

# Wasakh-kasaarid

## Decontamination

Decontamination is the removal of a harmful substance from the body. It involves taking off clothing, showering and putting on clean clothes.

You will be directed to the decontamination area. The staff will be wearing protective clothing and head gear. If you have children, help them follow these steps with you.

1. Take off your clothes and place them in the large bag. You may also be given a small bag to place your valuables in.
2. Wait for your turn to shower.
3. When it is your turn:
  - Stand under the shower and rinse your hair and entire body.
  - Rinse under your arms and in all creases and skin folds.
  - Wash your hair and body with the soap.
  - Rinse your hair and body well.
4. Step out of the shower and dry off. The staff will give you something to wear and will tell you where to go next.

Tell the staff right away if your skin or eyes burn or if you have breathing problems.

Wasakh-kasaarida waa jirka oo laga saaro shey jirka waxyeelo ku keeni kara. Waxaa ka mid ah dharka oo la iska saaro, la qubeysto iyo dhar nadiif ah oo la gashado.

Waxaa laguuri diri doonaa aagga wasakh-kasaarista. Shaqaaluhu waxay xiran doonaan dhar difaac leh iyo qalabka madaxa lagu xirto. Haddii aad carruur leedahay, ka caawi inay raacaan talaabooyinkan.

1. Iska saar dharka oo ku rid bacda wayn. Waxaa kale oo lagu siin karaa bac yar si aad ugu ridid waxyaabaha qiimaha kuu leh ee aad sidato.
2. Sug inta laga gaarayo tookadaada si aad u qubeysato.
3. Marka ay tookadaada tahay:
  - Istaag tuubada qubayska hoosteeda oo biyo ku maydh timahaaga iyo jirkaaga oo dhan.
  - Dhaq gacmahaaga hoostooda iyo dhammaan meelaha maqaarkaaga uu ka lalaaban yahay.
  - Ku maydh timahaaga iyo jidhkaaga saabuun.
  - Biyo u raaci timahaaga iyo jirkaaga si wanaagsan.
4. Ka bax goobta qubeyska oo isqalaji. Shaqaaluhu waxay ku siin doonaan wax aad xirato oo waxay kuu sheegi doonaan meesha xigta ee aad tagaysid.

Isla markiiba u sheeg shaqaalaha haddii maqaarkaaga ama indhahaagu ay gubanayaan ama haddii aad dareento dhibaatooyinka dhanka neefsashada ah.