



UW-MADISON EXTENSION

## Fariin ku socota 4-H iyo Macalimiinta Ardayda

Abriil 2020

Leyligan waa mid loogu talo galay oo lagu dhiiri gelinayo in ay mashruuc ahaan uga shaqeeyaan dhalinyarada dooneysa in ay caawiyaan bulshada xilligan ay dhacday aafada caafimaad. Waxa aan marka ugu horeysa ku dhiiri gelineynaa in ay maro caadi ah uga sameeyaan qoysaskooda af dabool. Intaa ka dib, waxa ay si wanaagsan u baran doonaan sameynta af daboolka, waxaa laga yaabaa in kuwo fara badan u sameyn karaan bulshada, koox gaar ah ama hay'adaha.

Marka ay suurogal tahay, si aan culeys dheeraad ah loo saarin goobaha dadka da'da ah lagu daryeelo, xabsiyada, iyo goobaha kale, waxaanu idinkula talineynaa in aad kawada shaqeysaan sidii aad ku heli laheydeen macluumaad ku saabsan hay'adahaas iyo baahida bulshada. Haddii aad ka caawin karto jawaab u helista su'aalaha isla markaana aad la wadaagi karto ardayda, fadlan sidaas yeel. Haddii aad ka qeyb gelin karto dhalinyarada hogaaminta oo aad la wadaagi karto macluumaadkan, ayaa ka wanaagsan.

Xusuusnoow meelaha ka tirsan bulshadaada oo dadku ay khasab ku tahay in ay wada deganaadaan ama wada shaqeeyaan — guryaha dadka da'da ah lagu hayo, guryaha la degan yahay, xabsiga, dhismayaasha caruurta, iwm. — iyo goobaha caafimaadka oo afka lagu daboolo af dabool maro laga sameeyey oo lagu isticmaalo bukaanka. Raadi qofka bulshada u xilsaaran xiriirinta iyo ururinta deeqda af daboolka ah. Su'aalahan waa kuwa la doonayo in la is weydiiyo inta aanu bilaaban mashruuca:

- Hay'dani ma u baahan tahay af dabool maro ka sameysan oo guryaha lagu sameeyey?
- Waa maxay naqshadda ay doonayaan in ay yesheen af daboolka (nooca marada, xarigga ama laastikada, iwm)?
- Tiro intee le'eg ayey hay'adani u baahan tahay?
- Waa maxay sida ugu amaansan ee hay'addan deeq ahaan loogu fidin karo?
- Ma jiraan waxyaabo kale oo mutadawiciintu la doonayo in ay ogaadaan marka ay diyaarinayaan deeqda?

Iyada oo la tixgelinayo kala fogaashaha bulshada, MA dhiirigelineyo in 4-H iyo Macalimiinta ay xudun u noqdaan ururinta deeqda. Bulshada qaarkeed ayaa ku haboon ururinta deeqda sida dukaamada laga adeegto ama farmashiyayaasha. Fadlan ku dadaal intii awoodaada ah si aad u ogaato waxyaabaha ay bulshada horey u heysatay. Haddii aanay waxba horey u heysan, ku dhiiri geli ardayda iyo qoysaskooda in ay raacaan tilmaamaha hay'ad kasta ee sida ugu wanaagsan ee lagu gaarsiin karo deeqda.

### Talo Soo Jeedinta CDC ee Isticmaalka Af Daboolka Marada Ah ee Guryaha Lagu Sameeyo:

Xarunta Ka Hortagga iyo Xakameynta Cudurada (CDC) waxa ay ku talineysaa xirashada af daboolka goobaha dadku isugu yimaado iyo goobaha ay adag tahay in bulshadu kala fogaato. Tusaale ahaan dukaamada laga adeegto iyo farmashiyayaasha. Tani waa mid aad muhim u ah marka ay waajib tahay in bulshada la kala fogaayo.

CDC waxa ay tilmaantay in isticmaalka af dabool maro ka sameysan uu caawinayo hakinta fiditaanka fayraska. Xirashada af daboolka waxa ay ka hor tagtaa joojinta cudurka ee dadka aan is ogeyn in ay qabaan cudurka oo u gudbinaya dadka kale. Xirashada af daboolka guriga lagu sameeyo waa sida uu qof kasta ku caawin karo kan kale marka ay dibadda u baxayaan.

Caruurta da'doodu ka yar tahay laba jir lagama doonayo in ay xirtaan marada afka lagu daboolo. Sidoo kale yaan loo xirin qof kasta oo dhib kala kulma neefsiga, ama miyir doorsoon, ama aan iska qaadi karin af daboolka iyada oo aan la caawin.

Af daboolka marada ka sameysan ma aha af daboolka qaliinka ama kan neefsiga ee N-95. Kuwaasi waa kuwo aad loogu baahi qabo, loona keydiyey shaqaalaha caafimaadka iyo kuwa gurmada, sida ay ku talineyso CDC. (Talo soo jeedinta ugu dambaysay ee Abriil 5, 2020. Fadlan halkan kala soco wixii xog dheeraad ah <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>)

Waxaa naga xusuusin ah, af daboolku laguma bedeli karo talo soo jeedintii hore ee ka hortagga kale oo ay ka mid tahay kala fogashaha 6 dhudhun, gacmaha oo la nadiifiyo, afka iyo sanko oo la daboolo marka aad qufaceyso ama hindhiseyso iyo meelaha taabashadu ku badan tahay oo la nadiifiyo. Fadlan halkan ka akhri waxyaabaha lagu talinayo (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>) in la raaco xitaa marka aad xiran tahay af dabool.

Waxaanu idinkaga mahad celineynaa taageerada aad u fidisaan ardayda iyo bulshadooda. Nabadgelyo iyo caafimaad ku waara.

Mahadsaniidiin,  
Wisconsin 4-H



UW-MADISON EXTENSION

### Hadafka:

Isticmaalka xirfadda tolidda si aad u sameysaan af dabool dib loo isticmaali karo oo lagaga hortago fiditaanka cudurka.

### Xirfadaha Nolasha:

- Darcenka aad u heyso dadka kale
- Gacan ka geysashada hawl koox ahaan loo qabanayo
- Ka hor tagaa cudurka

**Fasalada:** Fasalada 3aad iyo wixii ka sareeya

### Mudada khibrada:

30-40 daqiiqo

### Alaabada loo baahan yahay:

- Maro suuf ka sameysan iyo cad dhexda laga geliyo oo maro caadi ah ka sameysan
- Laastiko balaceedu yahay ¼”
- Dun
- Maqas
- Biinan
- Harqaan

### Horey u diyaarso:

- Daabaco/nuqul ka sameyso sida ay isugu xigaan
- Soo daabaco kaararka horey loogu soo direy ee af daboolka

### Xigasho:

- Adapted by Dawn VandeVoort, Door County Extension 4-H Youth Development Educator, from The Turban Project’s How to Sew a Medical Face Mask ([www.facebook.com/turbanproject](http://www.facebook.com/turbanproject)) and JOANN’s How to Make a Face Mask video tutorial ([www.joann.com/make-to-giveresponse](http://www.joann.com/make-to-giveresponse)).
- Talo soo jeedinta caafimaadka ee Xarunta Ka Hortagga iyo Xakameynta Cudurada (<https://www.cdc.gov/>) ee halkan ku xusan.

# Af daboolka marada

Qorshaha Shaqada

## Xog Guud

Mudada lagu jiro cudurka dilaacay, qof kasta xil ayaa ka saran ka hortagga fiditaanka cudurka. Shaqaalaha caafimaadka iyo shaqaalaha goobaha dadka da’da ah lagu hayo iyo goobaha kale ee dadku aad isugu dhaw yahay, ayaa si gaar ah ugu baahan in ay ilaaliyaan naftooda iyo dadka degan goobahaas.

Sameynta af daboolka waa mid ka mid habka ugu wanaagsan oo dadku kaga hortagi karaan fiditaanka cudurka iyo hab wanaagsan oo lagu barto xirfadda tolitaanka dadkana lagu caawiyo. Waxa aan adeegsan karaa xirfadaha aasaasiga ah ee toliinka iyo alaabo yaryar taasoo muhim u ah sidii aad u ilaalin laheyn nafteena iyo tan dadka kale.

## Wax Ku Barashada Adeegga

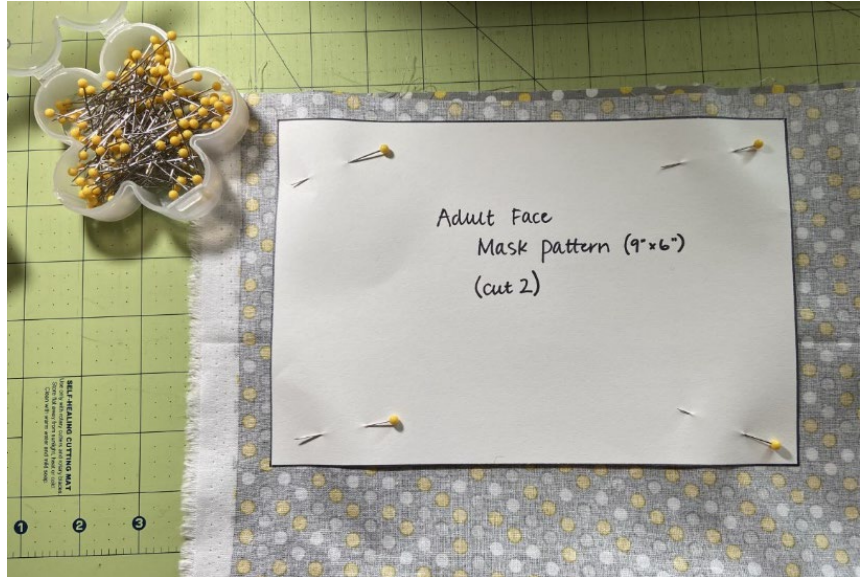
Waxa aad ka bilaabi kartaa in aad waji dabool u sameyso dadka kula nool oo laga yaabo in ay u baahan yihiin. Marka aad ku kal soonaato in aad sameyn karto, waa xiligaas marka la raadiyo yaa u baahan oo ka faa’iideysanaya.

Xusuusnoow meelaha ka tirsan bulshadaada oo dadku ay khasab ku tahay in ay wada deganaadaan ama wada shaqeeyaan — guryaha dadka da’da ah lagu hayo, guryaha la degan yahay, xabsiga, dhismayaasha caruurta, iwm — iyo goobaha caafimaadka oo afka lagu daboolo af dabool maro laga sameeyey oo lagu isticmaalo bukaanka. Raadi qofka bulshada u xilsaaran xiriirinta iyo ururinta deeqda af daboolka ah. Haddii aadan garaneyn sida loo raadiyo qofkaas, ka bilow inaad waydiiso Baraha Degaanka. Halkan waxaa ku xusan waxyaabaha kale ee muhimka ah ee lagaa doonayo in aad ogaato marka aad sameyneyso af daboolka:

- Hay’dani ma u baahan tahay af dabool maro ka sameysan oo guryaha lagu sameeyey oo dib loo dhaqi karo ?
- Waa maxay naqshadda ay doonayaan in ay yesheen af daboolka (nooca marada, xarigga ama laastikada, iwm)?
- Waa imisa tirada af daboolka ah ee hay’adani ay u baahan tahay?
- Waa maxay sida ugu amaansan ee hay’addan deeq ahaan loogu fidin karo?
- Ma jiraan waxyaabo kale oo mutadawiciintu la doonayo in ay ogaadaan marka ay diyaarinayaan deeqda?

## Wada Shaqeyn

1. Diyaari dharka iyo laastikada— adiga oo isticmaalaya tusaalaha lagu siiyey ee “la socda casharkan” Dharka ka goo laba cad (adiga oo dooranaya maro ugu jilicsan, waxa uu noqon karaa mid dun ka sameysan, mid dun ah ama mid dun wax ku jiraan ah, ama labadaba dun ka sameysan). Laba cad ka soo goo laastikada oo midkiiba dhererkiisu yahay 7” (cabirka ka qaado dhinaca ay kaga taalo “elastic”).



2. Marada isaga keen dhinaca midigta. Dhinaca ay u gaaban yihiin, laastikada kaga qabo labada dhinac (sida aad ku aragto sawirka) labada geed ee u dhaxeeya marada aad isku qabatay.



3. Biin iskula qabo labada moro, adiga oo kula qabanaya laastikada labada dhinac.

4. Isku tol labada cad ee is dulsaaran. Dhinacyada dibadana kaga tol wareegga, adiga oo isticmaalaya maradaan la arki karin ee 1/4". Marka aad gaarto geesaha, isticmaal "dib u celinta" harqaanka si aad ugu adkeyso toлитаanka. Ka dibna u gudub geesaha. Ku adkee cirbadda geesaha, horey u soco ilaa 4-5 qodob, ka dibna dib ugu soo noqo 4-5 si aad u xoojiso geesaha. Ka dibna u gudub dhinaca dheer. God yar u dhaaf (qiyaastii 2 inji) si aad dharka dhinaca midigta ugu jeedin karto.



5. Marada dhinaca midigta u jeedi adiga oo meeshii aad ka tagtay harqaanka marinaya. Si tartiib ah dharka is dul saar midigta u leexi, ka dibna si dabacsan laastikada u gelinaya marada hoosteeda.



6. Maryaha isku sin, adiga oo dul marinaya gacantaada.
7. Halka ay maradu ka furan tahay, dhinacyada isku laab oo biin ku qabo si aad u xirto daloolka. Talaabada xigtaa halkaas waad xireysaa.



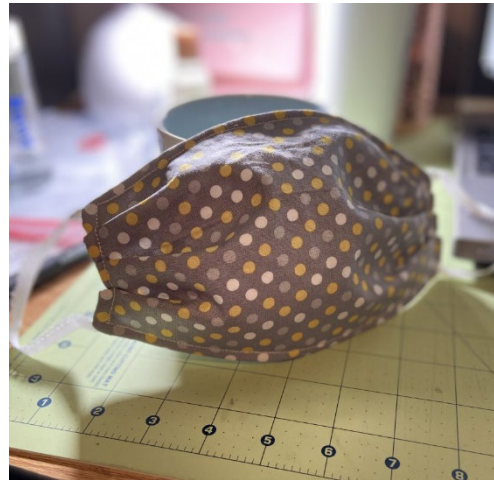
8. Dhinacyada oo aad isku keento—tani waa mid xirfad u baahan. Qof ku caawiya weydiiso haddii aad u baahato si aad isugu keento. Waxa aad sameyn kartaa sadex lakab oo yaryar oo dhinacyada ah. Way fududahay in aad ka bilowdo lakabka dhexda. Ugu horeyn, raadi halka xudunta u ah adiga oo isticmaalaya mastarad iyo biin. Marka aad hesho cadka xudunta u ah, calaamadee biinka oo isku laab qiyaastii  $\frac{1}{2}$  inji. Ku adkee biinanka (raac sida aad ku arkeyso sawirka tusaalaha ah).



9. Marka aad abuurto lakabka dhexe, samee laba kale oo mid walba dhinaca aad ku sameysay. Marka aad sadexdaba dhinac ka sameyso, muuqaalka af daboolka aad sameysay waxa uu ekaanayaa kan ka muuqda sawirka. Ku celi nidaamkan dhinaca kale, adiga mar kasta isku dhinac u jeedinaya lakabka sida aad ku aragto sawirka dhinaca hoose ka muuqda.



10. Marka lakabyada oo dhan mid walba halkiisa lagu tolo, waa in aad marisaa tolmada si aad shabaqyada ugu adkeyso halkooda oo aad u xirto daloolka. Hareeraha ka mari toliin adiga oo isticmaalaya marada 1/4-injiga ah ee khafiifka ah, kana saar biinanka. Waa in laastikadu kaligeed soo laalaadaa oo geesaha kaliya kaga tolan tahay af daboolka Marka aad dhinacyada ka tasho waad marin kartaa toliinka haddii aad dooneyso si aad u adkeyso oo xoogna ay u yeelato.



## **Ka Warbixinta iyo Adeegsiga**

Ka hor ama ka dib inta aad ka shaqeyneyso mashruucan, ka fikir su'aalaha soo socda:

- Sidee ayaad dareemeysay markii aad caawineysay mashruucan?
- Qeybtee ayaad ugu jecleyd mashruucan?
- Waa maxay habab kale oo aad u adeegsan karto xirfadaha tolitaanka ee aad ku taageeryso bulshadaada? Waa maxay mashaariicda kele ee aad kaga qeyb qaadan karto xirfaddan?
- Marka laga tago af daboolka, waa maxay habka kale ee aad ku caawin karto joojinta fiditaanka cudurka iyo fayraska?
- Muxuu qiime kuu leeyahay mashruucan? Maxay muhim u tahay mashruuca noocan oo kale ah?

## **Isku Dayid Dheeraad Ah**

- Maxaad sameyn kartaa si aad u ogaato waxyaabaha ay bulshadu u baahan tahay? Xusuuso hay'adaha caawiya dadka halka aad degan tahay. Maxay qabanayaan iminka si ay u caawiyaan dadka? Ma jiraan waxyaabo ay ku caawin karaan si ay u ilaaliyaan caafimaadkooda?
- Maxaad ka ogaatay baahida loo qabo wax yar ama wax badan oo af daboolka aad halkan ku sameyn karto? Xusuuso sida aad hawshaada u gaarsiisan dad yar ama fara badan oo ka faa'iideysanaya? Tani waa habka ugu wanaagsan ee harqaanka loo barto gaar ahaan wax dadka oo dhan isku qiyaas ah.
- Xaaladaha qaarkood waxaa laga yaabaa in loo baahdo nooc gaar ah oo af dabool ah oo kan duwan habkan.
- Ka dib marka aad ogaato waxa ay u baahan yihiin, sidee ayaad u sameyn kartaa isbedelka adiga oo isticmaalaya nooc kale oo dhar ah ama waxyaabo kale oo baahidooda wax kaga qabato? Maxaad ka baratay tolitaanka af daboolka oo loo isticmaali karo siyaabo kale.
- **Ardayda Fasalada 9aad iyo wixii ka sareeya:** Cuqdad ka dhalatay in aan la ogolaan ama lagu sameeyo heyb sooc ku saleysan dabeecadda qofka ayaa laga yaabaa in bulshada gooni uga soocdo. Isticmaal internetka si aad u ogaato sida loo xirto af daboolka marada ka sameysan oo laga yeebo in ay cuqdad ka qabaan diimaha, qowmiyadaha ama dhaqamada qaarkood. Haddii qofku xirto af dabool marka uu dibadda u baxo waxa ay cudurka ka badbaadinayaan naftooda iyo tan dadka kale, sida qaar ka mid ah dadku u dareemi karaan in lagu ceebeeyo af daboolka. Maxay sidaas u dareemayaan waayo cuqdada la geliyey miyaa? Haddii qof kasta xirto af dabool, sidee ayey u bedeleysaa cuqdadda ay ka qabaan xirashada af daboolka?



Laastiko - 7"



Dharka dadka  
waaweyn  
Af dabool  
Cadadka (9" x  
6")  
(2 cad)



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

Sida naftaada iyo tan dadka kale loo badbaadiyo: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



**Sidee loo xirtaa af daboolka**

Marada afdaboolka ah waa in ay—

- Si hagaagsan kuu le'eg yahay oo uu dabaalayo dhinacyada wajigaaga oo dhan.
- Xargihiisu suran yahay dhagaha
- Ka kooban yahay laba maro oo is kor saaran
- Laga neefsan karo si fudud
- Lagu dhaqi karo makiinadda laguna qalajin karo isaga oo aan dilaacin

Talo siinta iyo muuqaalka waxaa laga soo xigtay "Use of Cloth Face Coverings to Help Slow the Spread of COVID-19." Soo booqpo barta internetka ee talo soo jeedinta <https://www.cdc.gov/coronavirus/2019-ncov/preventgettingsick/diy-cloth-face-coverings.html>



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

Sida naftaada iyo tan dadka kale loo badbaadiyo: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



**Sidee loo xirtaa af daboolka**

Marada afdaboolka ah waa in ay—

- Si hagaagsan kuu le'eg yahay oo uu dabaalayo dhinacyada wajigaaga oo dhan.
- Xargihiisu suran yahay dhagaha
- Ka kooban yahay laba maro oo is kor saaran
- Laga neefsan karo si fudud
- Lagu dhaqi karo makiinadda laguna qalajin karo isaga oo aan dilaacin

Talo siinta iyo muuqaalka waxaa laga soo xigtay "Use of Cloth Face Coverings to Help Slow the Spread of COVID-19." Soo booqpo barta internetka ee talo soo jeedinta <https://www.cdc.gov/coronavirus/2019-ncov/preventgettingsick/diy-cloth-face-coverings.html>



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

Sida naftaada iyo tan dadka kale loo badbaadiyo: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



**Sidee loo xirtaa af daboolka**

Marada afdaboolka ah waa in ay—

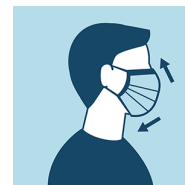
- Si hagaagsan kuu le'eg yahay oo uu dabaalayo dhinacyada wajigaaga oo dhan.
- Xargihiisu suran yahay dhagaha
- Ka kooban yahay laba maro oo is kor saaran
- Laga neefsan karo si fudud
- Lagu dhaqi karo makiinadda laguna qalajin karo isaga oo aan dilaacin

Talo siinta iyo muuqaalka waxaa laga soo xigtay "Use of Cloth Face Coverings to Help Slow the Spread of COVID-19." Soo booqpo barta internetka ee talo soo jeedinta <https://www.cdc.gov/coronavirus/2019-ncov/preventgettingsick/diy-cloth-face-coverings.html>



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

Sida naftaada iyo tan dadka kale loo badbaadiyo: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



**Sidee loo xirtaa af daboolka**

Marada afdaboolka ah waa in ay—

- Si hagaagsan kuu le'eg yahay oo uu dabaalayo dhinacyada wajigaaga oo dhan.
- Xargihiisu suran yahay dhagaha
- Ka kooban yahay laba maro oo is kor saaran
- Laga neefsan karo si fudud
- Lagu dhaqi karo makiinadda laguna qalajin karo isaga oo aan dilaacin

Talo siinta iyo muuqaalka waxaa laga soo xigtay "Use of Cloth Face Coverings to Help Slow the Spread of COVID-19." Soo booqpo barta internetka ee talo soo jeedinta <https://www.cdc.gov/coronavirus/2019-ncov/preventgettingsick/diy-cloth-face-coverings.html>



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

Sida naftaada iyo tan dadka kale loo badbaadiyo: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



**Sidee loo xirtaa af daboolka**

Marada afdaboolka ah waa in ay—

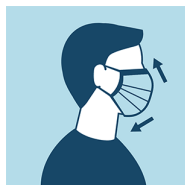
- Si hagaagsan kuu le'eg yahay oo uu dabaalayo dhinacyada wajigaaga oo dhan.
- Xargihiisu suran yahay dhagaha
- Ka kooban yahay laba maro oo is kor saaran
- Laga neefsan karo si fudud
- Lagu dhaqi karo makiinadda laguna qalajin karo isaga oo aan dilaacin

Talo siinta iyo muuqaalka waxaa laga soo xigtay "Use of Cloth Face Coverings to Help Slow the Spread of COVID-19." Soo booqpo barta internetka ee talo soo jeedinta <https://www.cdc.gov/coronavirus/2019-ncov/preventgettingsick/diy-cloth-face-coverings.html>



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

Sida naftaada iyo tan dadka kale loo badbaadiyo: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



**Sidee loo xirtaa af daboolka**

Marada afdaboolka ah waa in ay—

- Si hagaagsan kuu le'eg yahay oo uu dabaalayo dhinacyada wajigaaga oo dhan.
- Xargihiisu suran yahay dhagaha
- Ka kooban yahay laba maro oo is kor saaran
- Laga neefsan karo si fudud
- Lagu dhaqi karo makiinadda laguna qalajin karo isaga oo aan dilaacin

Talo siinta iyo muuqaalka waxaa laga soo xigtay "Use of Cloth Face Coverings to Help Slow the Spread of COVID-19." Soo booqpo barta internetka ee talo soo jeedinta <https://www.cdc.gov/coronavirus/2019-ncov/preventgettingsick/diy-cloth-face-coverings.html>