



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Nadaafada Gacmaha Hand Hygiene (Somali)

Qaabka ugu wanaagsan ee looga hortago faafida jeermisyada (bakteeriyaha iyo fayrasyada) iyo caabuqyada waa nidaamka loo yaqaan nadaafada gacmaha. Nadaafada gacmaha waxaa loola jeedaa midkood gacmo ku dhaqida saabuun iyo biyo ama jeermisdilka gacmaha oo ugu yaraan boqolkiiba 60% jeermisdilaha gacmaha alkulada ama is mari. Markii aad nadiifin kartid gacmahaaga, waxaad ka saartay jeermisyo badan. Jeermisyada aad ayay u yaryihiin oo meel walba ayaa laga helaa. Ma arki kartid, laakin waxay faafiyaan cudurada. Waxaa jiro gacmo qabsiyada albaabka, miisaska, taleefonka, qalin geed, iyo sheeyaha ugu badan ee dadka taabato. Gacmaheena waxay marwalba taabanayaan jeermisyo. Gacmaha nadiifka ah waxay ku caawinayaan inay kugu hayaan si caafimaadan.

Ku dhaq gacmahaaga iyo gacmaha canugaaga saabuun iyo biyo **20 ilbiriqsi** ama isticmaal jeermisdilaha gacmaha alkulada ku saleysan illaa ay ka qalalaan, waqti walba aad gashid oo aad ka tagtid qolka isbitaalka.

Sida loo dhaqo gacmahaaga

1. Ku qoy gacmahaaga biyo diiran, socdo. Biyaha socda waa qeyb muhiim u ah dhaqida jeermis walba. Shukumaano gaar ah ama gacmo tirtirasho ayaa loo adeegsan karaa kaliya markii biyaha socdo aysan dhaweyn. **Weelasha biyaha waa inaan la isticmaalin badelkii biyaha socda.** Jirooyinka waxay ku xirnaayeen wadaagista biyo dhaqida iyo weelka dhaqida ama sinkiyada.
2. Marso saabuun. Qeybaha ka hortago bakteeriyaha ama saabuunta dareeraha ah waxay dishaa jeermis ka badan saabuunta caadiga ah oo way ugu wanaagsantahay. Saabuunta dareeraha dhexaadka ah ayaa wanaagsan haddii aadan haysan saabuunta ka hortagta bakteeriyah.

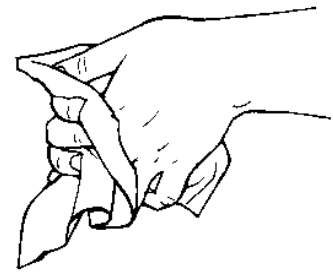


Sawirka 1 Ku dhaqo gacmaha saabuun iyo biyo

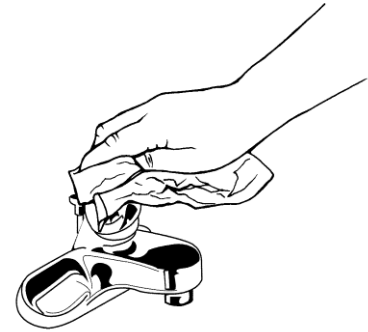


Sawirka 2 Si fiican u raaci gacmaha

3. Si wanaaagsan u mari gacmahaaga ugu yaraan 20 ilbiriqsi oo la hubinayo nadiifinta u dhaxeeyso farahaaga, iyo cidiyahaaga, iyo gadaasha gacmahaaga (Sawirka 1). Si tartiib ah u xisaabi 20 ka hor inta aadan dhameynin marinta gacmahaaga. Taddii carruurta ay da' qaangaar ah yihiinku fillan, bar iyaga inay heesaan heesta “ABC” adiga oo dhaqayo.
4. Si fiican u raaci gacmahaaga hoosta nadiif ah, biyo socdo (Sawirka 2). Saabuunta aad gacmaha ku dhaaftid waxay sababi kartaa maqaar qalan, oo raf ah.
5. Ku qalaji gacmahaaga shukumaan warqad ah ama dharka dhaqida oo nadiif ah (Sawirka 3).
6. Isticmaal shukumaanka ama dharka dhaqida si aad u damisid biyaha (Sawirka 4). Haddii aad taabatid qasabada tuubada kadib markaad dhaqdid gacmahaaga, waxaad jeermis ku yeelan kartaa gacmahaaga markale.



Sawirka 3 Gacmo qalalan



Sawirka 4 Isticmaal shukumaan inaad ku damiso biyaha

Sida loo isticmaalo jeermisdilaha gacmaha alkulada ku sameysan

1. Mari jeermis dillaha calaancasha gacmahaaga.
2. Wada mari gacmahaaga. Hubi inaad marisid inta u dhaxeeyso faraha, cidiyahaaga hoostooda, iyo gadaasha gacmahaaga.
3. Mari illaa gacmahaaga qalalaan.

Marka la sameeyo nadaafada gacmaha

Ku dhaqida gacmahaaga saabuun iyo biyo marwalba way u wanaagsantahay.
Waxaa ugu wanaagsan in lagu dhaqo saabuun iyo biyo waqtiyadaan:

- ka hor intaadan cunin
- isticmaalka musqusha kadib
- kadib markii aad afuufto sankaa, qufacdid, ama hindhistid
- waqti walba gacmahaaga ay wasaq yihiin
- kadib badelida xafaayada ama aad ku caawisid canuga inuu isticmaalo tuunjiga
- kadib markii aad taabatid dhacaanka jirka sida dhiiga, kaadi, ama matag (matagid)

Haddii aadan dhaqi karin gacmahaaga, waa okey inaad isticmaashid jeermis dilaha gacmaha alkulada ka sameysan ee waqtiyadaan:

- ee dugsiga

- kadib markii aad taabatid xayawaan
- kadib markii aad taabatid qof jiran

Cidiyaha faraha

Cidiyaha macmalka (beenta ah) waxay qarin karaan bakteeriya halis ah. Ha xiran iyaga, gaar ahaan haddii aad sameyneysid badelada labiska ama aad daryeeleysid canug qabo difaac hooseeyo, leenka dhexe IV (CVC), ama tuubada quudinta.

Cidiyaha macmalka waxaa ka mid ah cidiyaha jeelka, qolofa, macmalka, isku xiran, fiida dheer, duuban, ku dhagan, gudaha ku dhagan, dusha ku dhagan, qurxinta, ama boodharka ah. Waxaa wanaagsan in la isticmaalo boolis cad ee cidiyaha dabiicga ah ama kudaa cidiyaha boolish la'aan.