



### Ka-Taxaddarka Xaaladaha Degdegga Caafimaad ee Goobaha Daadadku ku Fataheen

Biyaha daadku waxay sababi karaan halisyo caafimaad oo qofka soo food saari kara. Dadka ku nool goobaha daadku ku fataheen ayaa caafimaadkooda ku ilaalin kara iyaga oo raaca talooyinka hoosta ku yaal.

#### Shaqsi ahaan

Marka aad farafareyso walaxaha faddareysan, gacmaha iskaga dhaq si fiican saabuun biyo aan faddareysneyn (uncontaminated) kahor intaan farahaaga istaabsiin ama qofka kaleba aadan taabsiin, gaar haan wajiga, afka, indhaha ama sanko. Ha taaban ama ha farafarayn cunto, oo cunitaan ama wax karin wax ku lug leh ha ku kicin illaa gacmaha aad iska dhageyso si fiican. Isla markaaba dhakhtarkaaga ama shaqaale caafimaad dadweyene u wargali haddii aad aragto shuban, calool qas, xanuun ku soo boodda ah ama hurgum (infekshan). Carruurta ma aha in loo oggolaado inay ku ciyaaraan biyaha daadadka sababta oo ah khatarta gudbinta cudurrada ay leeyihiin. Cudurrada qaarkood ee ku xiran biyaha daadka ayaa ka mid ah qandhada tiifada (typhoid fever), dhisantariyada (xundur-xanuun, axal-dhiig) iyo cagaarshowga la isqabadiiyo.

#### Quwadda

Quwadda korantada iyo gaaska dabiiciga ah ama haamaha biroobeynka (propane) waa in la damiyaa sidii looga samatabixi lahaa dabka, qabsashada korantada ama qaraxa. Iskuday inaad ku noqoto gurigaaga markay maalinta tahay si ayna u noqon inaad isticmaasho wax wax kuu iftiimiya. Isticmaal tooshaska ku shaqeeya dhagaxda (baatiryada yaryar) iyo faynuusyada, halkii aad ka isticmaali lahayd shamacyada, faynuusyada ku shaqeeya gaaska ama qoryaha wax lagu iftiinsado (torches). Haddii gaas aad uriso ama aad ka shikido soo bixitaankiisa, dami qasabadda muhumiika ee gaaska, oo fur dhammaan dariishadaha oo isla markaaba ka guirga guriga. U wargali

arrinta shirkadda gaaska, bileyska ama waaxda dab-la-dagaallanta. Haa daarin nalalka ama wax kasta oo dhalin kara dhinbiil. Haku soo noqon guriga illaa inta lagu shegayo inuu badbaado leeyahay Nidaamkaaga koranto ayaa dhici karta inay waxyeello gaartay. Haddii aad aragto xarko sarrigan ama dhinbiillo, ama ay jirto ur wax gubanaya laakiin aanad arag dab, waa inaad isla markaaba damisaa nidaamka korantada saacadda laga damiyo korantada (circuit breaker).

#### Cuntada Daadku ku Fatahay, Barafeysan iyo Tallajadeysan



Ha cunin cunto kasta oo laga yaabo inay taabatay biyaha daadka. Iska daa cunto kasta aan ku jirin weel biyo-celin (waterproof) leh haddii innaba suurto-gal noqotay biyaha daadka oo taabtay cuntada. Cuntooyinka aan waxyelladu aan gaarin iyo kuwa qasaacadeysan ayaa la kedysan karaa haddii aad ka saarto calamaadaha waraaqaha ay ku qoran yihiin, oo markaa aad ku nadiifiyo (jermiska laga dilo) isku barciso 1 koob (1 cup) oo biliij (bleach) ah iyo 5 gaaloon oo biyo ah. Dib u calaamadee qasaacadaha, adiga oo ku dhigaya taariikhda dhicitaanka iyo sameeyaha. Cuntooyinka guriga lagu qasaacadeeyo iyo weelalka cuntada ee furuka lagu xiro, daboolada lagu dhajoyo leh, furka laga fujiyo (sida dhalooyinka sodhada), kuwa furka la wareejiyo ama laga tuuro leh waa in la iska daaya haddii ay taabteen biyaha daadka sababta oo lama nadiifin karo (jermiska lagama dili karo). Carruuta dhasha ah, u isticmaal kaliya foormulada ilmaha ee qasaacadeysan ee aan u baahanayn biyaha.

Haddii tallajaddadu ama barafeeyuhu (freezer) u noqodo bilaa quwad muddo dheer:

- U kala qaybso cuntooyinkaaga barafeysan asxaabtaada barafeeyahooda haddii ay quwadda korantada qabaan.
- Ka raadso meel ka bannaan qaboojiye dukaan, kaniisad, dugsi ama qaboojiye ganacsi leh adeeg koranto.
- Isticmaal barfka engagan (dry ice): 25 rodol oo barafka enegen ayaa ayaa hal kuubik-foot ka dhigi kara wax ka hooseeya heerkulka barta barafowga saddex illaa maalmood. (Ka taxaddar barafka engagan sababta oo ah wuu barafeeyaa wax kasta oo u taabato. Gasho giloofoyo enegen oo culus si aad waxyeellada uga badbaaddo.)

Cuntada barafeysan ee dhalaasha ayaa la cuni karaa ama dib loo barafeyn karaa haddii ay “qabowgeedu sida tallajadda oo kale tahay” ama haddii wali ay ku jiraan baraf jajaban. Si aad u badbaddo, xusuusnow, **“Markaad ka shikido, iska tuur (cuntada).”** Iska daa cunto kasta oo ah heerkulka qolka ahaa illaa labo saac ma wixii ka badan iyo cunto kasta oo ur, midab ama dareen taabasho aan caadi ah leh. Tallaajaddaada ayaa u hayn karta cuntooyinka si qabow illaa afar saac bilaa quwad haddii aan la furin. Ku rid fud ama barf engegen tallajaddaada haddii korantaadu ay dansantahay illaa afar saac.

## Meesha Biyaha la Cabbo Laga Soo Saaro

**Beesha:** Meesha biyaha la cabbo laga soo saaro beeshaadu waxay leedahay waxyaabo badan oo lagu ilaaliyo ammaanka tayada biyaha. Hase yeeshe. Waxa dhici karta in ilaalintani dhibaato ku timaad marka daadku fatahaan iyo xaaladaha kale ee degdegga ah. Saraakiisha nidaamka biyaha dadweynaha aya ogeysiin doona haddii ay dhici karaan dhibaatooyin oo iyaga ayaa wax kuu tilmaami adigu sidaad u hubin lahayd badbaadada biyaha la cabbo. Haddii wax welwel ah aad ka qabto badbaadada, la xiriir nidaamka biyaha dadweynaha sidii aad u ogaan lahayd wixii laga taxaddari lahaa ama lagama maarmaan ah.

**Kuwa gaarka ah:** Biyaha daadaka ayaa ka keeni kara walaxo cudur keeni kara xerrooyinka xoolaha, gooba quudiska xoolaha, nidaamka bullaacadaha oo ku dari kara ceelasha biyo cabbitaanka. Biyaha ka yimaad ceelasha ay dhici karo inay daadka galen waa inaan la isticmaalin illaa inta ceelka ay baarayaan saraakiisha caafimaadka gobolka iyo deegaanku oo la garanayo in u badbaado leeyahay. Waxa ugu wanaagsan in la isticmaalo biyaha dhalada ku jira cabbitaanka iyo wax karsigaba illaa inta meesha biyaahgu ka yimaaddiin la ogaanayo in u badbaado leedahay. Marka aad ka shakido badbaadada **bakteeriya** ahaan ee biyahaaga, qaad tallabooyinka soocda ee taxaddarka leh:

- Ku kala miir biyaha calal nadiif ah si aad uga saarto wax kasta oo ah.
- guush ama biyaha dul sabbeynaya.
- Biyaha kar-kari illaa inta ay is-rogayaan hal daqiiqo oo buuxda.
- Haddii biyo karitu ayna ahayn suurto-gal , ku nadiifi biyaha wax kasta oo ka mid ah kiimikaallada soo socda:
- Biliijka loondariga (5.25 boqolley sodium hypochlorite ah) – ku dar 1/8 qaddad-shaaha oo ah biliijka guriga (oo aan lahayn caraf arifishal ah) min gaaloon biyo ah oo markaa ku daa 30 daqiiqo ka hor intaadan isticmaalin. Labalaab qadarka biliijka aad ku dareyso biyaha haddii biyuhu midabeysan ama midabka daruurah leh.

- Saliidda Ayodhiinta (Tincture of iodine) – Ku dar 10 dhibood koort kasta oo biyo ah, isku dhex qas si fiican , oo markaa waa inuu yaallaa 30 daqiiqo ka hor intaan la isticmaalin.
- Kiniiniyo ayoodhiin/kilooriin ( laga helo farmasiyada ama dukaammada siboortiga) - Raac ilamaamaha ku yaal boqshadda.

Si biyahaaga cabbitaanka badabadadooda baakteeriya ahaan loo baaro, la xiriir sheybaaryada hoosta ku qoran si aad u hesho weel namuunadda lagu rido iyo tilmaamo dheeraad ah.

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Baakteeriyada waxa u dheeraan karta, ceelku in u ku faddaroobo kiimikaallada qaarkood marka daadku dhacaan. Welwel gaar ah waxa leh **nitrate-ka** oo, haddii ay gaalaan biyaha la cabbo, sabab keeni kara xaalad halis ah carruurta dhasha ah. “Methemoglobinemia” ayaa burburisa awoodda waditaanka-oksijiinta ee dhiigga, iyada oo horseedda ilmaha dhasha ah inuu u ekaato buluug. Sumow khatar ah, oo mararka qaarkood dhimasha keeni kara , oo carruurta ka yar 6da bilood kabdin markay cabbaan biyo leh nirate (sida naytrojiin oo kale) adkaan ka weyn 10 miligram halkii liter-ba.

## Gargaar

Haddii aad qabto wax su'aalo ah ama aad u baahan tahay gacan-qabasho, u wac xubinta caafimaadka dadweynaha deegaankaaga ama Waaxda Caafimaadka North Dakota.

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