

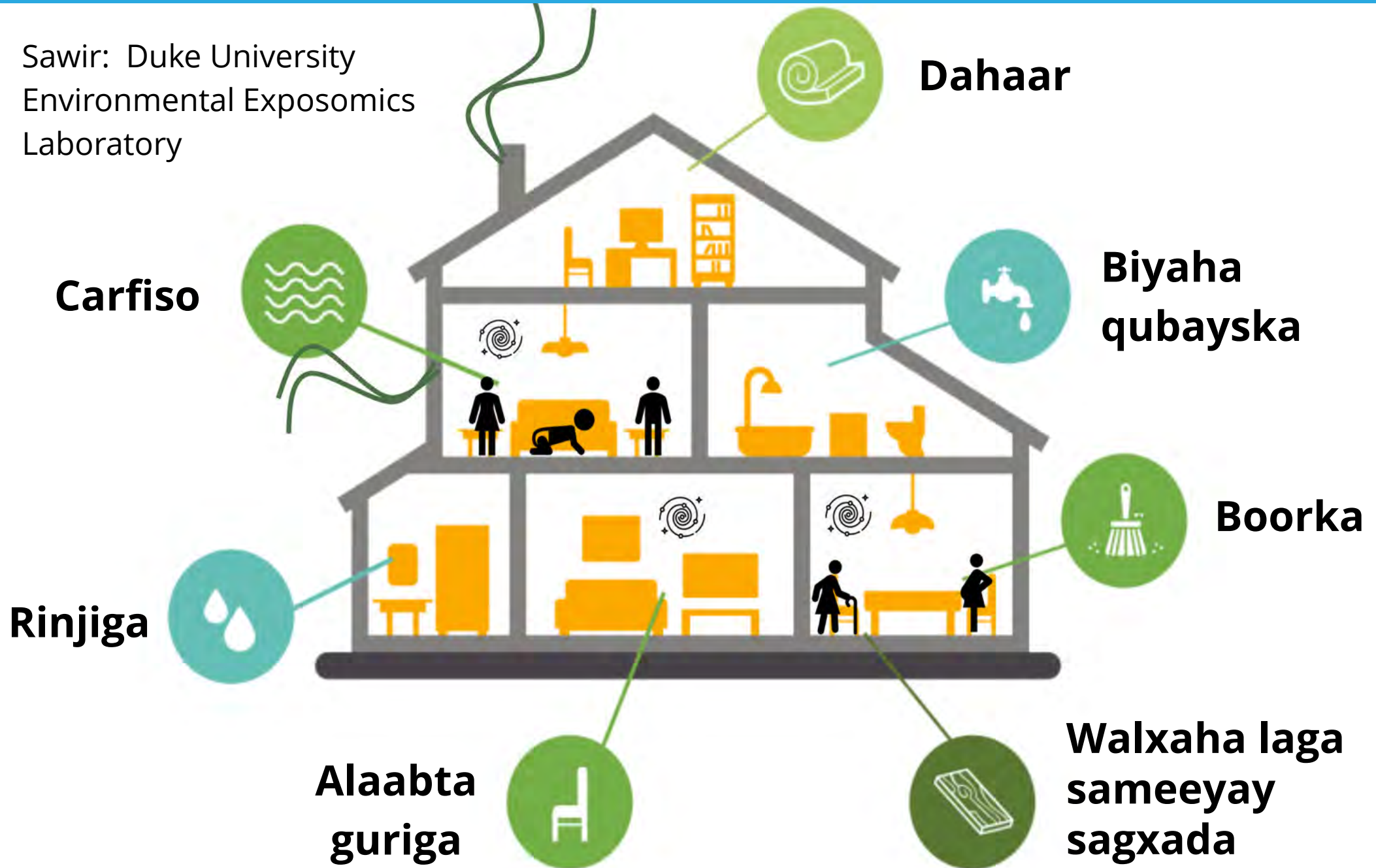
Siyaabaha kor loogu qaado tayada hawada guryaha gudahood



Waxay ka caawisaa ka hortagga fiditaanka COVID kana ilaalisaa qoyskaaga xasaasiyaddaha gu'ga iyo qiiqa dabka duurka.

Sidee ayay hawada gudaha guryaha ay ku noqon kartaa mid caafimaad daro ah?

Sawir: Duke University
Environmental Exposomics
Laboratory



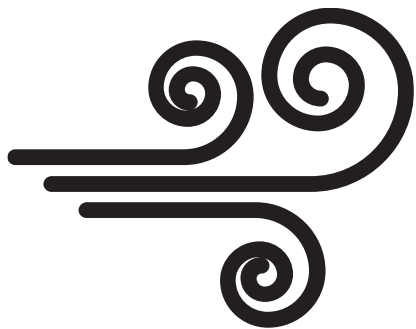
Qalabka guriga lagu dhiso iyo alaabta aan ku kaydsano gudaha guriga, sida qalabka guriga lagu isticmaalo, roogagga iyo alaabta carruurta ku ciyaarto, waxay abuuri karaan walxo wasakheeya hawada gudaha guryaheenna. Hawlaha caadiga ah sida cunta karinta iyo ku nadiifinta kiimikooyinka ayaa sidoo kale gacan ka geysta.

Siyaabaha fudud ee lagu hagaajin karo tayada hawada

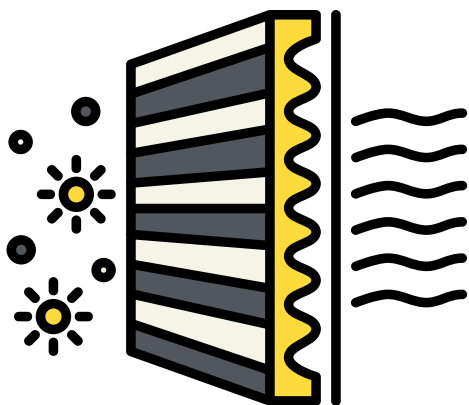
Waxaad ku hagaajin kartaa tayada hawada gudaha guryaha saddexdaan siyaabood:



Ka-hortagga: Ka-hortaggida in walxaha ay hawada kusii jiraan.



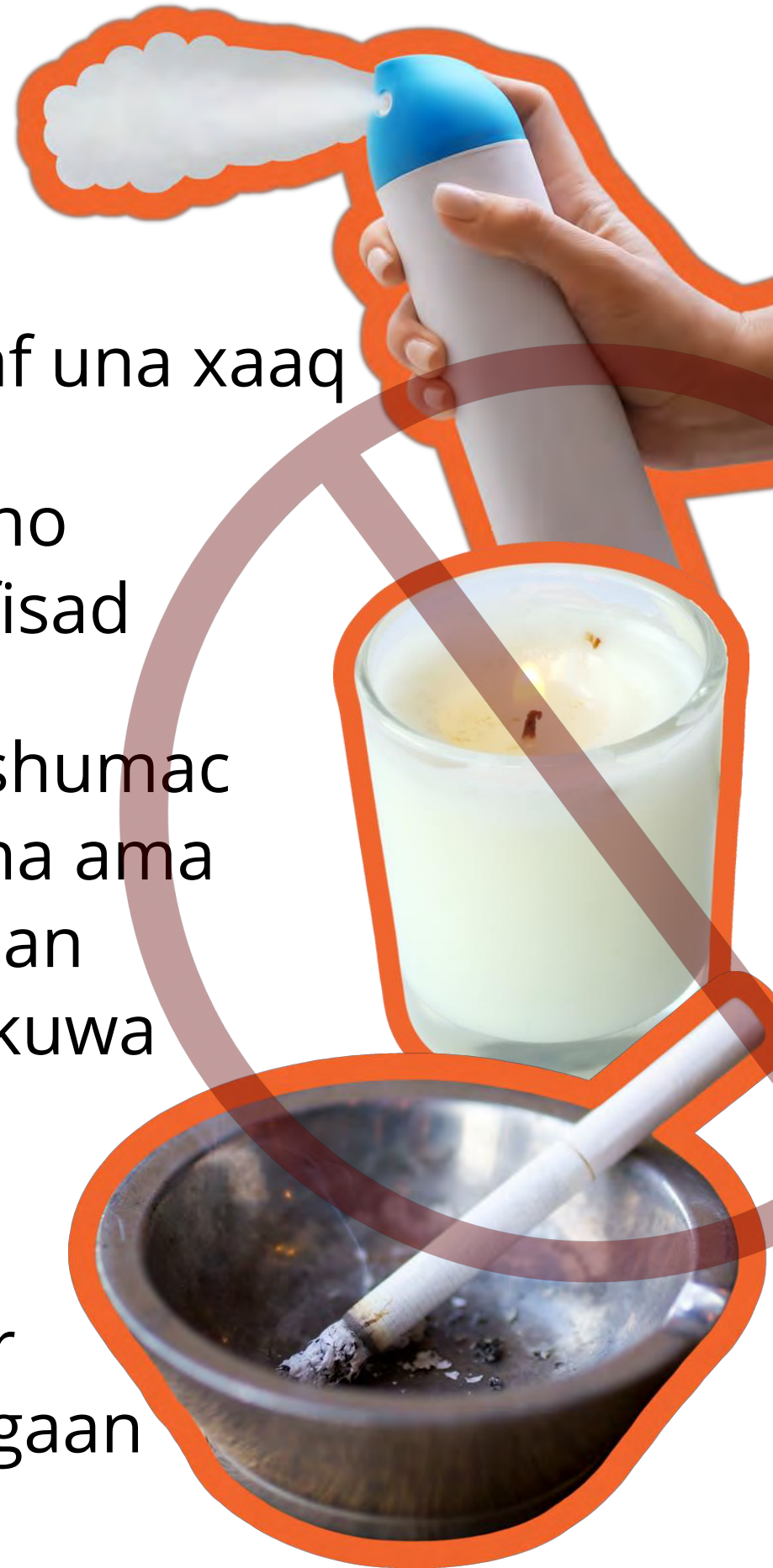
Qulqulka Hawada: Kordhinta qulqulka hawada si loo barxo tirada walxaha waxyeelada leh ee hawada ku jira.



Sifeynta: Sifeynta hawada si looga saaro walxaha.

Sida looga hortago hawada tayada liidata

- ✓ Kabaha iska siib
markaad gudaha gasho
- ✓ Si joogta ah boorka uga jaf una xaaq
- ✗ Iska ilaali inaad isticmaasho
walxaha udgoon sida carfisdad
- ✗ Iska ilaali inaad ku shido shumac
ur udgoon gudaha guryaha ama
isticmaal kuwa ka samaysan
alaabta dabiiciga ah sida kuwa
leh carafta shinnida
- ✗ Iska ilaali inaad sigaar ku
cabto gudaha guriga, gaar
ahaan markay caruur joogaan



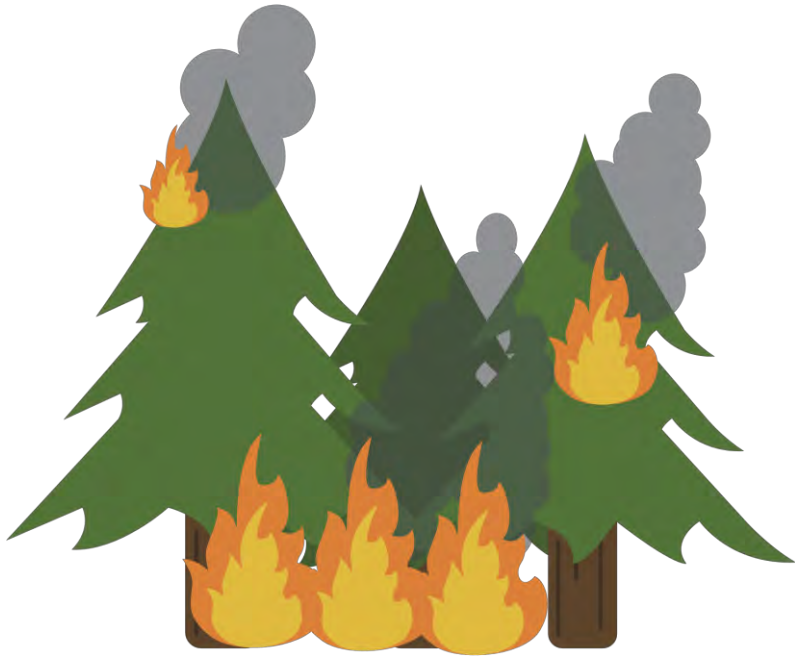
Sida loo hagaajiyo hawa qaadashada



Hawo-wareejintu waxay kasoo galisaa hawo nadiif ah dibadda si ay u wanaajiso wareegga hawada oo ay ku milmaan tirada walxaha waxyeelada leh ee kujira gurigaaga.

- ✓ Fur daaqadaha haddii cimiladu ogolaato
- ✓ Ku dheji marwaxado daaqadda si ay hawo wasakhaysan uga saaraan una soo galiyaan hawo cusub
- ✓ Daar marawaxada qiiq saarista ama fur daaqad markaad wax karinayso ama aad maydhanayso

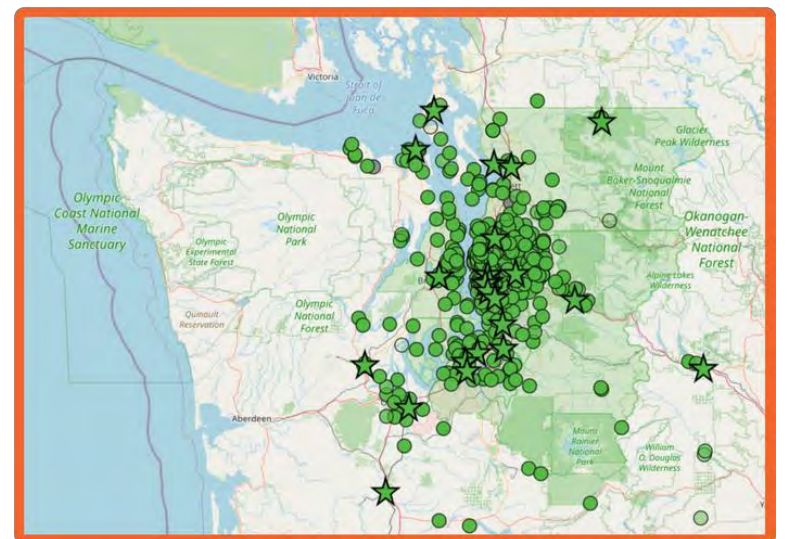
Sida loo hagaajiyo hawa qaadashada



Waa inaad ka fogaataa furitaanka daaqadaha inta lagu jiro dhacdooyinka qiiqa dabka duurka iyo maalmaha ay wasakhowga hawadu sarreeyo.

Maalmahan, **nadiifiyaha hawada HEPA ee la qaadan karo** ama **sifeeyaha marawaxada afar geeska ah** ayaa laga yaabaa inay noqoto xal fiican.

Tayada hawada dibadda ee aaggeena ka eeg bogga Khadka Hay'adda Hawada Nadiifkaa ee Puget Sound: **pscleanair.org** (bog Ingiriis keliya ku qoran)



Sida loo sifeeyo hawada gudaha

Tixgeli inaad iibsato **nadiifiyaha hawada** la qaadan karo ee leh **shaandheeyaha HEPA**, kaas oo soo qabta oo ka saara walxaha yaryar ee hawada sida manka, qiiqa, jeermiska, caaryada iyo boorka.



Sida loo sifeeyo hawada gudaha

Ama, ku samee guriga **sifeeyaha marawaxada afar geeska ah** ee DIY oo la awoodi karo kaas oo yarayn kara qaar ka mid ah wasakhawga hawada 90%.



Marwaxad Afar gees 20" x 20" ah



Hawo Sifeeye (MERV13 ama FPR 10) oo 20" x 20" ah



Koolada Tayada Fiican (Heavy Duty Tape)

Dhig sifeeyahaaga ama nadiifiyaha hawada meesha aad wakhtiga ugu badan ku qaadato, ama meelaha aadan furi karin daaqadaha ama shidi karin marawaxada qiiqa.