

# Sida maaskareetiga wejiga si sax ah loogu xidho

Maaskareetiga wejiga waa in loo xidhaa si sax ah si la isaga ilaaliyo faafinta fayraska iyo bakteeriyada laftaada iyo kuwa kale.

1. Dhaq gacmahaaga ama isticmaal nadiifiyaha gacmaha ka hor inta aanad xidhan maaskareetiga wejiga
2. Go'aan ka gaadh ka uu yahay dhinaca maskareetiga ee uu yahay xaga hore.. Maaskareetiga la tuuro ee wejiga, caadi ahaan waa dhinaca midabka leh
3. Xidho maaskareetiga wejiga addoo sare u qabanaya xadhkaha laastiiga ah ee dhagta. Hubso inay si gijjisan u leegtahay wejigaaga oo ay daboosho labbadaba sankaa iyo afkaba.
4. Ha taaban maaskareetiga wejiga muddada isticmaalka. Beddel iyada inta badan oo had iyo jeer xidho mid cusub haddii ay qoydo ama wasakhawdo.
5. Iska saar maaskareetiga wejiga adoo qabanay xadhiga laastiiga ah ee dhegta, oo iska tuur isla markaaba. Ku rid marada maaskareetiga wejiga kiish oo dhaq iyaga heerkul gaadhaya 60 darajo. Keliya xidho maaskareetiga wejiga hal mar, oo ka dib tuur iyada ama dhaq iyada.
6. Dhaq gacmahaaga ama isticmaal nadiifiyaha gacmaha isticmaalka ka dib

## Noocee maskareetiga wejiga ayaan xidhanayaa?

Nooca I maskareetiga wejigu waxa uu ilaalin doonaa naftaada iyo kuwa kale. Xidho maaskareetiga wejiga la tuuro ee leh calaamada CE hadduu aad qabto ama aad khatar ugu jirto inaad qaado korono fayraska cusub, haddii aad xidhato maaskareetiga wejiga sababtoo waxaad khatar sare ugu jirtaa, ama sababtoo ah waxaad la joogi doontaa qof khatar sare ugu jira.

Xaaladaha kale, waxaad xidhan kartaa maaskareetiga wejiga marada wanaagsan oo beddel u ah maaskareetiga wejiga la tuuri karo.

31.08.2020

# Isticmaal maaskareetiga wejiga

meelaha dadku ku badan yahay



# Xidho maaskateetiga wejiga xaaladaha soo socda



Haddii cudurku kugu dhaco ama aad khatar ugu jirto inaad qaado korono fayraska cusub oo aad ka tegayso gurigaaga, tusaale ahaan sababtoo ah waxaad u baahan tahay in lagu baadho.



Haddii aadku safrayso gaadiidka dad waynaha



Haddii aad khatar sare ugu jirto jirada darran ee COVID-19 iyo gelida xaaladaha halka ay adag tahay miduun adiga ama kuwa kale si aad ugu jirsato 2 mitir, tusaale ahaan xarunta wax iibsiga, xaga xaftada ama dhacdada dhaqanka.



Haddii aad booqato qof khatar sare ugu jira, oo aanad la noolayn, tusaale ahaan qof ahaan gudaha guriga kalkaaliska, ka feker xidhashada maaskareetiga wejiga xaaladahan marka aanad ka fogaan karin ugu yaraan 2 mitir, tusaale ahaan marka qofku u baahan yahay daryeel ama xanaanin.



Dadka buuqa ah, tusaale ahaan mudaaharaadyada ama socodka gaardiga ah, halka ay adkaan karto in aad ilaaliso fogaanta aad cid u jirsanayso.

Had iyo heer qaado maaskareetiga wejiga, markaas waad xidhan kartaa marka loo baahdo. Had iyo heer isku day inaad raacdo hagitaanada guud: joog guriga haddii aad jiran tahay, u jirso 1 ilaa 2 mitir kuwa kale oo hubi sixo wanaagsan – sidoo kale marka aad xidhato maaskareetiga wejiga.

# Kumaa ka xor ah xidhashada maaskareetiga wejiga gudaha gaadiidka dad waynaha?

Sharci ahaan, maaskareetiga wejiga keliya waa in ay xidhaan dadka xidhan karo oo iska bixin kara iyo halka ay u leeg tahay si gijisan wejiga.

**Dadka soo socda waxay ka xor ahaan doonaan xidhashada maaskareetiga wejiga gaadiidka dad waynaha:**

- Carruurta ka yar 12
- Dadka dhibka neefsashada leh, heerarka la yareeyay ee wacyiga ama dadka qaba liidashada jidhka iyo maskaxda ee ka hor joogsada iska saarida maaskareetiga wejiga lafahooda.
- Dadka dhib ugula kulma xidhashada maaskareetiga wejiga.

**Xusuuso inay jiri karto sabab fiican oo ah sababta aanu qofku u xidhan maaskareetiga wejiga, iyo in sababta aan inta badan la arki karin.**

Maskareetiga wejiga waa la iska saari karaa tusaale ahaan marka aad wax cunayso, la hadalka dadka akhriye dibinta qofka iyo si la xidhiidha aqoonsiga, tusaale ahaan booliska.

**Ka akhri wax badan [www.sst.dk/en/English/Corona-eng/Face-masks](http://www.sst.dk/en/English/Corona-eng/Face-masks) ama soo wac Laynka tooska ah ee dowladda Deenishka telefoonka 70 20 02 33**