

Hawo-siinta iyo Maareynta Hawada

Iyada oo qayb ka ah qiimeynta halista, sharciga ayaa u baahan in dhammaan loo shaqeeyayaasha ay xaqiijiyaan inay ka jirto hawo nadiif ah oo ku filan dhammaan aagagga ganacsigaaga. Oo ay ku jirto hawo nadiif ah (oo ay wehliyaan tallaabooyinka kale sida gacmaha, wajiga iyo goobta) markii aad dib u fureyso, waxay yareysaa halista isku gudbinta fayraska waxayna gacan ka geysanaysaa inay goobtaada shaqada/ganacsiga ay ahaato mid aan Covid lahayn.

Liiska Hubinta ee Muhiimka ah

- Faham sababta hawo nadiif ah/hawo marinta ay muhiim u tahay.** U oggolaanshaha hawo nadiif ah meelaha gudaha ah waxay gacan ka geysan kartaa ka saarida iyo nadiifinta hawada ay ku jiraan walxaha fayraska waxayna sidoo kale gacan ka geysan kartaa ka hortagga faafitaanka cudurka korona fayras (COVID-19). Markuu qof fayrasku qabo uu neefsado, hadlo, qufaco ama hindhiso, waxay hawa ku sii daayaan walxo ay ku jiraan fayraska - dhibcahaas yaryar ayaa ku sii jiri kara hawada. Haddii qof neefsado walxahan fayraska ku jira, waxaa ku dhici kara infekshanka.
- Raadi hawo marinada dabiiciga ah.** U oggolaanshaha hawo nadiif ah inay ka soo gasho albaabada, daaqadaha iyo hawo-mareenada nadiifka ah ee qayb ahaan ama si buuxda loo furi karo. Xitaa albaabka oo la furo 10 daqiiqo saacad kasta isbeddel ayay keeni kartaa.
- Raadi hawo marinada gacan ku samayska ah.** Isticmaal marawaxadaha iyo marinada hawada si aad hawo nadiif ah uga soo geliso dibadda. Hawo marinada gacan ku samayska ah ma loo habeeyey heerarka ugu sarreeya oo si wanaagsan ma loo dayactiray? 6 bedelaad oo hawada ah saacaddiiba (6ACH) waa heer wanaagsan.
- Ka fikir dhammaan meelaha ka bannaan goobtaada shaqada/meheradaha.** Fiiri DHAMMAAN meelaha gudaha ah oo ay ku jiraan qolalka shaqaalaha ama musqulaha.
- Immisa qofood ayaa isticmaasha aag kasta halkii mar? Iyo muddo intee le'eg?** Khatartu way sii kordheysaa haddii goobta ay hawo xumo ka jirto oo ayna joogaan in ka badan hal qof. Hadba siduu u dheer yahay wakhtiga meel lagu qaato ayay khatartana u badan tahay. Waa inaad xaddidaa tirada dadka jooga dhammaan meelaha aad ka shaqeeyso laakiin gaar ahaan goobaha yaryar/xiran - maxaadan u isticmaalayn calaamado si aad u muujiso tirada ugu badan ee dadka loo oggol yahay halkii mar? Ku dhiiri geli dadka inay waqti yar ku qaataan meelaha mashquulka badan tusaale, qolalka shaqaalaha.
- Maxay yihiin howlaha / shaqooyinka ka socda aag walba?** Haddii hawsha ay ku lug leedahay neefsasho xad dhaaf ah (jimicsi jireed, qaylo,) Hawlahan waa in lagu qabtaa meelo hawo ku filan leh, loo wareejiyo aag kale (tusaale ahaan banaanka) ama iyadoo qofka keligii shaqeeynayo
- Ma jiraan waxyaabo ka mid ah goobtaada shaqada kuwaas oo saameyn ku yeelan kara hawo qaadashada?** Mishiinnada ama qalabyada waaweyn ayaa

ka hortagi kara wareegga hawada - tixgeli sida loo wanaajin karo wareegga hawada haddii ay arrintu sidaas tahay.

- Ha ku isticmaalin miisas ama marawaxadaha saqafka meelaha hawo-xumadu ka jirto -** waxay keliya wareejinayaan walxaha fayraska xambaarsan

- Ma leedahay nidaam hawo qaadis oo ballaaran?** Tani waxay noqon kartaa wax ka jira dhismayaasha qadiimiga ah qaarkood, dhismayaasha leh dabaqyo badan ama halka nidaamyada hawa mareenka loogu talagalay warshadaha wax soo saarka. Hadday sidaas tahay, hubi tilmaamaha Hay'adda Sharciyeysan ee Injineerada Adeegyada Dhismaha (CIBSE), ama waxaad u baahan doontaa injineer ku takkhasuusay hawo-qaadashada oo ku siiya talo ku aadan nidaamka aad ubaahan tahay si loo yareeyo halista isku gudbinta cudurka. <https://www.cibse.org/coronavirus-covid-19/emerging-from-lockdown>

- Kooxdaada kala hadal** muhiimada ay leedahay in hawo nadiif ah lagu soo daayo goobta oo tus qaabab wax ku ool ah oo sidaas loo sameeyo.

Macluumaad dheeraad ah ayaa laga heli karaa HSE

<https://www.hse.gov.uk/coronavirus/equipment-and-machinery/air-conditioning-and-ventilation/index.htm>

Ganacsiyada Marti-gelinta waxay isticmaali karaan macluumaadkan faa'iidada leh ee ka socda BEAMA <https://www.beama.org.uk/resourceLibrary/beama-covid-19-ventilation-guidance-infographic--hospitality-.html>

Kafiiri boggeena Kheyraadka Ganacsiga wixii boostaro ama liisaska hubinta ee wax ku oolka ah-waxaad ku heli kartaa Ingiriis iyo 9 luqadood oo kale
www.sheffield.gov.uk/coronavirusbusinessresources

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