

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 cafeeey xiga.
- Dhiqluhu wuxu qutaa 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 dhiqle qaniiney.
- Hadii ay kula tahayin in dhiqle ama kutaani ku gashay, baadh oo ka raadi gogoshaada iyo meelaha la fadhiisto dhiqle, 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

Numbarkan macluumaadka dhiqlaha ee 612- 624-2200 ama 1855-644-2200

Ama booqo barta internetka ee bedbugs@umn.edu ama www.bedbugs.umn.edu

Sida aad Aqalkaaga uga Xakaamayn kartid inuu Dhiqle Yeesho.

Dhiqlihu siyaabo kala duwan ayuu usoo geli karaa aqalkaaga, sida dhar hore loo isticmaalay, Alaabta aqalka la dhigo oo ah mid isticmaalay: Qofaad gaadhigaaga ku qaaday ama qof kusoo booqday. Waxays oo raacaan oo ku dhuuntaan dharka qofka, kabahiisa ama shandadaha gacanta amaba waxay soo raaci karaan adiga kuwaaga oo aad aqalka la timi.

Si aad aqalkaaga uga ilaalisid in dhiqle soo galo:

- Ha keenin aqalkaaga alaab aqalka ee ay cidkale banaanka iska dhegaan sida furshaanta iyo sariiraha.
- Iska baadh hadii aad alaab dibada kasoo kiraysatid oo iska hubi in aanu dhiqle la socon. Hadaad iibsatid alaab hore loo isticmaalay, ka iibso meel ganacsi oo leh sharci xakamaynta dhiqlaha ama kutaanta. Akhri boga ay ku qorantahay "Ma Dhiqlaa waxa aan helay" Si aad u heshid macluumaad dheeraad ah oo ku saabsan dhiqlaha ama kutaanta.
- Ha dulsaarin oo ha dhigin shandadaha buugaagta iyo boorsooyinka gacanta sariiraha kuraasta dushooda .



sariirta dusheeda iskana baadh dhiqle ama kutaan marka aad amba baxaysid. Akriso bogan "Ka baadh dhiqle qolka hoteelkaaga" Si aad u heshid macluumaad kale oo dheeraad ah.

- Abartman haad degantahay iska laxaamad dal daloolada iyo meelaha dil dilaacsan ee u dhow biya mareenada iyo wayarada korantada. Talaabadani waxay kaa xakamaynaysaa dhiqlaha ama kutaanta kaaga soo gudbi kara abaarmanka kugu xiga.

- Hadaad socdaashid, hoteelkaaga ama qolka aad seexanaysid ka eeg oo ka baadh dhiqle ama kutaan. Iska eeg alaabta qolka taala, shandadaha iyo wixii la mid ah. Shandadaada dharka iyo ta gacantaba ka ilaali

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- Hadii aad dareentid inaad la kulantay dhiqla ama kutaan, sida ugu dhakhsaha badan u maydh dharkaaga oo qalajisada ugu rid adiga oo heer-kulka ugu sareeya ee ay xamilikaraan ku qalajinaya. Hadii aanad isla markiiba maydhi karin oo qalajin karin, waa lagama maarmaan inaad bac ku xidhid ilaa iyo inta aad fursadaas helaysid oo meel ku rid.
- Kabaha, shandadaha gacanta iyo wixii la mid ah, waxad iyagana ku ridi kartaa qalajisada halka dhexe ilaa iyo mudo 20 daqiiqo ah ama inta aad is leedadahay way xamili karayaan. Si aad u laysid dhiqlaha ama kutaanta, warbixin dheeraad ah ka akhriso “Maydhida alaabta si aad uga Dishid Dhiqlaha ama Kutaanta”



By Amelia Shindelar and Dr. Stephen Kells, 2012

Translated by Farhia M. Absie

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