



# U bax banaanka si aad hergabka uga fogaato!

## Kuciyaaridda banaanka ayaa xaqiiqdii ilaalin karta caafimaadka ilmahaaga inta lagu jiro xilliga qaboobaha

Waxaa laga yaabaa intii aad soo weenaaneysay inaad maqli jirtay, “banaanka haku cayaarin ama haddii kale waad ku xanuunsanaysaa.” Laakiin cilmi baaris ayaa muujineysa in ku cayaarida banaanka xilliga qaboobaha ah ay xaqiiqdii ka caawin karto caruurta kahortagida inuu kudhaco hergabka. Waqti kuqaadashada banaanka kaliya ma yareyso fursada la isku gaarsiiyayo jeermiska, waxay sidoo kale gacan ka geysan kartaa kor u qaadida habka difaaca jirka ee caruurta waxa ayna kadhigtaa kuwa caafimaad qaba.

### Sidee buu hergabku kufaafaa?

Hergabku waa fayrasyo ukala gudba labo qof. Sida kaliya uu kuugu dhici karo hergab waa inaad u dhawaataa fayraska. Waxaa jira saddex siyaabood oo aad hergab ku qaadi karto:

- **La kulmid toos ah**, sida taabshada ama gacmo qabsiga qof qaba hergabka. Haddii aad qabto fayraska, waxa ay sankaaada, afkaada, indhahaada lahaanayaan jeermiska oo ayna u badan tahay inay gacmahaaduna lahaadaan. Taabashada qof kaas oo kadib sii taabanayo sankiisa, afkiisa, ama indhihiisa ayaa iyaga ugudbini kara fayraska.
- **la kulmid dadban**, sida marki qof qaba fayraska uu taabtay qalabka ay caruurta ku cayaarto ama qataarka albaabka. Jeermisyada qaarkood, sida hergabka, ayaa saacado kusii nagaan kara sheeyaasha dushooda!
- **Iskugu gudbinta hawada** marki qof uu qufaco ama uu hindhiso. Dhibcaha ka imaanayo qufaca ama hindhisada ayaa ku heehaabo hawada waxa ayna gaari karaan sankaa ama afka qof kale.

## Ma fududdahay in hergabka aad ka qaado banaanka?

Maya! Dhab ahaantii, hergabka iyo qaboowga ayaa badanaa la arkaa xilliga deyrta iyo xagaaga sababtoo ah dadka ayaa waqtigooda inta badan kuqaata guryaha gudahooda iyo iyadoo ay jirto isu dhawaansho dhaw. Qolal diiran, oo qalalan ayaa caawiya sii faafidda fayrasyada.

Kucayaarida banaanka ayaa ka caawin karta caruurta horumarinta xirfadaha dhaqdhaqaaqa jirka iyo kor uqaadida hal abuurka, xiisaha, iyo ufikirka qaab wanaagsan. Cilmi baarista ayaa muujineysa in caruurta waqtiga badan kuqaata banaanka ay leeyihiin kalsooni badan, dhibco wanaagsan, iyo natiijooyin waxbarasho oo wanaagsan.

Si aad ugu diyaariso caruurta cimilada qaboobaha ah, uxir dhar fudud, oo diirran. Habka uwanaagsan ayaa ah inaad uxirto hal dulsaar oo aad ooga kormarineyso dharka intii qofka weyni uu xiran lahaa isla xaaladaas. Haka hilmaamin jaakada difaacda dabeysha; kabaha buudka qalalan, oo diirran; galoofis; khamaar; iyo koofi!

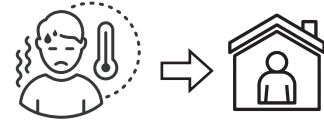
## Waa maxay hababka ugu wanaagsan ee looga hortagi karo hergabka?



Habka koobaad ee looga hortagayo hergabka waa gacmo dhaqashada. Bar carruurta inay ku dhaqaan gacmahooda saabuun iyo biyo marwalba.



Waxaad sidoo kale bari kartaa caruurta inay ku qufacaan ama ku hindhsiaan iyagoo soo laabayso suxulkooda, ama iyagoo tiishka kusameynayo sidaa. Waxaad xaqiijisaa inay iska tuuraan tiishka kadibna ay dhaqeen gacmahooda!



Ha joogaan ilmaha guriga haddii ay xanuunsan yihiin. Arrintaan waxay gacan ka gaysanaysaa ka ilaalinta in caruurta kale ay xanuunka qaadaan.

## Wixii macluumaad dheeraad ah

“Hababka Looga Dhigayo Ilmaha Kuwo Diirran Dhammaan Waqtiyada Qaboobaha” — *American Academy of Pediatrics (Machadka Maraykanka ee Caafimaadka Carruurta)*

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Winter-Safety.aspx>

“Ku cayaarida Banaanka Xilliga Qaboobaha Waxa ay Ka Caawin Kartaa Kahortagga Hegabka iyo Qabowga” — *Richmond Mom*

<https://richmondmom.com/2012/01/07/playing-outdoors-in-winter-can-help-prevent-colds-and-flu/>

Ilaha hergabka ee loogu talagalay dugsiyada iyo goobaha daryeelka caruurta — *Centers for Disease Control and Prevention (Xarumaha Xakamaynta iyo Kahortagga Cudurrada)*

(waraaqaha waalidka, qalabka lagu barayo ilmaha ee la xariira hergabka)

<https://www.cdc.gov/flu/resource-center/freeresources/print/print-schools-childcare.htm>



“Ma COVID-19 baa mise waa hargab?” — *Washington State Department of Health (Waxda Gobolka Washington)*

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/IsItCOVID-19-Somali.pdf>