

Nathiifingty, faayoqobky i jeermis dilaagy maybuwaa habyaalky sy kingky aawiyaang ini roojiithy jeermisky kaas oo faafaw o kii dhikaw ini jirity. Sy kastypy haatoo, alaaby nathiifingty qaarsho oo liky gathaaw bakhaarky may ky jary kortee daawy kaas oo dhaawa deersii kory aafimaadka.

Owlaady may eed ingky nuguliny dhibky aafimaadky ee kiimikooyingky sungty eh oo ky jarry nathiifiyaagy i jeermis dilaayaalky. Sababty oo etty owlaady korooyaang ii hubnooshoony korooyaang. Owlaady waa inii ing istimaalny alaabung. Bihiyiyaalky daryeelky owlaady hanaas oo uur leyaang misy qorsheeyooyaang ing uuroowaang waa ing doorathaang allabty bedbaathithy letty oo barathaang sithy ling istimaalaw sy ammaan eh.

Ky neefothy kory kiimikiyaalky alaaby nathiifingty eh ii jeermis dilaagy eh. May dhuugsothy koree maghaarkaa. Qaar bathang may sababy koree neefty misy kiyaayaang alaamathoogy neefty. May sababy koraan finingky maghaarky, dhaawagy ily misy sung. Mayba luku yaabe ini sababty saameeyowky aafimaadky o si wagty dheer eh.

Nathiifiyaagy bedbaathithy eh, faayoqobky ii jeermis dilaagy maybuwaa muhiim

Maybaa muhiim ettaa ing ly doorathy alaaby bedbaathithy letty oo ly helly kory oo sy lang ogaathy maddii ly nathiifiyaaw, maddii nathiif liky dhigaaw ii madii jeermisky liky dilaaw. **Jeermisky ingky dilooy sheygaas oo ing baahingi bes ing ly nathiifiyo. Jeermis dilaayaalky eed iyaa inky sun bathangyaang nathiifiyaagy.**

Jiriyaalky qaarsho, sithy qabowky, hergebky ii COVID-19-ky, may ky faafaayaang hawathy. Gooboogy jeermis dilaagy my joojii doony faafitaangsho. **Galang dhagowky iyaa bathanaa eh sheyky ingky muhiimsang oo suubii kory inii ky joojiito faafawky ee jiriyaalkung. Saabuungty ii biyoogy iyaa feyli** Istimaal galang nathiifiyaagy kaas oo ky jiry ingky yaraang 60% khamry maddii saabuungty ii biyoogy oo ling hally korny. Furoowky dariishiyaalky sy hawy feyly haky galy misy istimaalky hawy nathiifiyaagy may sithoo kaly koo aawii koree ing yaraayo faafitaangky jeermisky.



Sithy lang nathiifiyaw, Qalab nathiifiyaagy ii Jeermis dilaagy

Marky hory nathiify sy ingky bihiity jeermisky ky jarry meeloogy.

- Ku hog saabuungty misy saabuung ii biyi.
- ky nathiify jadwal roogty eh.
- Nathiify ku hor qalab nathiifingty misy jeermis dilaagy. Qalab nathiifiyaagy ii jeermis dilaayaalky maybuwaa kuwy waltarsho yaryi maddii meely wasag ky yaaly.

Nathiify sy ing yaraayti jeermisky oo ky yaaly meely misy alaaby.

- Marwalby nathiify meeloogy hungurigy lingky atheegaw, liky keethiyaw misy liky diyaariyi.
- Marwalby nathiify alaaby ii ingjirky kaaseey oo owlaady afsho ku labaayaang.
- Doorooq qalaboogy wal nathiifiyaw maddii maghuul etty sy lingky dheeraathy istimaalky nathiifiyaagy kiimikithy. Nathiifiyaagy uungky may nathiifii koree dhuulky ii miisoogy. Nathiifiyaagy sahangky may nathiifii koree sahamoogy ii ingjirky kaaseey oo owlaady geliyaayaang afshoo.

Nathiify sy ing dilo jeermisky oo meeloogy athag saarang misy alaaby.

- Qalabky jeermisky dilaaw ii meeloogy kaaseey oo lang istimaalaw musghuly, galathawky hafaayaddy misy biyoogy korky liky nathiifiyaw. haang may ku mid ahaa haafayaddy ly bedelaw miisyaalky, musghuly qabeesky sahangky ii musghuloogy, ii meeloogy ly taabathaw oo kor etty sithy birtu albaablky, tuubathy biyoogy ii meeloogy liky dhamaaw.
- Istimaal galoofyaalky kiimikathy ing atkeysathaw.
- Doorrooy qalabky jeermisky liky dilaaw oo lily kulumaaw wogty gaabang, misy wogtigy alaaby ing yaaly meely oo lingky talgaly ing jeermisky liky dily sy ing shagheeyi.
- Doorrooy jeermis dilaagy kaaseey ing rabaayni ing ly raa'siyi istimaalky ky dib. Haddii alaaby filingky ku baty ky dib biyi raa'iyi ii or nathiify eh ky dib maddii istimaaly.

Istimaal or microfiber-ky eh misy haaqingky oo lingky talgaly nathiifingty, qalab nathiifingty ii jeermis dilaagy.

- Microfiber-ky maybuwaa wal nuugsi bathang alaaby kaly oo may ku bihiyee wasagty ii jeermisky.
- Maddii suubiity istimaalky microfiber-ky orky misy haaqingky, gely mashiingty alaaby liky dhagaaw. Ky dhag microfibers-ky kaly **bes**, ing ly dareerny qalab kaly. Ky ing jejy kuleel yar qalabky kuleeyaagy misy meel saary sy ing engiegy.

**sithy lang doorathaw Alaaby Betbaathiyaagy eh**

Doorrooy alaaby adeeyeeng **Green Seal**, **Doorrooy Betbaathiyaagy**, **misy Ling hilsaary Deegaangky**. alaaby oo adeemiyaalkung ly dareeraang may leyaang walaagy betbaathiyaagy. Raathy alaamathoogung:



Haddii alaaby ing lahaayni mid ku mid eh adeengyaalkung alaamathayaalky, doorrooy alaaby taaseey oo:

- Ing lahaayni eregy “Khatar” misy “Digniing” ee weelky.
- Ing ahaayni weel ly buufiyaw (alaaby taaseey oo athy buufiyaasy, meelii athy ky marii lahaayti ee dharky).
- May ky jartee liisky ee maadooyingky.
- Ma leh ur kiimiky eh oo hoog bathang.
- Ma leh araf misy mithib(mithibyaal). Doorrooy alaaby arafy hor ku eh haang ing arafaayni. Arafy hor ku eh aathy ahaang minishee maybuwaa wal kiimiky eh mal ky darny sy ing bedely arafy alaaby. Araf ing lahaayni aathy ahaang may liky wethee kiimiky iyaa liky dary sy ing qariyo urky.

Sharuuthoogy sithy “dabiigy eh,” bey'addy ing saahiibky eh,” ii “agaarky” mal ky suubiiny reed ing fiiris misy taareety dowladdy. Mal ky wethy **ing** alaaby ammaang etty.

Doorathawky nathiifiyaagy betbaathiyaagy eh

- Raathy Alaamaddy Agaarang misy Alaamaddy Doorashithy Betbaathithy eh.
- Dooroy arafy hor ku eh ii alaabty mithibky hor ku eh.

Doorathawky betbaathiyaagy nathiifiyaagy ii jeermis dilaagy

- Dooroo nathiifiyaagy misy jeermis dilaagy oo ly dareerty sumuddy Naqshitheyngty Deegaabgky. Haddii alaabty ing lahaayni sumuddy ku fiiry betbaathiyaagy maadooyinky ky suubsangty sithy hydrogen peroxide-ky, citric acid, ethanol, lactic acid misy isopropanol.
- Huby ing alaabty athy doorathaasy letty Nambarky diiwaangky EPA-gy.
- Ku fiiry ereygi “Digniing.” Ku dheeraaw ereygi “Khatar” misy “Digniing.”
- Huby ing alaabty ly angsihiy meely athy qorsheeyaasy ing ling istimaalaw.
- Fiiry ing letty wogty hariirky gaabang (ky haboong 30 ilbiriqsy ilaa 1 daqiiqy).
- Huby ing nathiifiyaalky lang angsihiy meeloogy taabathawky hugurigy.
- **Ku dheeraaw warangkiilathy ii alaabty letty quaternary ammonium compounds (“quats”).** May sababy koraang misy ky sii dory kortee neefty. Athagty ing liky qasy warangkiilathy sy feyli haddii ly istimaalaaw qaab hoogang.

**Meely lahaku gathathaw Alaabty Betbaathiyaagy eh**

Qiibiyaagy iyaa bathanaa wal ku qaalasang dukaangyaalky tafaariikhthy sithy dukaamathy daawathy misy dukaamathy quthaarty. Alaabty oo ly kooyaasy warqaddy hogty betbaathithy eh (SDS) taaseey oo ky jarrry wal waltar leyyi maluumaadky betbaathithy oo waa inii liky haayaa goobty daryeelky owlaaddy. Informed Green Solutions iyaa iskaashy ly suubiity WB Mason sy ing sheengty bihiyiyaalky daryeelky owlaady oo ly jarrry alaabty betbaathiyaagy ii qiimaghy ly dhimy. Ogaaw sithy lingky dalbathaw alaabty onlaayingky ee [Informed Green Solutions](https://www.InformedGreenSolutions.org) (linkigy ky qorong Ingiriisky).

Alaabty Tafaariikhthy iyaa lahaku gathy ee dukaangky. Dukaamoogy iyaa ing bathangty inii qaathy doonaang qaar ku mid eh Sajalky Agaarang, doorathawkykhatarty, oo ling Naghshitheey alaabyaalky Deegaangky – hasuusoo ing raathiity alaamathoogy!

Barooy wal bathang oo ky saabseng alaabty nathiifingty ammaangky eh ii ky dhagangky ee www.InformedGreenSolutions.org (linkigy Ingiriisky ky qorong).

Mahadnaghy: Mashruugung may taageertey Shirkiddy Informed Green Solutions. Informed Green Solutions maybuwaa 501(c)(3) taaseey oo bihiyaasy walabarashy oo ky saabseng dheefoogy gathathawky deegaangky oo doorathaasy deegaangky ii saameeyowky go'aangyaalky iibsigy ee aafimaadky bing'aadangky ii deegaangky.