

## LIISKA HUBINTA DIB U FURITAANKA GANACSIGA GUUD

Liistada hubinta waxaa loo diyaariyey inay kaa caawiso hirgelinta tallada rasmiga ah ee Dowladda inta lagu guda jiro nasashada loo qorsheeyay ee qufulka. Waa muhiim inaad ka dhigto dhismahaaga guryaha 'Covid 19' mid aamin ah si aad u ilaaliso naftaada, shaqaalahaaga iyo qof kasta oo galaya dhismahaaga (tusaale, macaamiisha, qandaraasleyaasha, shaqaalaha iibinta iwm).

	Ficillo / faallooyin
<p><b>1.</b> Waa masuuliyadaada inaad ku sameyso qiimeyn halista ganacsigaaga si aad uga ilaaliso naftaada, shaqaalahaaga iyo macaamiishaada halista cudurka. Shaxda qiimeynta halista waxaa laga heli karaa websaydhka Golaha Lambeth.</p> <p>Waa inaad ka ilaalisaa shaqaalahaaga wixii isbedel ah ee ku yimaada kuna tababbarta wixii habraac ah ee cusub</p>	
<p><b>2. Ilaalinta shaqaalaha iyo tababarka</b></p> <p>Hubinta shaqaalaha waxay ku habboon yihiin shaqada <u>mana muujiyaan astaamaha / astaamaha Covid 19 oo ay ka mid noqon karaan:</u></p> <ol style="list-style-type: none"> <li>heerkulka sare</li> <li>cusub, qufac joogto ah</li> <li>lumis ama u isbeddelo dareenka urta ama dhadhanka</li> </ol> <p>(<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/">https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/</a>)</p> <p>Haddii shaqaaluhu wax astaamo ah qabaan, u dir guriga oo xusuusiso inay isbaaraan <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/">https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/</a></p> <p>Samee qiimeynta halista shaqaalaha. Ee Shaqaalaha nugul (arag qeexitaanka) <a href="https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing#clinically-vulnerable-people">https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing#clinically-vulnerable-people</a> tixgeliyaan ka shaqaynta guriga</p>	
<p><b>3. Tallaabooyinka kala fogeynta bulshada si loo hubiyo masaafada 2m inay u dhaxayso dhammaan shaqaalaha iyo macaamiisha jooga dhismaha</b></p> <ol style="list-style-type: none"> <li>Yaree tirada macaamiisha loo oggol yahay inay joogaan dhismahaaga waqti keliya. Xisaabi inta qof ee la jaan qaadi kara dhismayaashaada adigoo weli ilaalinaya masaafada 2 mitir.</li> <li>Xarig ama calaamad rinji dabaqa 2 m ka durug macaamiisha u safta tellka</li> <li>Meel ku qoro sawirada dhismayaasha oo weydiisanaya dadka inay 2m ka fogaadaan</li> </ol>	

<https://www.lambeth.gov.uk/coronavirus-covid-19/information-for-businesses/printable-notice>

- d. Meel alla meeshii suurtagal ah ugu dheji nidaam hal qaab ah gudaha dhismaha - macaamiisha iyo shaqaalaha, kuna dar alaab-qeybiyayaal. Tani waxay si gaar ah waxtar u leedahay haddii go'yaashaadu ka yar yihiin 2m ballac.
- e. Haddii aad leedahay wax kabadan hal albaab waa inaad keydisaa mid sidii soo galitaan midna mid bixitaan ah
- f. Haddii jaranjarooyinkaagu ay ka yar yihiin 2m balac waxaad u baahan doontaa inaad xidho ama qayb ahaan uxidho gabbaadyada armaajo
- g. Gudaha dukaanka, hubi in shaqaalaha ay u sheegaan macaamiisha inay raacaan qawaaniinta
- h. Ka fikir in aad deg deg u sameyso shaashadda 'transpex screen' si aad u ilaaliso shaqaalaha Kontarada
- i. Haddii Qiimayntaada Halista ahi ay muujiso in shaqaaluhu ka fogaan kari waayaan inay ku shaqeeyaan isku soo dhawaansho, ka dib wa inaad iyaga siiso waji daboolid
- j. Tixgeli inaad aqbasho lacag bixinta xiriir la'nta ah (contactless) oo kaliya
- k. Haddii macaamiisha aysan arki karin gudaha dukaanka laga soo galo albaabka, inta lagu jiro waqtiga mashquulka ah, waa inaad xubin ka mida shaqaalaha albaabka jooga oo u sheegi kara macaamiisha goorta ay nabdoon tahay inay soo galaan
- l. Dibadda, calaamadee sagxadda ama darbiga meel kasta oo ay suurtagal tahay si aad u tusto masaafada 2m u jirta macaamiisha safka ku jirta
- m. Ka fikir sida safka macaamiishaadu ugu xirnaato safka dukaannada deriska ah iskana tixgeli siyaabaha looga hortago inay taasi dhacdo

#### 4. Nadiifinta iyo jeermis-dilida

- a. Hubi in shaqaaluhu gacmahooda si fiican u dhaqaan oo ay si joogta ah u ogyihiin inay yaqaanaan sida loo sameeyo tan (<https://www.youtube.com/watch?v=x3v521MTjio&feature=youtu.be>)
- b. Si buuxda uga nadiifi gacmo dhaqiskaga gacmaha weelka lagu maydho maalinta oo dhan, bixi saabuun iyo tuwaal waraaqaha ah oo fara badan
- c. Shaqaalaha waa in loo sheegaa inay ku qabtaan hindhisada iyo qufacayaan unugyada la tuuro oo gacmaha si fiican u maydhaan ka dib.
- d. Mar kasta oo aad siiso gacmo nadiifiye (in ka badan 60% aalkolo) si ay u isticmaalaan macaamiisha iyo shaqaalaha albaabka
- e. Maalinta oo dhan, si buuxda u nadiifi dhammaan meelaha gacmaha la taabto tusaale ahaan. dukaamaysiga dambiilaha / tafaariqda, gacanta albaabka, iridaha laga galo, akhristayaasha kaarka deynta, wareejinta nalka iwm

	f. Meel alla meeshii suurtagal ah, albaabada xir xir (marka laga reebo albaabbada dabka) si loo yareeyo taabashada gacmaha	
5.	<p><b>Amaanka dhismahaaga</b></p> <p>Haddii dhismayaashaadu ay xirnaayeen in muddo ah, waa inaad hubisaa in adeegyadaada iyo qalabkaagu ay si sax ah u shaqeynayaan:</p> <p>a. Gaas bixiyahaga assasiga ah. Hubi wixii qalab ah ee xirmo oo iska hubi ur gaas</p> <p>b. Ka bixitanada dabka. Faaruqi meelaha marinnada laga baxo, hubi qalabka digniinta dabka iyo qalabka bakhtiinta dabka</p> <p>c. Xakamaynta cayayaanka Hubi firfircoonaanta cayayaanka gudaha iyo dibaddaba. Haddii ay jiraan wax calaamado ah, waa inaad wacdaa qandaraasle cayayaan ah.</p> <p>d. Biyo - tubbada qasabadaha si ay nidaamka u daadaan</p>	

**Waxaan sameeyay baaritaanada kor ku xusan si aan u hubiyo in dhismahaygu uu yahay Covid 19 aamin ah - naftayda, shaqaalahayga iyo qof kasta oo galaya dhismahayga**

**Saxeexay ..... Darajada ganacsiga ..... Taarikhda**

**Faahfaahin dheeri ah Dowladda waxay soo saartay hagitaan ku saabsan ka shaqeynta si nabdoon:**

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

**Kala xiriir** kooxda Cuntada, Caafimaadka iyo Nabdoonaanta [foodhealthandsafety@lambeth.gov.uk](mailto:foodhealthandsafety@lambeth.gov.uk)