

Efaisúl ebwe ghitighiitiló fáarághil semwaay me leeimw



Familiya ikka eyoor olighát ikka re ghit llól iimw nge re ghi ssow semwaay. Ilighiir olighát ikka re ghit ese ghi maamaaw ebwe fiyoowagháli semwaay aweey ilighiir aramas ikka re lapaló. Olighát rese ghi metaff reel tatalúl paay me akkááw mwóghut ikka ebwe pileer sáangi semwaay. Eyoor semwaay ikka, aweey mille reghal ira bwe common cold, ikka e weires sibwe ataweey. Olighát ikka re ghikkit nge re semwaay waluuw ngáli fáál seigh llól eew ráágh. E lo mille bwe normal.

Attabweey afal kkal reel ubwe aghitighiitiló semwaay igha e tééló llól familiya:

- 1 **Talú ghatchúw poumw!** E neserario ubwe bwe u fféerú ikkaal. Debi ubwe bwal talú poumw:
 - ◆ mwiril yóómw takkal yááyáá kkómmwun. Sibwe amáangi ngáliir olighát reel mille me alisir ebwe ghatch yaar fféerú.
 - ◆ Mmwalil me mwiril yóómw takkal fféer mwongo (spesiatmente ushaal kkanni me malúgh) me mmwalil yóómw mamma.
 - ◆ mwiril yóómw aghasaghasa iimwomw.
 - ◆ mwiril yóómw angeeti maal, ebwal schuulong maalil llól iimw, aar mwongo maal, aar kadeena ngáre paa.
 - ◆ mmwalil me mwiril yóómw ló bisitaar familiya ngáre schóó kka re semwaay.
 - ◆ mwiril yóómw ngusuri, mmwusi ngáre lallawlong llól poumw (ngáre alisi áat ebwe fféerú iye).
 - ◆ mwiril yóómw liiweli panyóolis.
 - ◆ mwiril yóómw takkal angaang ngáre ukkur lughul.
 - ◆ ngáre u weri bwe e ppwel.
 - ◆ Maas igha e tééló semwaay iye llól bwughos.

- 2 **Mmwusi ngáre lallawlong llól bwaayo ngáre llól paayúl mwóngóóghumw, saabw llól poumw.** Ngáre u mmwusilong llól poumw nge uwa amwóghuti meeta, sibwe ira bwe asam, uwa isáli “germs” bwe escháy ebwe bwughi. Ngáre re amwóghuti sabweiluur ngáre ofong me paayur, emmwel rebwe semwaay reel “germs” kkewe e lo wóól paayúr.



- 3 **Yááli “mask”.** Atol igha aa ghi tééló semwaay, layúr toulap ikka re lo bwe “health officials” re tingór bwe alongeer aramas, ebwal schuulong olighát rebwe yááyá “mask”. E bwáá bwe yááyáál “mask” e aghitighiitiló le téélo semwaay aweey iye COVID-19.

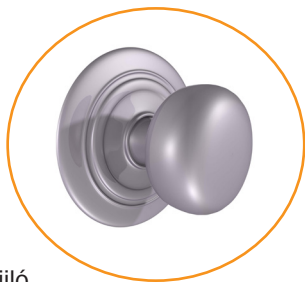


Afalafalaar olighát ikka re ghikkit aweey ruwoow ráághiir rebwe yááyáá “mask”.

- 4 **Ebwe ghasaghas milikka aramas re amwóghuti** fengál me sousow iye eghi ghatch me “third party cleaner”. Tappal “cleaners” kkaal nge e ghatch. E lo milikkal bwe “products certified” sáangi “EPA’s Safer Choice and Green Seal (see Resources)” me emmwel ubwe schuungi me llól tenda. Amwuri aar “logo” wóól laata. E bwáá bwe llól spitóód nge eghatch mille “microfiber” fengál me “disinfectant” ngáre u yááyáá fengál me bwal eew “cleaning product”. Mille “microfiber” nge e amwow “germs” me ppwel igha u yááyáá me mmwal mwóngóógh.
- 5 **Akkamé mwóngóógh ikka e “color-coded” reel ubwe aghasaghasa iimwomw.** Yááli eew alúl reel ubwe aghasaghasa llól bwóónyo me eew alúl ngáli ghasiila. Fféerú iye nge ussóbw bwughi ppwelil eew katto ngáli eew. Ubwe ghommwal aghasaghasa millikka e llang aweey nangasi nge uwa téétiw faal reel kkómmwun. Attabweey afal sáangi “manufacturer” reel talúl mwóngóógh yeel.
- 6 **Yááli “microfiber” me mille “all purpose cleaner” saabw milikka “disinfectants”.** Essogh “disinfectants” ikka eyoor mil bineno llól ikka ese ghatch ngáli ilighiir familiya me weleóromw. Yááyáál mille “microfiber” me mille e lo bwe “third-party certified household cleaners” ebwe ghitighiitiló téélól “germs” me ebwal ghi ghatch. Ngáre u meefi bwe eyoor semwaay llól iimw me u mwuschel ubwe “disinfect”, yááli “disinfectant” iye e ghatch. Emmwel ubwe schuungi list-al “safer products” ighal.

7 “Disinfect” igha aramas re kke amwóghuti iye,

aweey asam, “stair railings” me peiráághil bwóonyo me peiráághil kkómmwun. Ebwe ffat bwe u aghasaghaló alongal wóól pwóól. Ppwel mille e aweiresi ngáli “disinfectants” bwe ebwe liiló bineeno. Yááyá “disinfectants” ngáre e ffil ubwe yááyá. Ubwe attabweey ngáli afal imwu wóól “disinfectant” reel ubwe liiló bineeno. Ngáre use attabweey ngáli nge imwu ussóbw liiló bineeno. Ngáre use lighitaaló bwe ebwe tchogh ngáli oora imwu e ischitiw wóól “disinfectant”, nge imwu bineeno kkeela ebwe lo me bwal melaw sefáál. Ekaisúl aal “superbugs” malaw sefáál.



8 Yááli “dishwasher” ubwe talú aar olighát layúr ukkur ikka e tchemaaw.

9 Mángi bwe essogh aramas ikke re amwóghuti mille “keyboard” me e

tchúghúl sibwe aghasaghasa me “disinfect” li. Aghala yóómw yááyá pilipil iye e “silicone” wóól áámi “computer keyboard”. Ebwe mescherágh reel ubwe aghasaghasa. Emmwel bwe pilipilil “silicone keyboard” e ffat ngáli “keyboard” me ebwe mescherágh, pilipil ikka e schúúschú reel rebwe yááyáá ngáli alongal tappal “keyboard”.



10 Utu yááyáá “sponge” llól ghasiila. Yááli “microfiber”. “Sponges” nge e lo bwe lugóót iye eghi ngáli “germs” rebwe fas. Ngáre u mwuschel ubwe yááyáá “sponge”, isáli llól “microwave” alongal ráál isáli ruwoow minuutu llól microwave (ebwe tchogh me essóbw yoor paarang), ngáre isáli llól “dishwasher” ngáre ebwe mwóghut móókkina.



Resources

Third-party organizations that certify cleaning products that are safer for people and the environment:

[UL ECOLOGO® Certification](#)

[EPA Design for the Environment Disinfectants Program](#)

[EPA Safer Choice](#)

[Green Seal](#)

Other groups that provide guidance on safer cleaning, sanitizing and disinfecting products:

The Environmental Working Group’s [Guide to Healthy Cleaning](#)

Women’s Voices for the Earth: [Safe Cleaning Products and Do-It-Yourself Recipes](#)

eHow.com [How to Clean a Silicone Keyboard Cover](#)

San Francisco Approved List: [Products that meet San Francisco’s Health and Environmental Requirements](#)