

RV

ISTICMAALEYAASHA

I S M A A M U L K A S A N D I E G O



ADEEGSO XARUMAHA QASHINKA EE RV

Si loo Difaaco marinadeena biyaha!



Haddii aan biyaha RV ga madoow ama gareeyga ah aan lagu shubin goobta qashinka, waxay dhib u gaysan kartaa balideena, wabiyada, iyo badwaynta. **Waxaad ka ilaalin kartaa wasaqda, sida bakteeriyada, marinadeena biyaha adoo adeegsanaaya xarumaha qashinka RV.** Si ahaaha caawiyo khibradaada xarunta qashinka ee RV ay u noqoto mid fudud oo badqab leh, iskuday *tilmaamahann muhiimka ah!*

- 1) Adkee labada gees ee tuubada ka hor intaadan fulin qasabada taangiga.
- 2) Isha ku hay tuubada inta aad wasaqda ka shubayso si aad u xaqiijiso inay meesha ku xirnaato.
- 3) Xir qasabadaha marka taangigu faaruq noqdo.
- 4) U dhaq qashin kasta oo hara ama waxa daata dhanka duleelka xarunta qashinka (nidaamka bulaacada/sifaynta ee ku xariisan).
- 5) Hayso agabka kahortaga waxyaabaha daata, sida istiraashada, oo u diyaarsan in la saaro laguna tirtiro meesha — ma ogaan kartid waxa kugu dhici kara!

XASUUSNOOW INAAD

ADEEGSATO XARUMAHA QASHINKA EE RV *Si loo Difaaco marinadeena biyaha!*

Si aad u hesho ilaha dheeraadka ah ee isticmaaleyaasha RV, ayna ku jiraan goobaha qashinka lagu shubo iyo xogta, booqo www.sandiegocounty.gov/dpw/rv

