

Let's Beat the Bug!

Macluumaad ku saabsan Dhiqlaha

- Dhiqluhu waa cayayaan yar, oo leeg midhaha tufaaxa. Kuwa da'da wayn ama waalidku waa balaadh wareegsan oo midabkoodu yahay casaan cafeey xiga.
- Dhiqluhu wuxu quutaa dhiiga dadka wuxuna cuna la'aan ku noolaan karaa ilaa sanad. Inta badan dhiqluhu wuxuu soo baxaa habeenkii marka dadku hurdaan
- Waxa suurtagal ah in aan dadka qaarkood dareemin in dhiqla qaniiney.
- Hadii ay kula tahayin in dhiqla ama kutaani ku gashay, baadh oo ka raadi gogoshaada iyo meelaha la fadhiisto dhiqla, ama meel dhiig ku yaalo qaniinyadiisa kadib iyo xuubkiisa ama maqaar uu ka tegey.
- Waxakale oo aad ka raadisaa, furaashyada, sariirta biraheeda ama looxyada ay ka samaysantahay eek u wareegsan, gogosha ku goglan, meelaha dildilaacsan iyo meelaha dulleela ee dhulka iyo alaabtaba. Daaqadaha iyo albaabadu meelaha ay isaga yimaadaan ee iska qabsadaan iyo xataa dal daloolada korantada la geliyo.
- Ogoow dhiqlaha ama kutaantu waa wax yar oo blaadhan aad u dhaksobadan.

Wixii faah faahin dheeraad ah ee aad u baahantahay kala xidhiidh

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Ama booqo barta internetka ee

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Faakiyuum-garee dhiqlaha

Faakiyuumintu way caawisaa la dagaalanka dhiqlaha marka lala beegsado goobaha uu koox kooxda ugu dhuunto taasina waxay yaraysaa tidadiisa. Hase yeeshee faakiyuumintu ma dabargoyso dhiqlaha boqolkiiba boqol. Waxa jira talaabooyin muhiim ah oo aad u baahantahay inaad qaadid marka aad faakiyuumka u isticimaalaysid la dagaalanka dhiqlaha. Taasi oo kuu saamaxaysa inaad faakiyuumka la beegsatid meelaha uu ku tirada badanyahay dhiqluhu oo aad wax badan mar keliya ugu soo nuugtid adiga oo aan aqalka kusii firdhin oo kusii faafinin.



- Soo nuugidu waa inay ahaataa mid awood badan leh. Istimaal tuubada faakiyuumka la socota oo sii dheeree hadii aad u baahatid. Ogoowse dhqlihu mar marka qaarkood tuubada afkeeda, qararka iyo maryaha ama dunta ayuu kusii dhegea oo ka lushaa, sidaas darteed ka hubi meelahaas in aan waxba ku hadhin ama ku dhuuman. Waxa suurtagal ah in mar marka qaarkood ay hawada faakiyuumku firdhiso ugxanta dhiqlaha oo aanad ku qaabanin faakiyuumka cayayaankan.

- Marka aad dhamaysid faakiyuumka, ka saar kiishka ama бага oo isla markiiba afka koolada warqada ah kaga dahaadh. Kadibna kusii dhex rid bacda qashinka oo mar kale afka si adag uga sii xidh markaana qashinka ku tuur. Dhiqluhu wuu ku dhex noolaan karaa baaga faakiyuumka iyo xataa tuubooyinkiisa. Hadii aanu faakiyuumku ahayn ka baaga leh, isla markiiba bac ku af gembu qashinka oo afka ka adkee kadibna qashinka ku ridn adiga oo isla markiiba biyo saabuun leh ku maydhaya koobka faakiyuumka si wixii ku hadhay ay halkaasi ugu dhintaan. Wuxu inta badan leeyahay filtarka ama tuubada yare e gunta kaga taala faakiyuumka aan baaga lahayni, sidaas darteed waa in la maydho ama la qaboojiyo filtarkaasna hadiikalena la tuuro kadibna aad filter kale iibsatid. Hadii aad faakiyuumkaas u isticimaalaysid qolkale, fadlan tuubada afka kadhaadh intaad faakiyuum garaynaysid si aan dhiqla ugasoo bixin kadibna marka aad dhamayso sidii hore oo kale u tuur. Faakiyuumin ku cel celis ahi lagama maarmaan ayay u tahay la dagaalanka dhiqlaha iyo xakamayntiisa. Xusuusnoow goobahii aad ku aragtay dhiqlaha oo ku cel celi faakiyuumka. Ugxantu inta badan sidii xabag oo kale ayay ugu dhegtaa geesaha markaa way adagtahay sida looga fujiyo ama looga gooyo. Dhiqlaha waayeelka ahi wuxu had iyo goor doontaa meelaha uu ku dhuuman karo markaa had iyo jeer ka eeg meelihii aad hore ugu aragtay oo faakiyuum-garee mar walba si aad dhiqlaha uga yaraysid aqalkaaga.

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- Isticimaal talaabooyinka aan u baahnayn kiimikada sida kulaylka, qaboojinta, dhar dhaqida iyo wixii la mid ah si aad u yaraysid dhiqlaha. Siyaabahan waxad kaga hawl yaraysanaysaa faakiyuum-garaynta oo ah hawl shaqo badan u baahan. Talaabooyinkan oo dhami waxay ka mid yihiin ladagaalanka dhiqlaha.
- Isku day in nawaaxiga fadhigaagu yahay meel ay alaabtu khafiif ku tahay waayo hadii dhiqle aqalka galo wuxuu helayaa meelo badan oo uu ku dhuuman karo. Shayada nadiifta ah ku rid ama ku xidhxidh baco si ay kaaga yaraadaan meelaha u baahan in la faakiyuum-gareeyo.



By Amelia Shindelar and Dr. Stephen Kells, 2012

Translated by Farhia M. Absie

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