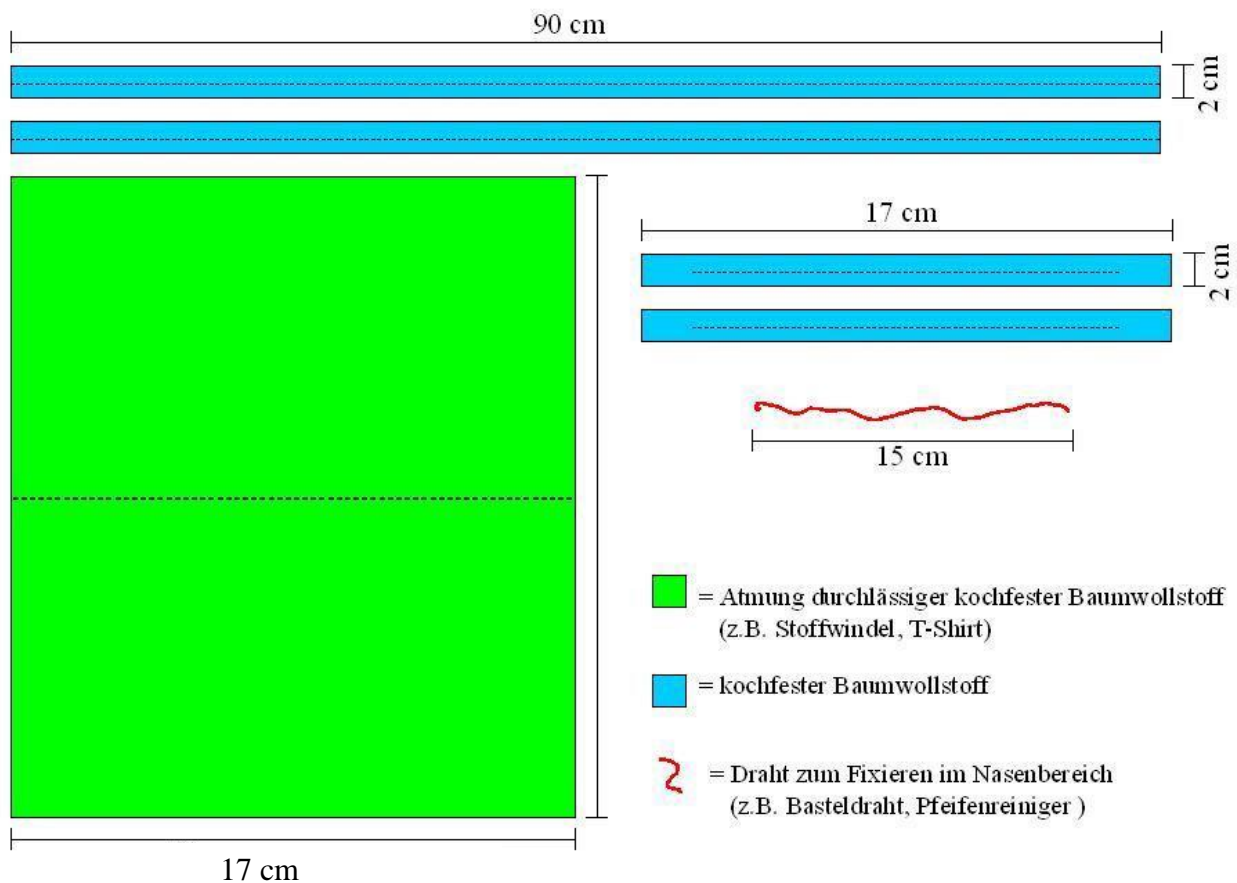


Ogeysiis

Maaskaro aad naftaada samayso looma barbar dhigi karo maaskaro caafimaad oo warshadeed!

1. Sida loo tolo shay lagu xidho sanko iyo afka oo la maydhi karo



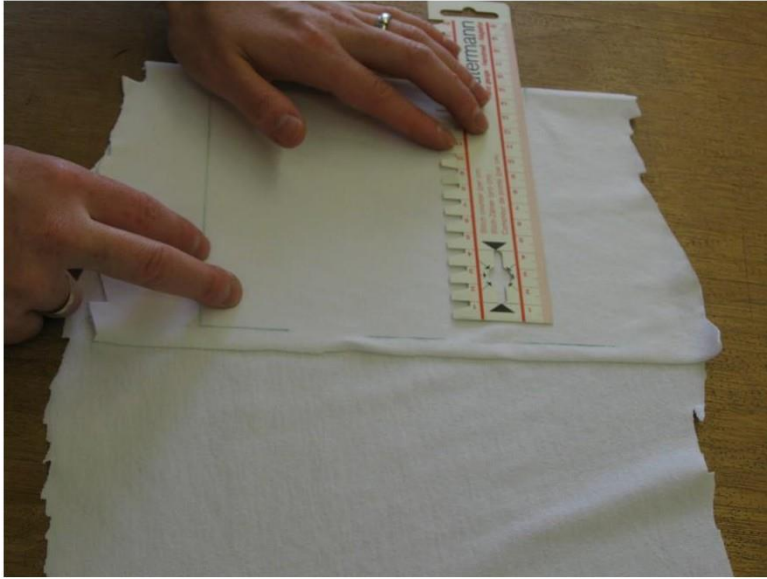
Waxyaabahan soo socda baa loo baahan yahay

- 2 xabo oo maro suuf ah oo dhererkoodu yahay 90 cm balacoodu yahay 2 cm.
- 2 xabo oo maro suuf ah oo dhererkoodu yahay 17 cm balacooduna yahay 2cm.
- 1 xabo oo 15 cm oo ah Silig looxsami ama lasoo qaloocin karo ah (sida, Siligyada la marmoojiyo ama siligyada lagu nadiifiyo tuubooyinka ama siliga afka lagaga xidho bacaha qaboojiyaha lagashado.
- Fasaleeti ka samaysan maro oo kulaylka u dulqaadan kara oo ah 17cm X 34 cm oo suuf ama cudbi ka samaysan maro jilicsan ama dharka funaanadaha ama fasaleetiyada loogu talagay.

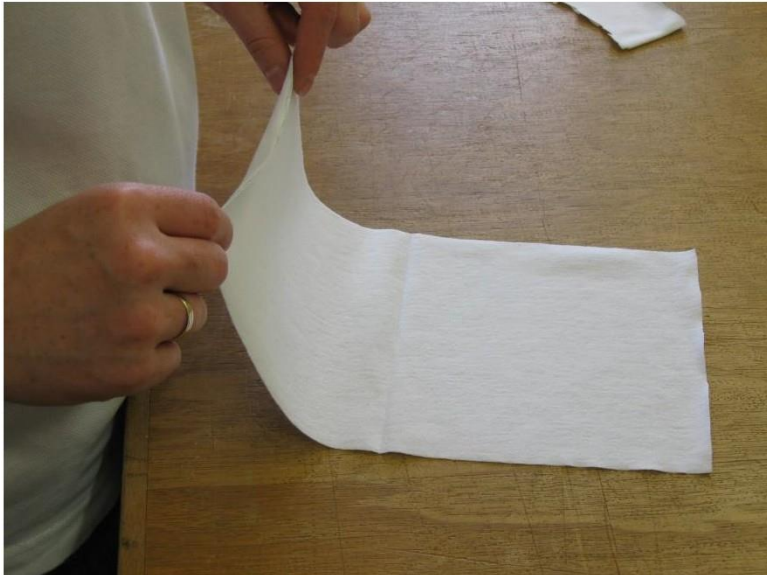
Tijaabi in Hawadu soo galyso:

- Isku lab marada
- Sanka iyo Afka ku xidh ama ku qabo
- Isku day inaad neefsan karto si aad u ogaato inay hawadu kuu soo galyso.

Hadaad hawada si dhib yaraan ah u qaadanayso ama u neefsan karayso maradaas iyada ah waa loo isticmaali karaa in sanko iyo afka lagu xidho.



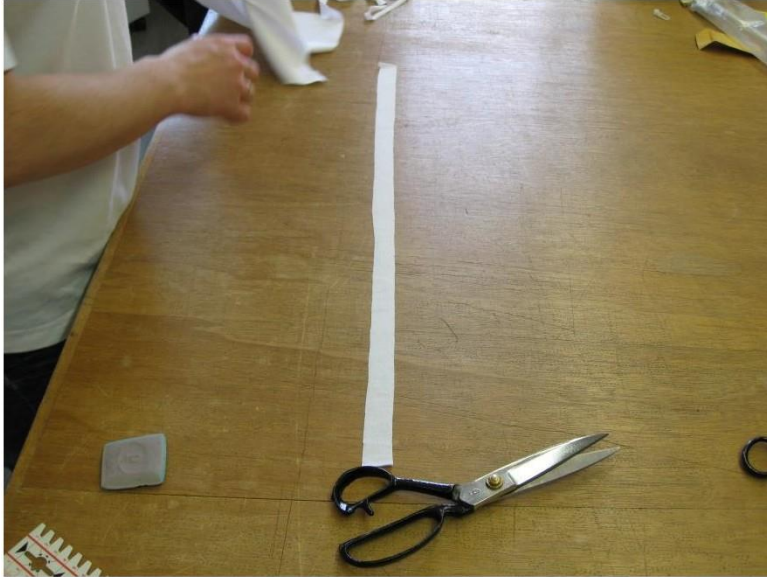
Marada aad isticmaalayso ka
calaamadayso kadibana ka
gooso 17 cm x 34 cm.



Marada isku laabo oo
kaawiyadso ama feerayso.



Marada markale sadex laabniinyo
oo yaryar isugu laab oo haddan
markale kaawiyadee ama feeree.

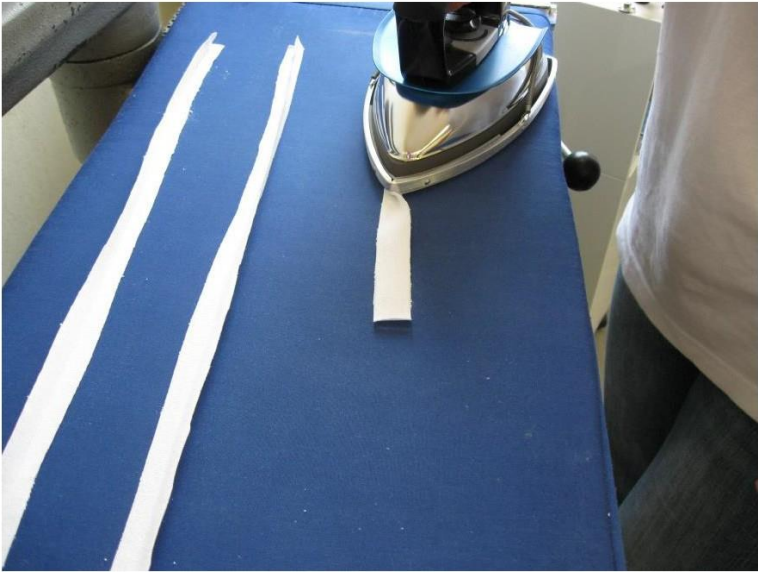


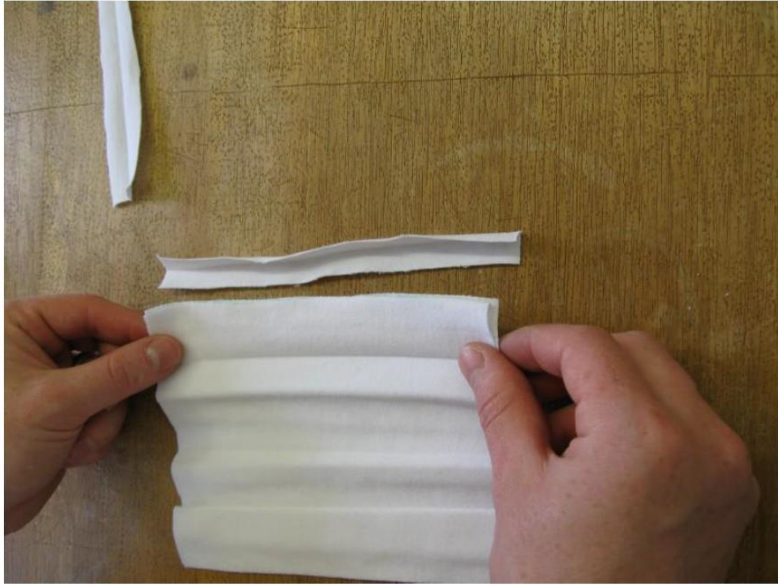
2 xadhig oo midkiiba tahay 90 cm oo dherer ah iyo 2 cm oo balac ah oo madaxa inaad ku xidhato loogu talagaly iyo 2 midkiiba tahay 17 cm oo dherer ah iyo 2 cm oo balac ah oo marada dactalkeed ama fiiradaheeda lagu adkeeyo gooso ama jaro.

Ama mid lasii diyaargareeyay hadaad heli karto isticmaal.



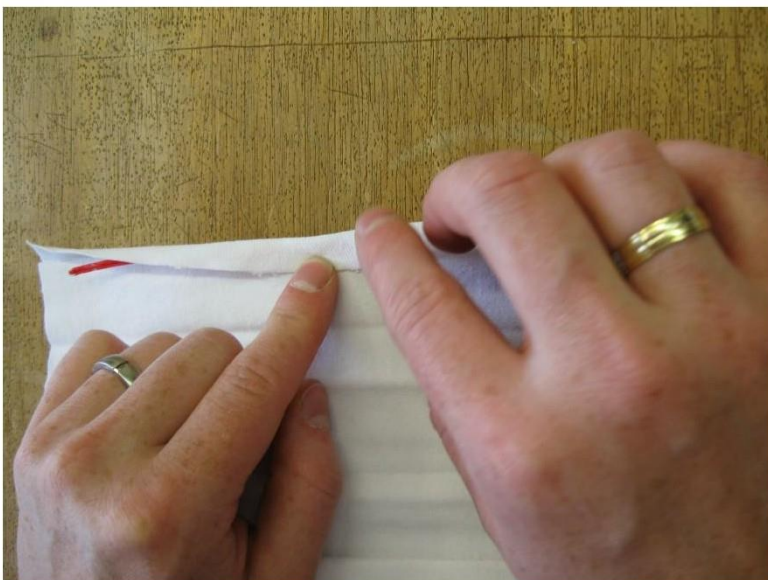
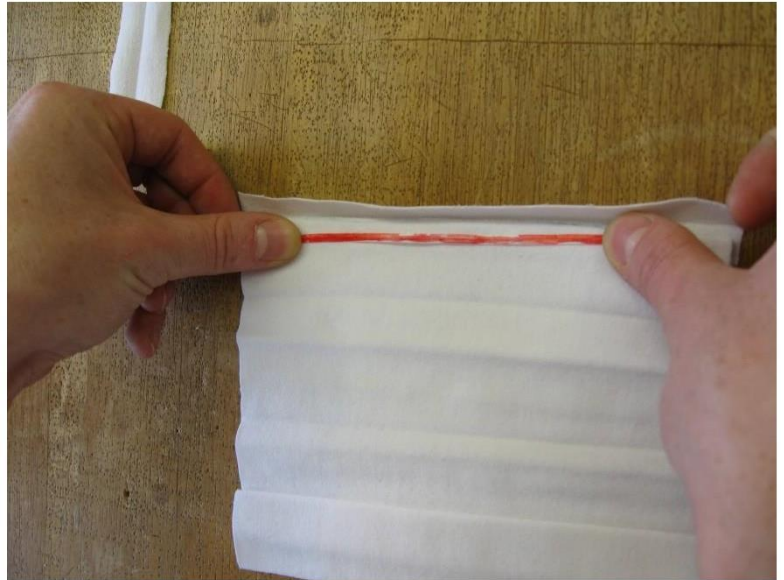
Dhamaantood afarta xadhig isku laab oo kaawiyadee ama feeree.



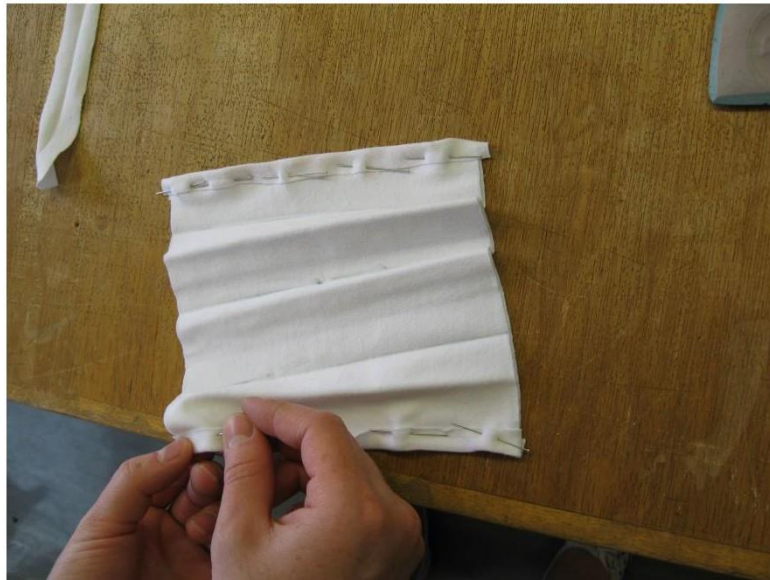


Marada aad diyaarsatay eed sanaka iyo afka ku xidhan doonto geesaha kaga qabo xadhka aad diyaarsatay.

Siliga kula qabo qayba sare xadhkaha iyo maradu meesha ay iskga tolmi doonaan.



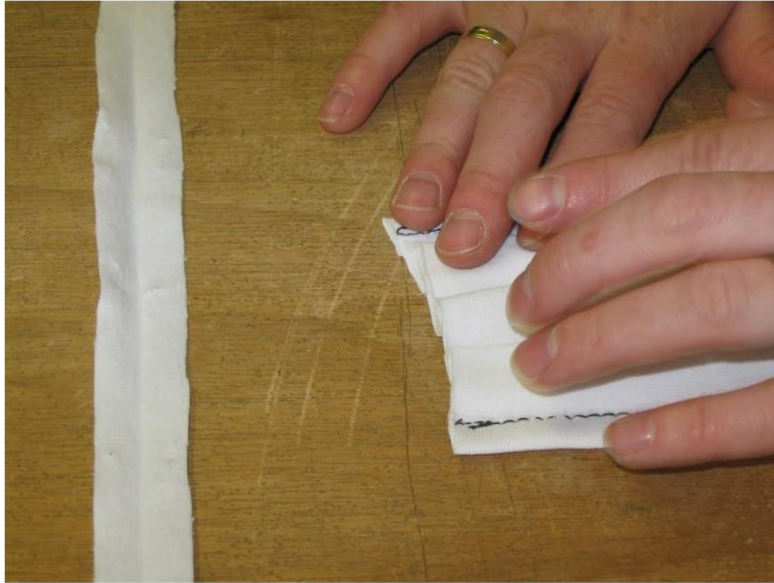
Marada kula qabo kadibna.



Marada dhuuban ee girgirada aad ku laabayso iyo siligii iyo maradii aad sanko iyo afka ugu talagashay isku qabo oo isku tol....



..isku tol haddab hada ama imika.

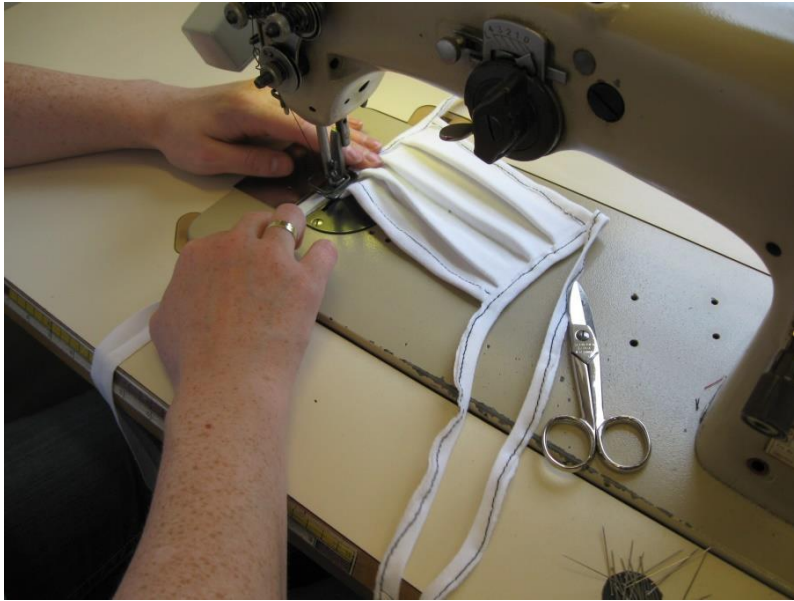


Di Marada sanko iyo afka eed markii horeba u samaysay 3 laab dhexgali xadhkaha aad ugu talagashay inaad madaxa soo gashato.

Madax-xidhka kula qabo ama ku giji...



isku tol hada markaas sida ka muuqata sawirada.



Sida loo nadiifiyo ama loo xanaaneeyo maradan sankka iyo afka lagu xidho BMNS

Maradan la maydhi ama la dhaqi karaayi BMNS waa in meel aan qoyanayn ladhigaa. Intaan la isticmaalin marka ugu horaysa waa in maradan sankka iyo afka lagu xidhaayi la iska maydho. Marka la isticmaalo kadibna waa in si taxadar leh la iskaga saaraa, lanai ska ilaaliyaa in marada xageeda kore la taabto. Marka la iska bixiyona waa in gacmaha la iska maydhaa.

Marada la isticmaalay BMNS waa in maalintii ugu yaraan hal mar la iska maydhaa haddii la isticmaalo.

Marada lasoo isticmaalay maalintaas waa in qasaalada dharka lagu dhaqaa oo kulayl gaadhaya 90 digrii ah ama biyo la karkariyay lagu dhaqaa mudo dhan 5 daqiiyo, ugu danbayntiina la qalajiyaa marada BMNS.

Masuuliyadi nagama saarna

Waxaan si cad u sheegaynaa inayna magaalad Essen masuuliyadi kasaarnayn wixii cilad ama dhib ah ee ka yimaada haday tahay waxqabadka maradan BMNS, Samaynteeda ama tolideeda, ama isticmaalkeeda Wax allaale wixii cilad ah ee ka yimaada haday noqoto dhaawac ama dhib ku yimaada nolosha ama jidhka ama caafimaadka qofka isticmaalaya maradan ama midkaleba ha noqdee magaalada Essen masuul kama aha kamana jawaabayso.

Samaysashada iyo isticmaalka maradan ee loogu talagalay in Sanka iyo Afka lagu xidho wixii kayimaada adigaa isku-qaba.

Waxa kaloo xusid mudan in wixii kusaabsan shuruucda caafimaadka ee maradan lala wadaagi karo mac'hadka Robert-Koch-Institute.

Übersetzt durch das Bildungs- und Familienzentrum Vielinbusch

Waxaa tarjumay Machadka Vielinbusch iyo Xarunta Qoyska