

Badbaadada Shilinta

Hubso adiga, qoyskaaga iyo xawayaanka rabaayada ah in aad ka ilaashan tihiiin qaniinyada shilinta.

Waxaa jira dhowr nooc oo shilinta ah oo laga heli karo dhammaan Nova Scotia, laakiin shilinta luggaha madow oo keliya ayaa qaaday bakteeriyada sababta Cudurka Lyme.

Shilinta guud ahaan waxaa laga helaa dooga dheer, dhirta gaagaaban, aagaga miyiga ah, beeraha lagu nasto iyo beeraha. Waxaa jira feejignaanta fudud ee aad qaadi karto marka aad wakhti ku qaadanayso dibada.



Bidix ilaa midig: Shilinta dhediga lugaha madow, shilinta dhulka, jiir dibadeedka, shilinta eyga.



Sare ilaa hoos: shilinta eeyada bararsan, shilinta bararsan ee lugaha madow ee eeyada.

- Xidho shaadhahka midabka khafiifka ah ee gacmaha dheer iyo surwaalada, iyo sharabaadada midabka khafiifka ah oo wata kabbaha buudhka ah (tani waxay ka dhigtaa shilinta mid aad loo arki karo)
- Isku giiji shaadhkaaga oo sare u soo jiid sharabaadaada guudka lugaha surwaalka.
- Ku buufi dharka iyo maqaarka banaan sunta cayayaanka oo ka kooban DEET ama Icaridin (hubso inaad tilmaamaha raacdo ku qoran summada)
- Ka hubi dharkaaga iyo jidhka si feejigan shilinta ka dib shaqaynta ama ku ciyaarida dibada. U feejinow kilin-kilooyinka, xaga dambe ee jilbaha, iyo dhinaca ama qaybta bogga.
- Dooga jar oo caleemaha ka qaad daaradaada
- Ku rid dharka dibada qalajiyaha kulaylkooda sareeya ilaa 10 daqiiqo si loo dilo shilinta hadhay.
- Had iyo jeer ka baadh shilinta naftaada, carruurtaada, iyo xawayaanka raabaya ah ka dib markaad wakhti ku qaadato dibada.

NOVA SCOTIA

Ka feejignow Shilinta

Si aad u barato wax badan oo ku saabsan shilinta iyo badbaadada shilinta, booqo: <https://novascotia.ca/ticksafety/>