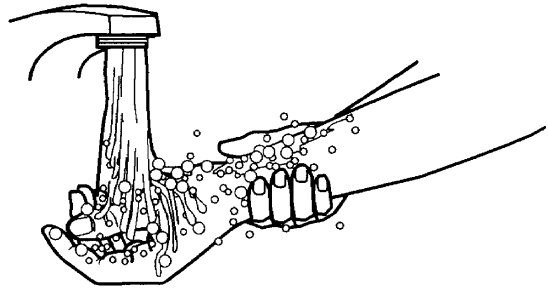


Preventing Illness During an Emergency

Germs such as bacteria, viruses, fungi and parasites cause infections that can lead to serious illness. There are things you can do to stay healthy during an emergency:

- **Wash your hands often.**

- Wash the front and back of your hands and wrists, between your fingers and around your nails with soap and water for 15 seconds.



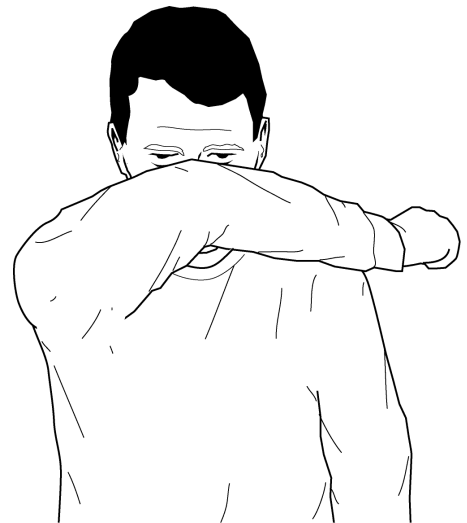
- Wash your hands:

- After using the toilet
- Before and after eating or handling food
- After coughing, sneezing or blowing your nose
- Before and after you have contact with someone who is sick
- Before and after changing a baby's diaper
- After touching another person
- After handling dirty dishes or garbage
- After touching animals or handling animal waste

- Use alcohol-based hand sanitizer when soap and water are not available.

- **Avoid touching your eyes, nose and mouth.** Germs often spread when you touch something that has germs on it and then touch your face.

- **Cover your mouth and nose with a tissue when you cough or sneeze** to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.

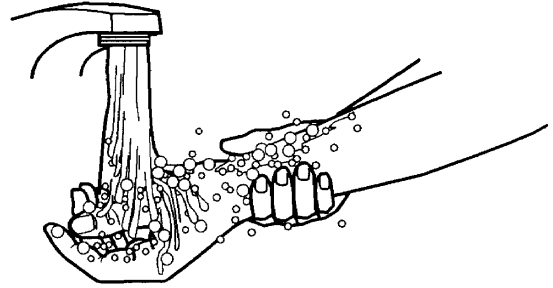


Ka-hortagga Cudurka Inta Lagu Jiro Kedis

Jeermiga sida bakteeriyada, fayrasyada, fangaska iyo deris-ku-nooshu waxay sabab aan cudur-qaadis keeni karta jiro culus. Waxa jira waxyaabo aad sameyn kartid si aad caafimaad ugu jirtid inta lagu jiro kedis:

- **Marar badan maydh gacmahaaga.**

- Biyo iyo saabuun ku maydh xagga hore iyo xagga dambe ee gacmahaaga iyo curcuradaada, inta u dhexeysa farahaaga iyo agagaarka cidiyahaaga mudo ah 15 sekan.
- Maydh gacmahaaga:
 - Ka dib marka aad isticmaashid musqusha
 - Ka hor iyo ka dib cunista ama cunto ka shaqeynaysid
 - Ka dib qufacidda, hindhisidda ama iska-siiminta ama marka aad hawo ka keentid
 - Ka hor iyo ka dib marka aad la xidhiidhid qof jiran
 - Ka hor iyo ka dib beddelidda xufaayadda ama dheebarka ilmaha
 - Ka dib marka aad taabatid qof kale
 - Ka dib marka aad taataabatid saxamo wasakh ah ama qashin
 - Ka dib marka aad taabatid xayawaan ama qashinka xayawaan
- Istimmaal nadiifiye ay ku jirto aalkolo marka saabuun iyo biyo aan la heli karin.



- **Iska ilaali in aad taabatid indhahaaga, sankaaaga iyo afkaaga.** Jeermigu waxa uu badanaa kugu fidaa marka aad taabatid wax jeermigu uu saaran yahay ka dibna aad taabatid wajigaaga.
- **Afkaaga iyo sankaaaga ku dabool masar waraaq ah marka aad qufacdid ama hindhistid** si aanad jeermiga ugu fidin dadka jooga agagaarkaaga. Tuur masarka waraaqda ah oo dhaq gacmahaaga. Haddii aanad haysan masar waraaq ah, ku qufac ama ku hindhis garabkaaga ama cududdaada



- **Clean surfaces** such as countertops, sinks, doorknobs, telephones and light switches with a disinfectant cleaner or cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water to one part bleach.
- **Limit your contact with those who are ill.**
- **Avoid shaking hands** if you are ill and with others who are ill.
- **Stay away from others when you are sick.** Stay home from work, school or running errands if you can.
- **Get a full night's rest, eat a healthy diet and drink at least eight glasses of liquids each day.**

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- Nadiifiye jeermi-dile ah ama nadiifiye leh cadeeye (bleach) **ku nadiifi oogada** miisaska, saxanka dhiqista, qasabadaha, gacanta albaabada, teleefonada iyo barta shidista iftiinka ama nalka. Waxa kale oo aad qasan kartaa badhax ah biyo iyo cadeeye. Toban qaybood oo ah biyo ku qas hal qayb oo ah cadeeye.
- **Yaree xidhiidkaa aad la yeelanaysid dadka jiran.**
- **Iska ilaali in aad salaantid gacan qaadid** dadka haddii aad jiran tahay iyo kuwa kale oo jiran.
- **Ka fogow dadka kale marka aad jiran tahay.** Guriga joog oo ka joog shaqada, dugsiga ama adeegista haddii aad awoodid.
- **Qaado nasasho habeen oo buuxda, cun cunto caafimaad leh oo cab ugu yaraan sideed koob oo ah cabitaano maalin kasta.**

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Preventing Illness During an Emergency. Somali.