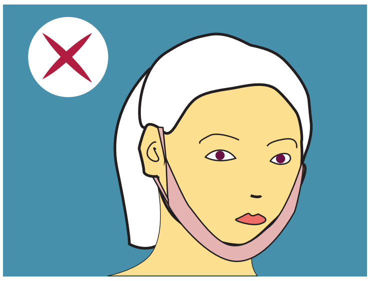
ብጨርቂ ዝተሰርሐ መሸፈኒ ኣፍ ብኸምዚ ዝስዕብ ቅኑዕ መንገዲ ኢኻ ትጥቀመሉ

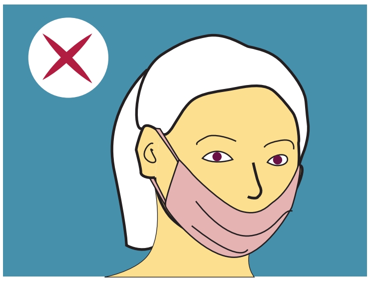
FHI

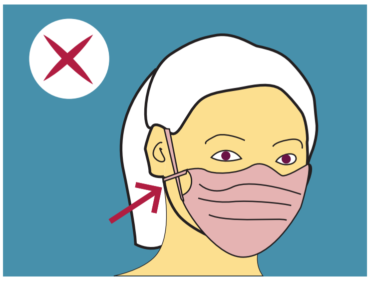
- ቅድሚ መሸፈኒ ኣፍ ምጥቃምካ ኣእዳውካ ብግቡእ ኣጽርዮ።
- እቲ ናይ ጨርቂ መሸፈኒ ኣፍ ኣጸቢቑ ናብ ገጽካ ከም ዝለገበን ኣብ ልዕሊ ኣፍንጫኻ ከም ዝገበርካዮን ኣስተብህል።
- እንተድኣ እቲ ጨርቂ መሸፈኒ ኣፍ ጠሊ ጌሩ ወይ ድማ ንኽትበልዕ ወይ ካልእ ነገራት ክትገብር ኢልካ ኣውጺእካዮ ብካልእ ጽሩይ ጨርቂ መሸፈኒ ኣፍ ቀይሮ።

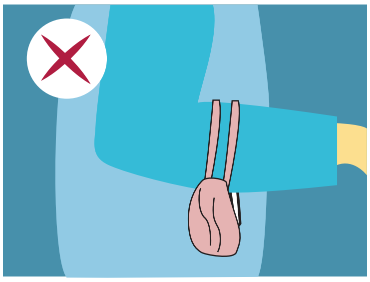
- ነቲ መሸፈኒ ኣፍ ምስ ኣውጻእካዮ ኣእዳውካ ብግቡእ ኣጽሪዮ።
- ነቲ ዝተጠቀምካሉ ጨርቂ መሸፈኒ ኣፍ ክሳብ ትሓጽቦ ኣብ ሓደ ብግቡእ ክዕጾ ዝኽእል ፕላስቲክ ኣቐምጦ።
- ኣብ ነፍሲ ወከፍ ምጥቃም እቲ ጨርቂ መሸፈኒ ኣፍ ብ 60 ዲግሪ ክሕጸብ ኣለዎ።

ኣይፋል:





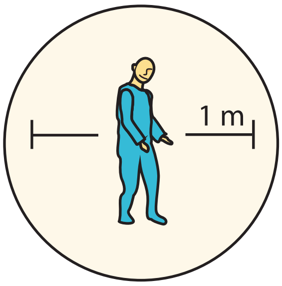




ብኣንጻር ሕክምናዊ መሸፈኒ ኣፍ፡ ጨርቃዊ መሸፈኒ ኣፍ በከመይ ከም ዝተሰሪሐ ዝምልከት መምዘኒ ብቕዓትን የሎን። ናይ ምጽራይ ብቕዓቱ (ምክልኻል ብቕዓቱ) ፍሉጥ ኣይኮነን።

ዋላ ናይ ሕክምና መሸፈኒ ኣፍ ይኹን ናይ ጨርቂ መሸፈኒ ኣፍ ተጠቀም፡ ኵሉ ግዜ ነዚ ዝስዕብ ክትገብር ኣሎካ።

ኣእዳውካ ጽቡቕ ጌርካን ብዙሕ ግዜ ኣጽርዮ።



ካብ ካልኦት ሰባት ጽቡቕ ጌርካ ርሒቀትካ ሓሉ

እንተድኣ ተጸሊኡካ ካብ ገዛኻ ኣይትውጻእ።

ኣብቶም ካልኦት መሸፈኒ ኣፍ ክጥቀሙዘይክእሉ ተጻዋርነት ኣርኢ።

ስእላዊ መግለጺ ቅኑዕ ኣጠቃቕማ ብጨርቂ ዝተሰርሐ መሸፈኒ ኣፍ: Folkehelseinstituttet