

Hoos u dhigidda taabashada ciidda

Sidee baad ula kulmi kartaa ciid sumaysan

Waxaad ula kulmi kartaa ciidda sumaysan, adigoo neefsada busta ama taabatid ama liqidid ciidda sumaysan, ama inaad cuntid cunto ay ku jirto. Carruurta ku nool ama ku ciyaarta meel leh ciidda sumaysan waxay la kulmayaan khatar ka badan miidda dadka waaweyn. Carruurta iskuulka aan gaarin ayaa aad khatar ugu ah inay ku xanunsadaan ciidda sumaysan waayo gacmahooda oo wasakh ah ayaay afka la galaan. Busta ka timaadda cidaas waxay soo raacdaa kabaha waxayna u gudubtaa guriga gudahiisa iyo qalabka caruurta ku ciyaaraan.

Maxaad sameyn kartaa si aad uga hortagtid ciidda sumaysan

Gamcaha nadiifi

- Si joogto ah u nadiifi gamcaha iyo wajiga caruurta khaas ahaan intaysan cuntada cunin iyo waqtigay jiiifanayaan. Ciddiyaha ka jar kana nadiifi. Si joogto ah u nadiifi qalabka ay ku ciyaaraan ama afka gashadaan.
- Dadka waaweyn waa inay gamcahooda dhaqaan inta aysan caruurta cuntada siin, iyo inta aysan wax cunin ama cabbin.

Isku Day inaad guriga ka ilaalisid busta sunta wadata

- Kabaha iska bixi inta aadan guriga soo galin. Kabaha ku xaree meesha guriga laga soo galo. Xusuusnoow in xayawaanka keeni karaan bus guriga dhexddisa.
- Roogga iyo kadiifadaha busta ka jaf mar walba. Haddii aad mar walba jaftid waxay ka dhowraysaa in bustu isku uruurto.
- Si joogto ah busta uga qaad guriga adigoo isticmaalaya maro qoyan
- Dhaq dhulka iyo daaqadahaba
- Daaqadaha xir maalmaha dabeyshu socoto, khaas ahaan kuwa xiga dhinaca dabayshu ka imaaneyso. Tani waxay ka dhowreysaa guriga inay bustu soo gasho.
- Ku dhaq gacmo gashiga iyo dharka loo isticmaalo beer falidda meel ka duwan meesha lagu dhaqo dharka kale.
- Beddel filtarka biyaha saddexdii biloodba mar

Yaree waqtiga badan ee aad joogtid banaanka

- Ciidda banaaan dabool. Ku beer caws ama dhir, cawsku wuxuu ka dhowraa carrada inaysan qallalin dabadeedna soo raacin hawada iyadoo bus oo kale ah. Ku beer miro meelaha aan ciidda ka bannaan ee aan cawska lahayn.
- Xilliga kulaylaha yaree falidda cawska ee meelaha aan cawska badan lahayn.
- Ka ilaali inaad cawska baaskiil ku waddid iyo wax allaale iyo wixii dhaqdhaqaaq ah ee waxyeellaynaya cawska.

HOOS U DHIGIDDA TAABASHADA CIIDDA

- Ka ilaali inaad qoddid ama fashid ciidda. Haddii aadan ka maarmin inaad qoddid ciidda ku shub biyo si aysan u qallalin oo hawada u raacin

Si Wanaagsan u xannaanee markaad beerta wax ku abuureysid ama mira ka gureysid

- Xiro gacmo gashadka beerta lagu falo (midka haragga ka sameysan ayaa ka fiican kan marada ah) markaad beerta falaysid si aad suntan uga ilaalisid inay ciddiyaha hoostooda galaan, sidoo kale kala ilali afka iyo gacanta.
- Qalabka beerta iyo gacmo gashadka ku uruuri meel ka mid ah garaashka. Dabool marka aadan isticmaaleyn si busta aysan u soo gelin guriga.
- Si joogto ah u dhaq qalabka
- Dhirta oo dhan waa inaad si taxadar ah aad u dhaqdid, xitaa kuwa aan la cuneynin
- Sidoo kale tixraac talosiinta kor ku xusan markaad gureysid miraha aan cidid beerin ee duurka ka baxa (isticmaal gacmo gashi mayr qalabka aad isticmaashay)
- Haddii y suurto gal tahay ku ber qudaarta meel dhulka ka sareysa oo carro nadiif ah lagu shubay. Haddii aad u baahan tahay warbixin dheeraad ah kuna saabsan wax ku beerashada ciidda magaalada, ee [Wax ku Beerashada Ciidda Magaalada \(https://www.health.state.mn.us/communities/environment/hazardous/topics/gardurbsoil.html\)](https://www.health.state.mn.us/communities/environment/hazardous/topics/gardurbsoil.html).

Carruurta ku ciyaarsii meel nadiif ah

- U dhis carruurta meel ay ku ciyaarto kana buuxi ciid nadiif ah. Dabool waqtiga aysan ku ciyaareynin si aysan u soo gelin dabeyl wadata bus sumaysan.
- U samee meelo kale oo caruurta ku ciyaarto.

Ugu diyaari Cuntada meel nadiif ah si aad u yareysid wasakhda soo gaareysa cuntada

- Si dhameystiran u dhaq una fiiq wax allaale wixii qudaar ah aad guriga ku beertay intaadan karin ama cunin. Haddii ay suurto gal tahay ku ber qudaarta meel dhulka ka sareysa oo carro nadiif ah lagu shubay
- Ka mayr ciidda qudaarta iskood u baxda ee aan cidid abuurin intaadan isticmaalin.

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