

Jeermis Ku dilista iyo Ku Nadiifinta Daawada Wax Cadaysa

Tilmaamaha Iskudarka Dareerayaasha Wax Cadeeya ee Goobaha Daryeelka Carruurta iyo meelaha Lamidka ah

Tilmaamaha Diyaar Garoowga

- **Qaso dareeraha** wax cadeeya oo cusub maalin kasta adoo ku qasaaya meel hawo fiican leh oo ka fog carruurta.
- **Ku qor dusha** dhallooyinka kiimikada wax cadaysa ay ku jirto mawduucyada, cabirka, iyo taariikhda la qasay.
- **Adeegso biyo qaboow.** Markasta cadeeye kudar biyaha qaboow, Haku DARIN biyaha cadeeyaha.
- **Xiro** galoofis iyo difaaca indhaha.
- **Ku diyaari** dareeraha meel ay yaalaan biyo aad indhaha ku dhaqdo.

Dareeraha Jeermis Dilaha

Waxaa loo adeegsanayaa miisaska ilmaha xafaayada looga badelo, siimanka farxalka, musqulaha (ayna ku jirana baafafka musqusha, fadiiyada musqusha, wareegyada tababarka, saabuun firdhiyaasha, kuraasta caaga ah), gacanka albaabka iyo qaanada, iwm.

Adeegsiga cadeeye leh dareeaha:

Biyo	2.75 %	5.25-6.25 %	7.5-8.25 %
1 Galaan	1/3 koob + 1 Qaado	3 Qaado	2 Qaado
1 Quart	1 ½ Qaado	2 ¼ Qaado	1 ½ Qaado

Dareeraha Jeermis Nadiifiyaha

Si aad ugu adeegsato weelasha wax lagu cuno meelaha cuntadu taabato, miisaska wax lagu qaso, rakooyinka kuraasta kore, geesaha sariirta ilmaha iyo joodarida, boonbalayaasha, cinjirka ilmuhu nuugo, dhulka, sijaayada lagu seexo, iwm.

Adeegsiga cadeeye leh dareeaha:

Biyo	2.75 %	5.25-6.25 %	7.5-8.25 %
1 Galaan	1 Qaado	2 Qaado	1 Qaado
1 Quart	1 Qaado	½ Qaado	¼ Qaado

Jeermis ka dilida meelaha qalafsan ee aan cuntada la saarin ayaa lagu gaari karaa dareeaha ay ku jirto 600 oo qayb halkii milyanba (ppm) oo cadeeyaha koloriinta ah. Si loo fududeeyo cabirka, awoodaha ku qoran shaxdaan ayaa matalaaya ku dhawaad 600-800 ppm cadeeye ah si loogu sameeyo jeermis dilid, ku dhawaad 100 ppm oo nadiifiye ah. Tijaabada koloriinta ayaa u dhaxaysa heerka cabirka oo 0-800 ppm ah ama ka badan ayaa sidoo kale loo adeegsan karaa in la go'aansho awooda dareeraha.

La xariir maamulka caafimaadka ee deegaankaaga si ay kuu siiyaan tilmaamo dheeraad ah oo ku aadan nadiifinta iyo jeermis dilida haddii cudur ama ilmo aragtay la oggaado inay cudur ka dhaliyeen barnaamijkaaga.

Adeegso keliya cadeeyaha aan la sumayn ee qoraaya awooda boqolkiiba (%) oo ku qoran xaashida shirkada samaysay ku dhajisay. Ka akhri cabirka dhalada cadeeyaha si aad u go'aamiso awooda cadeeyaha. Tusale, Sodium Hypochlorite...6.25% ama 8.25%.

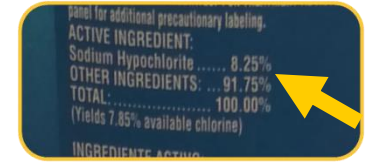
Shaxdaan waxaa abuuray Kooxda Shaqada ee Jeermis Dilista oo ay hogaanka u hayso Washington State Department of Health. (Waxda Gobalka Washington uqaabilsan Caafimaadka). Kooxda shaqada ayaa ka kooban shaqaale ka socda Department of Early Learning (Waxda Waxbarashada Dhallaanka), Snohomish Health District (Caafimaadka Degmada ee Snohomish), Local Hazardous Waste Management Program in King County (Barnaamijka Maamulka Wasaqa Waxyaabaha Khatarta ku ah Deegaanka ee Degmada King), Washington State Department of Ecology (Waxda Gobalka Washington uqaabilsan Noolaha), Coalition for Safety and Health in Early Learning (Isbahaysiga Badqabka iyo Caafimaadka Waxbarashada Dhallaanka), iyo Washington State Department of Health (Waxda Gobalka Washington uqaabilsan Caafimaadka). Waxaa sawirada lagasoo xigtay: **DOH Publication 970-216 Janaayo 2015.** (<http://here.doh.wa.gov/materials/quidelines-for-bleach-solutions>)

Tilmaamaha Aad Raacayso

- Ku **nadiifi** meesha saabuun iyo biyo kahor intaan jeermis dile ku shubin ama nadiifin.
- Ku **biyo raaci** biyo nadiif ah oo ku qalaji shukumaan xaashi ah.
- **Mari** cadeeyaha koloriinta iyo dareeraha biyaha meesha oo dhan si aad jeermis dile ama nadiifiye ugu shubto.
- **Hawada ku qalaji** ugu yaraan muddo 2 daqiiqo.

Sida loo akhriyo jadwalka cadeeyaha

Cadeeyaha ayaa hadda ku yimaada dhawr barax oo kaladuwan. Sababtaan awgeed, Washington State, Department of Health (Waaxda Gobalka Washington uqaabilsan Caafimaadka) ayaa abuurtay shax cusub oo ka caawinaysa adeeg bixiyaasha daryeelka carruurta inay isku qasaan cadeeye iyo biyo si ay uga diyaarshaan dareeraha nadiifinta iyo jeermis dilida oo barax sax ah leh. Waa muhiim inaad akhrido cabirka ku qoran dhallada cadeeyaha si aad u go'aamiso baraxa aad haysato. Waxaad u baahan tahay inaad hesho boqolkiiba cadadka sodium hypochlorite, kaasoo u ekaanaaya waxa ku qoran sawirka midigta.



Markaad ogaato cadadka boqolkiiba ee cadeeyaha aad haysato, waxaad u baahan doonaa inaad eegto shaxda lifaaqa ku jirta si aad u go'aamiso noocyada aad isku qasayso. Haddii, tusaale, aad doonayso inaad isku qasto hal rodol oo dareeraha jeermis dilaha ah si aad ugu nadiifiso miiska ilmaha xafaayada looga badelo iyo musqusha, aadna haysato cadeeye ka kooban 8.25%, waa inaad ku dartaa hal qaado iyo bar cadeeye ah hal rodol oo biyaha caadigaa ah. Halkii rodol oo nadiifiye ah oo adeegsanaaya cadeeye 8.25%, waxaa u baahan tahay 1/4 qaado oo cadeeye ah si aad ugu qasto hal rodol oo biyo caadiyaa ah. Si lagaaga caawiyo akhrinta shaxda iyo/ama isku qasida dareeraha cadeeyaha, fadlan nagalaso xariir lambarka 425.339.5278 ama iimeelka childcarehealth@snohd.org. Waxaan diyaar u nahay inaan ku caawino.

Badqabka Kiimikada

Tilmaamaha soo socda ayay tahay in la adeegsado marka la diyaarinaayo lana adeegsanaayo cadeeye si loogu nadiifyo meel iyo/ama loogu dilo jeermis:

- Xiro galoofis iyo difaaca indhaha markaad qasayso kiimikada.
- Ku diyaari dareeraha meel ay yaalaan biyo aad indhaha ku dhaqdo.
- Adeegso biyo qaboow markaad qasayso kiimikada. Ku dar cadeeyaha biyaha, maaha inaad biyaha kor mariso.
- Adeegso dibaalad markaad cadeeyaha ku shubayso dhalada buufinta si looga fogaado inay meelaha ku daadato.
- Isku dar nadiifiyaha iyo jeermisdilaha adoo jooga meel hawo fiican leh. Ha isku qasin adoo fasalka ku jira.
- Marna isku meel haku xarayn kiimikooyinka isdiida. Tusaale, cadeeye iyo maadooyinka Ammonia waa inaan marna la isku darin ama isku meel la gelin.
- Ku firdhi dhalooyinka buufinta buufin xoog badan, halkii aad qoyaana yar ka dhigi lahayd.
- Iska ilaali inaad mariso awooda jeermis dilaha marka carruurta ay ku jiraan meel u dhow.
- Hadday suuragalayso, ama haddii kiimikadu soo urayso, hawo sii meesha.
- Markasta raac hanaanka saddexda talaabo ee nadiifinta iyo sifaynta/jeermis dilida.

Cabirada Dhalada Buufinta - Snohomish Health District ayaa abuurtay cabirada midabka ah oo adeeg bixiyaasha daryeelka carruurta daabacan karaan. Waxaa jira noocyo kaladuwan oo cadeeyaha la isku barxay ee kala duwan ah. Si aad u hesho cabirada dhalada buufinta, wac 425.339.5278 ama iimeel udir childcarehealth@snohd.org kadibna codso cabirada baraxa gaarka ah ee cadeeyaha lagu adeegsado daryeelka carruurta.

