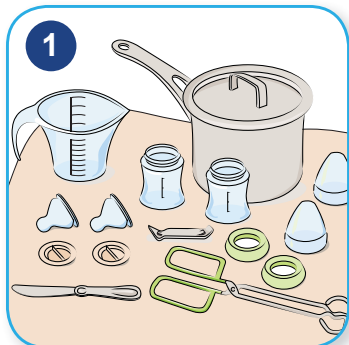


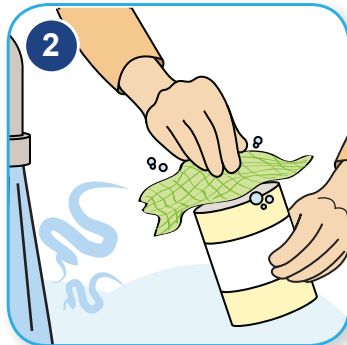
## Sida loo Diyaariyo Caanaha U diyaarsan Inay Quutaan caruurta Caafimaadka Leh

Caanaha diyaarsan waxay leeyihiin caafimaad waana caamaha ugu badqabka wanaagsan. Wixii macluumaad ah oo kusaabsan qaadashada go'aan faahfaahsan oo ku adaan sida aad u quudin karto cunugaaga kala hadal daryeel bixiyahaaga caafimaadka ama kalkaalisada caafimaadka dadweynaha. Kafiiri Xaashida Tilmaanta #1 wixii kusaabsan macluumaadka muhiimka ah.



1 Dhaq gacmahaaga kuna dhac saabuun iyo biyo.

Diyaarso dhamaan qalabka quudida (Fiiri Xaashida Tilmaanta #2).



2 Dhaq caaga korkiisa ama koonteenarka caaga ah ee caanaha adoo ku dhaqaya biyo kulul iyo saabuun.

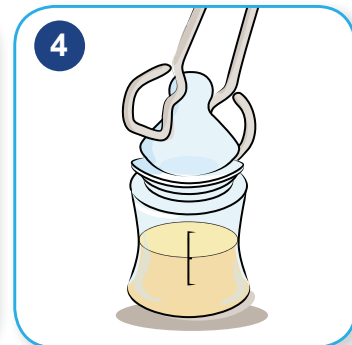
Kafiiri caaga waqtiga ugu danbeeya ee la isticmaali karo.

Urux caaga si wanaagsan kuna fur caaga lagu furo ee nadiifka ah.



3 Si toos ah ugu shub caanaha dhalo nadiif ah oo la diyaariyay.

Caanaha diyaarka ah haku darin biyo.



4 Kor u qaad cirbada, caaga yo daboolka adoo ka qaadaaya qalab nadiif ah kadibna gali masaasada.

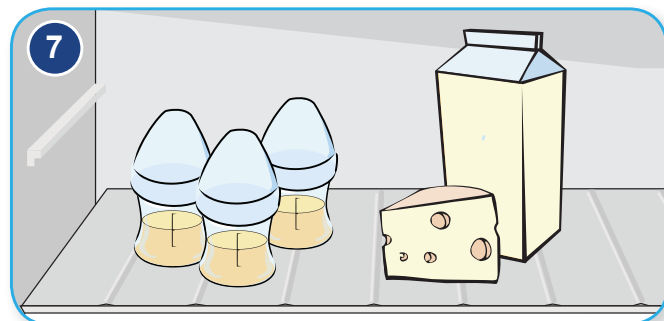


5 Kudhuufi daboolka gacmahaaga.



6 Quudi cunugaaga si aad oga jawaabto calaamadaha gaajada (Firi Xaashida Tilmaanta #6).

Tuur caanaha uusan cunugaagu cabin kadib 2 saacadood.



7 Waxaa badbaado aad u wanaagsan inaad diyaariso dhalo cusub mar kasta oo aad ilmahaaga quudinayso iyo si doo kalena aad si dhakhso ah u quudiso. Haddii aad diyaariso wax badan hal dhalo, gali furinjiyeerka isticmaalna inta lagu gudo jiro 24 saacadood.

Caaga furan ee caanaha caruurta ee kujira masaasada waa in la daboolaa, isla markiiba qaboojiyaha, waxaana lagu kaydin karaa ilaa 48 saacadood qaboojiyaha.



Macluumaadka kusaabsan sida iyo goorta aad quudinayso cunugaaga kafiiri:

- Boggaga 16-20 kujira buuga **Caanaha Caruurta: Waxa aad Rabtid Inaad Ogaatid.**
- **Xaashida Tilmaanta #6.**
- **Caanaha caruurta dib waa celin karaa.** Macluumaadka dib u celinta waxaa laga helayaa websetka Caafimaadka Canada oo ah [www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php](http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php)