

# Nadaafadda Gacmaha

## Tilmaam Ku Saabsan Nadaafadda Gacmaha

### (Hand Hygiene A Guide to Clean Hands)



#### Maxaan ugu baahnahay in aan nadiifiyo gacmaheyga?

(Why do I need to clean my hands?)

Nadiifinta gacmaahaaga (sidoo kale loo yaqaanno nadaafadda gacmaha) ayaa ka mid ah qaababka ugu fiican ee aad ku joojin karto faafidda jeermiska. Waxa ugu weyn ee jeermiska faafiya waa gacmaheenna. Jeermis ayaa kaa soo raaci kara meel kasta, sida telefoonada, khataarka albaabka iyo derbiyada. Waxaad jeermisyadani ku faafin kartaa isbataallada, goobaha bukaan-socodka iyo xarumaha kale ee daryeelka caafimaad adigoo xitaa aanan ogeyn.

Gacmaahaaga ayaa u muuqan kara kuwo nadiif ah balse weli qabi kara jeermis keeni kara infekshinno. Markaad ilowdo in aad nadiifiso gacmaahaaga ama aadan si fiican u nadiifin, jeermis ayaad ku faafin kartaa dadka kale. Adiga ayaa sidoo kale jeermis isku faafin kara haddii adigoo gacmaahaaga nadiif ahayn aad taabato indhahaaga, afkaaga, sankaaaga ama boog ku taalla jirkaaga.

Waa muhiim in aad ku dhiirigeliso xubnaha qoyskaaga, dadka ku soo booqanaya iyo shaqaalaha daryeelka caafimaad in ay nadiifiyaan gacmahooda mar kasta oo ay ku soo booqdaan ama kaa caawiyaan daryeelkaaga. Gacan ka geysa joojinta jeermiska keena infekshinnada in uu ku faafo xarumaha daryeelka caafimaad.

#### Goormaan u baahanahay in aan nadiifiyo gacmaheyga?

(When do I need to clean my hands?)

Markasta nadiifi gacmaahaaga:

- kahor inta aadan diyaarin aadna cunin cunnada
- kahor inta aadan taabanin indhahaaga, sankaaaga ama afkaaga
- markaad soo isticmaasho musqusha, diifsato ama qufacdo ama ku hindhisooto gacmaahaaga.
- kahor inta aadan la macaamilin bukaannada ama dadka ku nool xarun daryeel caafimaad (deggan) iyo kahor inta aadan gelin qolkooda
- ka dib inta aadan la macaamilin bukaannada ama dadka ku nool goobta caafimaad iyo markaad ka soo baxdo qolkooda, qaybtooda iyo xarunta daryeelka caafimaad



## Ma gacmo nadiifiye ayaan isticmaalaa mise saabbuun iyo biyo? (Should I use hand sanitizer or soap and water?)

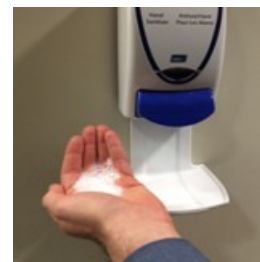
Waxaad isticmaali kartaa gacmo nadiifiye (aalkol gacanta la marsado) ama saabbuun iyo biyo si aad gacmahaaga u nadiifiso.

Gacmo nadiifiyaha waxaa uu aad u fiican yahay in la isticmaalo marka:

- gacmahaaga aysan u muuqan ama aadan dareemeyn in ay wasakh yihiin
- booqato ama ka soo tagto bukaan ama qol ama qayb isbataalka ku taalla iyo xarun daryeel caafimaad

Raac tallaabooyinkan si aad gacmahaaga ugu nadiifiso gacmo nadiifiyaha:

1. Kor u laab dharka gacamaha dhaadheer, kor u qaad na saacadda, jijinta iyo waxyaabaha kale ee kuugu xiran curcurkaaga.
2. Gacantaada ku shub wax sacabkaaga la eg oo gacmo nadiifiyaha ah.
3. Mari gacmo nadiifiyaha dhammaan gacmahaaga, curcurkaaga, farahaaga, ciddiyahaaga iyo suulashaada.
4. Mari ilaa gacmahaaga gebi ahaanba ka qallalaan.



**Saabbuunta iyo biyaha waxaay aad u fiican yihiin in la isticmaalo marka:**

- gacmahaaga ay u muuqdaan ama ka dareemeyso in ay wasakh yihiin
- kahor inta aadan cunin ama diyaarinin cunnada
- markaad soo isticmaasho musqusha

Raac tallaabooyinkan si aad gacmahaaga ugu nadiifiso saabbuun iyo biyo:

1. Kor u laab dharka gacamaha dhaadheer, kor u qaad na saacadda, jijinta iyo waxyaabaha kale ee kuugu xiran curcurkaaga.
2. Gacmahaaga ku qoo biyo diirran.
3. Ku shub gacmahaaga saabbuun ku filan si aad u wada gaarsiiso.
4. Mari saabbuunta dhammaan gacmahaaga, curcurkaaga, farahaaga, ciddiyahaaga iyo suulashaada.
5. Dhaq oo na xooq rug gacmahaaga 15 ilaa 30 ilbiriqsi.
6. Ku raaci gacmahaaga biyo diirran oo tuubo furan ah.
7. Ku qallaji gacmahaaga xaanshiyaha lagu tirtirto.

8. Tuubada xir adigoo isticmaalaya xaanshida aad ku tirtiratay.



## Goormaa ayay shaqaalahaeyga daryeelka caafimaad u baahan yihiin in ay nadiifiyaan gacmahooda?

(When does my healthcare team need to clean their hands?)

Shaqaalahaaga daryeelka caafimaad waxaay raacaan waxa loo yaqaanno “4 Moments of Hand Hygiene” (4-ta waqti ee Nadaafadda Gacmaha) marka ay ku daryeelayaan. Waxaay nadiifinayaan gacmahooda:

### Waqtiga 1-aad (Moment 1)

- ka hor inta aysan soo galin qolkaaga
- kahor inta aysan adiga ama wax agtaada yaallo aysan taaban, oo ay ka mid yihiin dharkaaga iyo waxyaabahaaga shakhsiyeed

### Waqtiga 2-aad (Moment 2)

- kahor inta aysan gashanin galoofiska
- iyo kahor inta aysan ku daaweynin sida in ay kugu xiraan faleembo, dharka kaa baddalaan, kaadida kaa qaadaan ama diyaariyaan daawadaada

### Waqtiga 3-aad (Moment 3)

- kaddib markaay taabtaan dheecaan kasta oo jirkaaga ah, sida dhiigga, kaadida, saxarada, matagga, ama candhuufta
- marka ay iska bixiyaan galoofiska ay ku taabteen dheecaanka jirkaaga (sida markaay dharka kaa baddaleen ama dhiigga kaa qaadeen si loo baaro)

### Waqtiga 4-aad (Moment 4)

- kaddib markaay ku taabteen ama taabteen wax kasta
- oo agtaada yaalla kahor inta aysan goobtaada ka tegin

Haddii aadan arkeynin mid ka mid ah shaqaalahaaga daryeelka caafimaad oo gacmaha nadiifinaya, waxaad dhihi kartaa “I didn’t see you cleaning your hands, would you mind cleaning them?” (Kuma arkin adigoo gacmahaaga nadiifinaya, fadlan ma nadiifin kartaa?). Shaqaalahaaga daryeelka caafimaad way soo dhaweynayaan su'aalahaaga.

Fadlan xusuusi dadka booqashada kuugu imaanaya in ay sidoo kale nadiifiyaan gacmahooda, si jeermiska qolkaaga u soo galin.

**Markaan joogteyno nadiifinta gacmaheenna, waxaan dhammaanteen abuuri karnaa deegaan badqaba.**

Markii ugu dambeysay ee dib loo fiirshay: 30 Nofeembar 2020

Waxaa Qoray: Alberta Health Services, Prevention & Control

Qalabkani maaha mid lagu beddelayo talada xirfadle caafimaad oo aqoon leh. Qalabkan waxaa loogu talagalay macluumaadka guud oo keliya waxaana lagu bixiyaa 'sida uu yahay', "meesha uu" ku saleysan yahay. In kasta oo dadaallo macquul ah la sameeyay si loo xaqiijiyo saxnaanta macluumaadka, Alberta Health Services ma sameeyaan wax matalaad ah ama dammaanad ah, degdeg ah, si maldahan ama sharci ah, xagga saxnaanta, isku halaynta, dhammaystirnaanta, adeegsiga ama ku habboonaanta ujeeddo gaar ah ee macluumaadkan oo kale ah. Alberta Health Services waxay si cad u diidaysaa dhammaan masuuliyada isticmaalka agabkan, iyo sheegasho kasta, ficillo, dalabaad ama dacwado kasta oo ka dhasha isticmaalkan.