

Sidan ayaad u isticmaalaysaa daboolka afka iyo sanko ee hal mar la isticmaalo

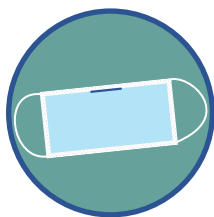
Xiro daboolka afka iyo sanko

1



Dhaq gacmaha ama isticmaalmaadada infekshanka ka hortagta, tusaale ahaan alkoosha gacmaha.

2



Hubi in daboolka afka iyo sanko uu hagaagsanyahay oo nadiif yahay.

3



Daboolka afka iyo sanko oo si sax ah u roggan ku dabool sanko, afka iyo garka. Xariga laastiiga ah waa inuu qabsadaa hareeraha dhegaha ama madaxa. Hubso indaboolka afka iyo sanko uu si adag kuugu xiranyahay oo aanay jirin wax ah meelo banaan.

4



Ha **dhaq-dhaqaajin** daboolka afka iyo sanko marka aad adigu xirantahay.

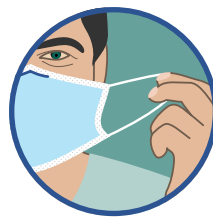
Iska saar daboolka afka iyo sanko

1



Dhaq gacmaha ama isticmaalmaadada infekshanka ka hortagta, tusaale ahaan alkoosha gacmaha.

2



Qabo xariga laastiiga ah oo iska qaad daboolka afka iyo sanko adigoo aan taaban inta kale ee daboolka afka iyo sanko.

3



Tuur daboolka afka iyo sanko ee hal mar la isticmaalo.

4



Dhaq gacmaha ama isticmaalmaadada infekshanka ka hortagta, tusaale ahaan alkoosha gacmaha.



Folkhälsomyndigheten