliya kuwa ku jira liiska N. Haddii badeecooyinkaas aan la heli karin, dooro badeecooyinka ay ku jiraan maaddooyinka firfircoon ee nabdoon ee laga helo N liiska.

[sii socota >](#)

Tusaale ahaan liiska DfE

| # | EPA Registration Number | Active Ingredient | Use Site |
|---|-------------------------|-------------------|----------|
| | | Glutaraldehyde | |
| | | Glycolic acid | |
| | | Hydrochloric acid | |
| | | Hydrogen chloride | |
| | | Hydrogen peroxide | |
| | | Hypochlorous acid | |
| | | Iodine | |

Tusaalaha Liiska N ee EPA

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> sii socota



Si aad si badbaado leh jeermis dilka ugu sameeyso

- ▶ **Marka hore, nadiifi** sagxadaha adigoo raacaya sida kor lagu sharaxay.
- ▶ **Marka Labaad, jeermiska ka dil** adigoo isticmaalaya jeermis dilaha ku jira liiska N ee EPA oo ay kujiraan mid ka mid ah maaddooyinka firfircoon ee ay ansaxisay Barnaamijka Badeecada Antimicrobial ee Naqshadeynta Deegaanka ee EPA maadaama ay u badbaado badan yihiin dadka iyo deegaanka (eeg liistada kore).
- ▶ **Marka Seddexaad, raac tilmaamahaan** ku qoran calaamadda ku dhegan weelka jeermis dilaha! Mid ka mid ah talaabooyinka ugu muhiimsan ee jeermis dilaha ayaa ah inaad xaqiijiso inaad uga tagto jeermis dilaha oo ku qooyan sagxada sare ilaa waqtiga lagu taliyay ee ku qoran calaamada ku dhegan badeecada.
- ▶ **Marka afraad, hubi in badeecadu leedahay lambarka diiwaangelinta EPA** iyo in badeecadu aysan ahayn mid dhacday. Had iyo jeer jeermis dilaha u keydi sida ku xusan tilmaamaha ku qoran calaamadda ku dhegan badeecada, kuna keydi meel hawo wanaagsan leh oo aysan carruurta gaari karin.

Way fiicantahay in la isticmaalo jeermis dile dareere ah iyo maro faybar ah halkii aad ka isticmaali lahayd masax, sababtoo ah masaxayaasha badanaa ma ahan kuwo qoyan oo ku filan si loo gaaro waqtiga taabashada ee lagama maarmaanka ah.

Xusuusnow in sagxada keliya jeermiska ka nadiifsan yahay ilaa qof kale uu ka taabto, ama ku qufaco ama ku hindhiso!

Haddii aadan heli karin qaar ka mid ah badeecooyinka nabdoon:

Haddii aadan heli karin maro microfiber ah/faybar leh: dhaq ama iska tuur isbuunyada, marada ama shukumaanka kadib mar kasta oo sagxada la nadiifiyo. Haddii aad marada/tuwaalka aad isku laabto ka dibna badh sii laabto markale, waxaad yeelan doontaa 8 gees oo jeermiska uga dili karto sagxadaha oo aad isticmaali karto ka hor intaadan u baahanin mid cusub.

- ▶ Xulashooyinka ku nadiifinta isbuunyada:
 - ku dhaq weelka alaabta lagu dhaqo
 - ku qoy hal daqiiqo ½ qaado oo warankiilo ah oo lagu qasay hal rubuc oo biyo ah
 - Isbuunyada **aan birta ahayn**, xulasho kale ayaa ah in lagu qoyo hal daqiiqo.
- ▶ Tuwaallada waxaa lagu dhaqi karaa saabuun ama jeermis-dile iyadoo la isticmaalayo beeshin ama mashiinka dharka lagu dhaqo.

- ▶ Haddii aad heli karto oo kaliya biliij ama jeermis dilaha ay ku jiraan maaddooyin firfircoon oo aan ka ahayn kuwa lagu sheegay inay badbaado leeyihiin, xaqiiji inaad isticmaasho qalabka ilaalinta shakhsi ahaaneed ee uu soo jeediyay soo-saaraha badeecadaas. Xaqiiji inaad hawo fiican siiso aagga (daaqadaha fur, soo geli hawada banaanka, shid marawaxadaha).

Si la mid ah jeermis dile kasta, sidoo kale waa muhiim in la hubiyo inaad raacdo tilmaamaha baakada badeecada, inay sii ahaato mid qoysa sagxada sare ee waqtiga lagu taliyay, in jeermis dilaha uu leeyahay lambarka diiwaangelinta EPA, in si badbaado leh loo kaydiyo iyadoo la raacayo sida ku xusan tilmaamaha ku qoran calaamadda ku dhegan badeecada iyo inaysan ahayn mid dhacday. Biliijku wuxuu leeyahay cimri-gaaban (in ka yar hal sano). **Ha isku darin jeermis dilayaal kala duwan.** Waxaa gaar ahaan khatar badan in la isku daro biliij iyo ammonia. Wixii macluumaad dheeraad ah ee ku saabsan isticmaalka nabdoon ee biliijka, ka eeg [ilahaan](#) laga helay Jaamacadda Gobolka Michigan.

Gunaanad

Si joogto ah u nadiifi, jeermiska ka dil marka loo baahdo oo keliya. Jeermis dilaha waa in lagu bartilmaameedsadaa meelaha halista sare leh, iyadoo la isticmaalayo badeecooyinka ugu nabdoon ee jeermiska lagu dilo ee aad heli karto. Jeermiska oo laga dilo sagxadaha keliya ma joojin karto isku gudbinta cudurka! Xusuusnow inaad sidoo kale raacdo tilmaamaha CDC ee ku saabsan xirashada maaskarada, kala fogaanshaha bulshada iyo gacmo-dhaqashada. ♦

Kheyraadka

- ▶ Talooyinka CDC ee ku aadan soo-gaadhista cudurada hawada ka dhasha: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>
- ▶ Xaashida xaqiiqda ee Waaxda California ee Daawada Xakamaynta Cayayaanka: *Waa Maxay Waxa Sidaas Ugu Sii Muhiimsan Microfiber-ka?* https://wspehsu.ucsf.edu/wp-content/uploads/2015/10/FactSheet_Microfiber.pdf
- ▶ Liistada Badeecooyinka Nadiifinta ee Green Seal: <https://www.greenseal.org/certified-products-services?s=Household+Cleaning+Products>
- ▶ Liistada Badeecooyinka Kala Dookha ah ee EPA: <https://www.epa.gov/saferchoice/products>
- ▶ Barnaamijka Daawooyinka Cayayaanka ee Antimicrobial ee Naqshadeynta EPA ee Deegaanka: <https://www.epa.gov/pesticide-labels/design-environment-logo-antimicrobial-pesticide-products>
- ▶ Liiska EPA ee badeecooyinka loo isticmaalo Kahortagga SARS-CoV-2: <https://www.epa.gov/pesticide-registration/liiska-n-disinfectants-use-against-sars-cov-2>
- ▶ Kheyraadka ku saabsan biliijka ee Jaamacadda Gobolka Michigan: <https://www.canr.msu.edu/news/covid-19-disinfecting-with-bleach>

Agabkan waxaa taageeray Akadeemiyada Cudurrada Carruurta ee Mareykanka (AAP) waxaana lagu maalgeliyay (qeyb ahaan) heshiiska abaalmarinta iskaashiga nambarkiisu yahay 6 NU61TS000296-02-01 oo ka socda Hay'adda Maaddooyinka Sunta iyo Diiwaanka Cudurrada (ATSDR).

ATSDR ma ansaxineyso iibsashada badeeco ama adeegyo ganacsi ah oo lagu xusay daabacaadaha PEHSU.

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