Farxalka shaqaalaha

Sida loo farxasho

1. Qoo gacmahaaga
2. Mari saabuun
3. Ismar-mari gacmahaaga muddo 10 ilaa 15 ilbiriqsi ah
4. Biyo raaci gacmahaaga
5. Qalaji gacmahaaga
6. Nadiif ha ahaadaan gacmahaagu

Shaqada guud waa inay socotaa ugu yaraan 20 ilbiriqsi. Gacmo gashiyada, istiraashooyinka qoran ama nadiifiyaasha gacmaha badal uma noqon karaan farxalka.

Marka ay tahay inaad farxalato

Dhaq gacmahaaga sida ugu badan ee macquulka ah. Waa muhiim inaad farxalato:

- Kahor intaadan bilaabin ka shaqaynta cuntada, maacuunta, ama qalabka
- Kahor intaadan gashan gacmo gashi
- Markaad isku badalayso cunto ceeriin ah iyo cunto bisil oo la cuni karo
- Kadib markaad qabato maacuunta ciidoowday iyo qalabka
- Kadib markaad qufacdo, hindhisto, aad adeegsato tiish ama maadooyinka tubaakada
- Kadib markaad cunto ama cabitaan cabto
- Kadib markaad taabato maqaarka, wajiga ama timaha
- Kadib markaad taabato xayawaannada
- Kadib markaad gasho musqusha
- Inta jeer ee loo baahdo inta lagu jiro diyaarinta cuntada iyo marka aad badalayso shaqooyinka

Meesha aad ku farxalanayso

Keliya ku farxalo waaskooyinka loo sameeyay farxalka. Haku farxalan waaskooyinka maacuunta, diyaarinta cuntada ama adeegyada.

Ha xirin aaga ku xeeran waaskadaha farxalka ama ka haku goyn alaabo, sida maacuun ciidaysan, jidka. Ha u adeegsan waaskadaha farxalka ujeedooyin kale.

Nadiifi waaskadaha farxalka oo si sax ah u xaree. Waaskadaha farxalku waa inay leeyihiin:

- Biyo diiran oo socda
- Saabuun
- Shukumaannada la tuuri karo, nidaamka shukumaanka joogtada ah, ama ama aalada korontada ee hawada ku qalajisa gacmaha
- Calaamad ama boor u sheegaaya shaqaalaha inay farxashaan

Nadiifiyaasha gacmaha

Gacmo nadiifiyaashu caadiyan waa jeelal ama dareerayaal la mar marin karin gacmaha nadiifta ah, ee qalalan kadib marka la dhaqo. Gacmo nadiifiyaashu waxay yarayn karaan tirada bakteeriyada cudurka keenta ee saaran gacmaha nadiifta ah, laakiin badal uma noqon karaan farxal wanaagsan.

Marka la isticmaalo kadib farxalka saxda ah, nadiifiyaasha gacmaha ayaa bixin kara difaac dheeraad ah oo cuntadu hesho. Farxalo sida fiican kahor markaad isticmaasho nadiifiyaha gacmaha.

Nadiifiyaha gacmaha ee aalkolada ka samaysan wax badan kama taraan ka hortaha norovirus, oo ah cilada ugu badan ee keenta xanuunka cuntada ka dhasha.

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