

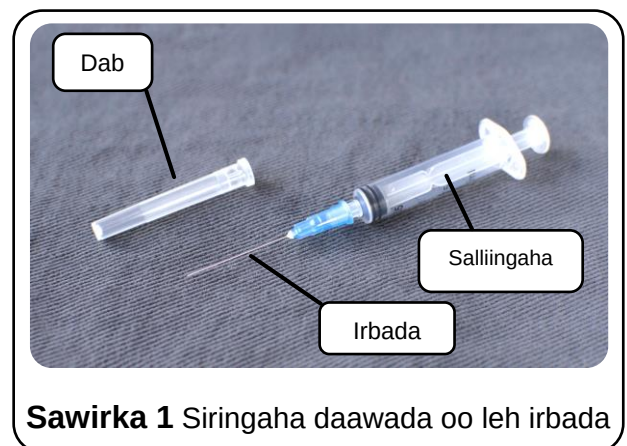
Weelasha qashinka Qalabka Fiiqan ee guriga yaalo

Sharps Containers at Home (Somali)

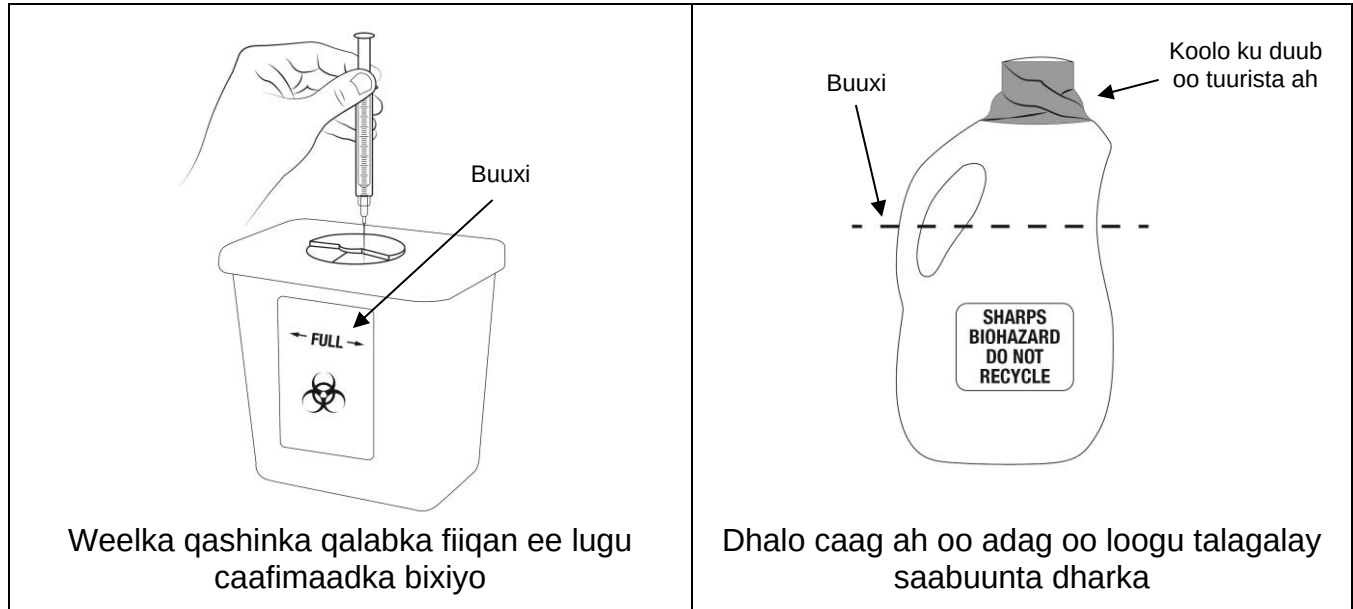
Qalab 'af fiiqan' ah waa qalab caafimaad oo wax goyn kara ama duri kara qof. Tani badanaa waa irbad loo isticmaalo in daawo lagu siiyo. Waxaa jira sababo badan oo ilmuhu ugu baahan karo inuu isticmaalo qalab fiiqan marka uu joogo guriga. Waxa aad muhiim u ah in la ogaado sida loo tuuro (loo daadiyo) qalabka fiiqan (sharps) si ammaan ah. Adiga oo si sax ah u daadinayo qalabka fiiqan, waxaad naftaada, ilmaaaga, iyo cid kasta oo guriga kula nool ka ilaalinaysaa khatar.

Noocyada Qalabka Fiiqan

- Siringaha daawada oo leh irbada (Sawirka 1)
- Mindi-yareyaasha (lagu dalooliyo faraha)
- Irbadaha qalinka (sida kuwa insulinta)
- Makiinadaha is-duraha oo leh irbado ku rakiban (sida qalinka Epinephrine “EpiPen”)



Noocyada Weelasha



Samaynta Weelkaaga Gaarka ah

- Haddii aadan haysan weel caafimaad oo loogu talagalay qashinka qalabka fiqan, isticmaal weel ka samaysan **caag adag**. Dhalo saabuunta dharka ama dhalaaliyaha dharka ah ayaa ugu habboon.
 - Waa in lagu xiraa dabool dhuuqsan ee ku xirmo. Irbaduhu waa inayan awoodin inay ka dhex baxaan daboolka.
 - Weelku waa inuu ahaadaa mid aan dareere ka daadan karin.
 - Waxay tahay inuu istaagi karo oo uusan dhicin.
- **HA** isticmaalin weelasha caanaha, dhalooyinka biyaha, weelasha caaga ah ee cad sida dhalooyinka cabitaanka 2-litir, dhalooyinka galaaska, ama daasadaha cabitaanka.

Isticmaalka Weelkaaga

- Hubi in cidhifka fiqan ee irbadda ama siringaha uu marka hore gudaha u galo weelka oo uusan ka soo bixin dusha sare.

- **WALIGAA** ha gelin gacantaada weelka qashinka qalabka fiiqan.
- Ka gogey dhammaan weelasha saliingooyinka, cirbadaha, iyo mindiyaha meel ay carruurta gaari karaan iyo kuwa kale ee laga yaabo inay si xun u isticmaalaan.
- Qaado weelkaaga qashinka qalabka fiiqan markaad safreyso.

Iska tuur Weelkaaga

- Haddii aad isticmaaleysid weelka qoyska, xir daboolka oo kool ku duub si aad u dabooshid marka weelka helo wax aan ka badneyn $\frac{3}{4}$ buuxo.
- Ku qor weelka “**AFKA FIIQAN- HA DIB HA U WARSHADAYNIN.**”
- Geli weelka bartamaha bacda qashinka buuxdo. **HA** gelin weelka qashinka dib-u-warshadaynta.
- **Gobolka Ohio**, waxaa lagu oggol yahay inaad bacda qashinka ee ay ku jirto weelka afka fiiqan dhigto qashinka caadiga ah ee la qaado.
- Haddii aad ku nooshahay gobolka leh barnaamijka tuurista mindiyaha, u geey weelka daboolan oo calaameysan ee xarunta tuurista saxda ah.
- Wixii warbixin dheeraad ah ee ku saabsan tuurista mindiyaha oo badbaada ah ee gobolkaaga, ka booqo websaydka FDA www.fda.gov/safesharpsdisposal.

Badqabka Qalabka Fiiqan

- **QOORSOON HA TUURIN** qalabka fiiqan si furan oo aan weel ku jirin qashinka guriga. Had iyo jeer ku tuur weelka qashinka qalabka fiiqan.
- Ha u ogolaanin inuu weelkaaga aad u buuxsamo.
- Irbadaha, siringaha, ama mindi-yareyaasha waa alaabo la isticmaalo hal mar kaliya. Ku tuur weelka qashinka qalabka fiiqan kadib hal isticmaal.
- Ha dib ugu celin koofiyadda irbadda.
- Ha taaban irbada.
- Ha qaloocin ama hakala jabin irbada.
- Ha kala saarin irbadda iyo siringaha.
- Ha isku dayin inaad dib ugu celiso koofiyadda irbadda (Sawirka 1, Bogga 1).

Goorta ay tahay in la Waco Dhakhtarka

Haddii qof ay durto irbad hore loo isticmaalay, wac dhakhtarkaaga ama bixiyahaaga daryeelka caafimaadka isla markiiba. Waxay kuu sheegi doonaan haddii daaweyn loo baahan yahay.