ቅድመ- መጥባሕቲምሕጻብ (Tigrigna)

ቅድሚመጥባሕቲቆርበትኩምምጽራይ፡ ኣብጊዜመጥባሕቲቆርበትኩምረኽሲንኽይገብርይሕግዝ። መርከስቲንኽጎድል፡መጥባሕቲቅድሚትገብርሉምሽትንመጥባሕቲትገብርሉንግሆን፡ ኣካላትኩምብምሕጻብብጣዕሚኣገዳሲዝኾነግደክትጻወቱትኽእሉ።

ብኽብረትኩምንምሕጸቢ ትጥቀምሉ፡ ሓንቲንእሽቶጥርሙዝክልተወይኣርባዕተሚእታዊትክሎርሄክሰዲንግልኮናት(ChlorhexidineGluconate (CHG)) ዘለዎዝተቓመመጸረ-ረኽሲ (ንምሳሌ፡ ሂቢክለንስ (Hibiclens)) ግዝኡ። (መጥባሕትኹምቦታኣብመንከስኩምወይልዕሊኡእንተኾይኑነቲ CHG ብሳሙናተክእዎ)።

ብሓደራኹምነዚኣገባብመምሪሒታትብጥንቃቐተኸታተልዎ፥

- **ክልተጊዜክትሕጸቡኣለኩም፡ ሓደቅድሚኡዘሎመዓልቲ፣ ከምኡ'ውንንግሆቅድሚንመጥባሕቲንሆስፒታልምጽእኩም።**
- ኣብዓይንኹም፣ እዝንኹም፣ ኣፍኩም፣ ወይኣፍንጫኹምክሎርሄክዲንከይኣትወኩምተኸላኸሉ። ንጫፍናይርሕሚኹምወይመትሎኹምኣይተቕርብዎ። ኣብዚዝተባህለቦታታትናይCHG ሳምናእንተኣትይኩምብማይጌርኩምኣጸቢቕኩምተሓጸቡ።
- እንተወሓደቅድሚመጥባሕቲምግባርኩም 72 ሰዓታትሓደራናይኣካላትኩምጸጉሪከይትላጸዩ። ጸጉሪገጽኩምምልጻይግንይከኣልኢዩ።

ኣብመሕጸቢሰውነት

1. ኣብነፍሲ-ወከፍምሕጻብ፡ መጀመርታብቲልሙድሻምፖጸጉርኹምተሓጺብኩምተለቕለቕዎ። ነቲሻምፖካብጸጉሪኹምንኣካላትኩምንኣጸቢቕኩምለቕሊቕኩምኣልግስዎ። ድሕሪሻምፖምግባርኩምዝኾነዓይነትናይጸጉሪነገራትኣይትጠቐሙ።
2. ኣብቲመሕጸቢኣካላት፡ ቆርበትኩምኣጠልቂኹምነቲማይዕጽውዎ።
3. ቀመምክሎርሄክሲዲንዝጠልቀየጨርቂመሕጸብ-ነብሲተጠቒምኩም፡ ርብዒኩባያዝኸውን CHG ሳምናኣብቲጨርቂመሕጸብ-ነብሲግበርዎ (ዝተረፈጥርሙዝነቲመዓልቲናይመጥባሕቲክኾነኩምኣቐምጥዎ)። ካብመንከስኩምንታሕቲዘሎኣካላትኩምኩሉቀስኢልኩምኣጠልቅይዎ።

   ኩሉኣካላትኩምተሓጸቡ፡ ነቲናይመጥባሕቲቦታታትንግን፡ ነዚሲዒቡተዘርዚሩዘሎመምርሒተጠቒምኩም፡ ፍልይዝበለጥንቃቐግበርሉ፡

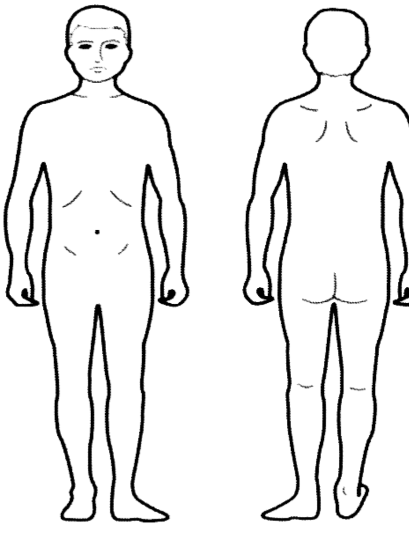
   - ☐ **መጥባሕቲታትናይሕቖንቅልጽምን**
     - ሕቖኹምብምልኡ፣ ቱሽቱሽኩም፣ ቅልጽምኩምን፣ ኢድኩምንተሓጸቡ
   - ☐ **መንባሕቲታትናይከብድንኣፍልብን**
     - ክሳድኩም፣ ኣፍልብኹምከብድኹምንብምልኡንኣብሞንጎሰለፍኩምዘሎዝተዓጻጸፈቆርበትዝጠቓልልንተሓጸቡ
     - ኣብሕምብርትኹምዘሎዕጻፋታ፡ ሕምብርትኹምንትሕቲጥብኩምንሓወስዎ
   - ☐ **መጥባሕቲናይድሕሪትንዶሶን**
     - ድሕሪክሳድኩም፣ ቱሽቱሽኩምንሕቖኹምን፣ ምሉእሕቖኹምንዶሶኹምተሓጸቡ
   - ☐ **መጥባሕቲእግሪ (ጠቕላላምትካእብርኪዘጠቓልል)**
     - ድሕሪብርክኹም፣ ዓንካር-ዓንካሪቶኹም፣ ታሕተዋይክፋልእግርኹምንኣጻብዕትኹምንዘጠቓልል፡ ምሉእእግርኹምተሓጸቡ
     - ደሓርምሉእከባቢዶሶኹምንመንጎሰለፍኩምንተሓጸቡ
   - ☐ **ጠቕላላምትካእምሕኩልቲ**
     - ምሉእእግርኹም፣ ከብድኹም፣ ድሕሬኹም፣ ዶሶኹምንመንጎሰለፍኩምንተሓጸቡ
4. እቲዓፍራኣብቆርበትኩምእንተወሓደካብ 15-20 ሰከንድታትከምዝጸንሕግበሩ።
5. ኣጸቢቕኩምተለቕለቑ።ከምእንደገናብሳምናኣይትሕጸብዎ።

ድሕሪኣካላትኩምምሕጻብ

- ሓድሽተሓጺቡዝነቐጸመንቀጽ-ነብሲጌርኩምኣንቅጽዎ። ሓድሽዝተሓጸበክዳንተኸደኑ።
- ድሕሪነፍስ-ወከፍምሕጻብ፡ ዝኾነቅብኣት፣ ጨና፣ ናይጨጉሪነገራትወይመጸበቕገጽኣይትግበሩ

(ይቕጽል)

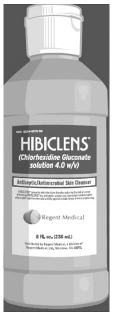
ናይኢ.ንግሊ.ዝቋንቋንዘየምብቡ፥ ኣብዚ.ምልክትገብሩ:



ቅድሚት ድሕሪት

CHGሳምናምግዛእ

ኩሎምእንተይኮኑ፡ መብዛሕቶምቤት-መድሃኒት፣ ኣብ ውሽጢ.ዓበይቲዱኳንትዘጠቓልል፡ CHG ሳምናይሕዝ ዎኢ.ዮም።ሂቢ.ክለንስ (Hibiclens) ዝበሃልወይካልእዓይ ነት 2 ወይ 4 ሚኢ.ታዊትዘለዎ CHG ሳምናክትጥቀ ሙት'ኽእሉ። ኣብቲት'ኸድዎቤት-መድሃኒትእንተኣለዎ ምንምፍላጥኣቐዲምኩምክትደውሉትእ'ኽእሉኢ.'ኹ ም።እንተዘይኮነ'ኸኣ፡ ነቲብዓል-መድሃኒትኩምክእዝዘል ኩምክትሓትዎት'ኽእሉኢ.'ኹም።እዚ.ሳሙና፡ 4፣ 8፣ ወ ይ 16 ኣውንስዓቐንይመጽእ፡ ዋግኡ'ኸኣካብ $6 ን 4 ኣውንስክሳብ $14 ን 16 ኣውንስይበጽ ሕ።



ሂቢ.ክለንስመብዛሕትኡኣብዘንዝስዕባቤ ት-መድሃኒታትይርከብ፡

- ራይትኤድ
- ቤትመድሃኒትሳቮን
- ዋልግረንስ
- ዋልማርት
- ሲ.ቪ.ኤስ/ቤት-መድሃናኢ.ት

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