

# 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.

# Sun-saarid

Sun-saariddu waa jidhka oo laga saaro walax waxyeelo leh. Waxay ka kooban tahay dharka oo la saaro, qubeys ama maydhasho iyo dhar nadiif ah oo la gashado.

Waxa lagugu hagaajin doonaa aagga sun-saaridda. Shaqaaluhu waxay gashanaan doonaan dhar badbaadin ah iyo madax-gashi. Haddii aad caruur leedahay, ka gargaar inay kula raacaan talaabooyinka soo socda.

1. Iska saar dharkaaga oo ku rid bac weyn. Waxaa kale oo laga yaabaa in lagu siiyo bac yar oo aad ku ridid alaabtaada qiimaha leh.
2. Markaaga/Meertadaada sug si aad u qubeysatid ama u maydhatid.
3. Marka ay tahay markaaga/meertadaada:
  - Hoos joogso qubeyska ama maydhashada oo timahaaga iyo jidhkaaga oo dhan biyo raaci.
  - Biyo raaci hoosta cududahaaga iyo dhamaan meelaha maqaarku isku laaban yahay.
  - Saabuun ku maydh timahaaga iyo jidhkaaga.
  - Si fiican biyo u raaci timahaaga iyo jidhkaaga.
4. Ka bax qubayska si aad u qalashid. Shaqaalaha ayaa ku siin doona wax aad xidhatid/gashatid kuuna sheegi doona meesha kuu xigta ee aad tagi doontid.

Shaqaalaha **isla markiiba** u sheeg haddii maqaarku ama indhuhu ku gubanayaan ama haddii dhibaato kaa haysato neefsashada.

Decontamination. Somali.

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