

Habka looga hortagi karo qoyaanka, dhedada ama uumiga keena?

Qoyaanku waxuu darbiga ku sameeyaa dhibco mad madow, wuxuu kaloo sameeyn ku yeeshaa alaabta guriga taalo oo ayagana daxaleeysta. Wuxuu kaloo qoyaanka dhedada ama uumiga keeni karaa cudurada feeraha ku dhaca sida neefta (*respiratory illness, asthma*).

Qoyaanka waxaa keena uumiga biyaha guriga ka dhaso. Hadabba waraaqdan waxeey sharaxeysaa siyaabaha aad oga hortagi karto qoyaanka iyo sida aad ku yareeyn karto qoyaanka.

Siyaabaha looga hortago qoyaanka keena uumiga:

Waxaa lagaa rabaa inaad isticmaasho talaabooyinka saxda ah ee looga hortagi karo qoyaanka.

Wax yaabaha ugu fudud ee aad sameeyn karto waxaa kamid ah.

Subax walbo tirtir dariishadaha iyo saqafka guriga, waxyaabaha aad ku titirtana ha ku qalajin kuleyliyaha dushiisa, sida marada qoyan ee aad ku tirtirtay dariishadaha iyo saqafka.

Waxaad isticmaali kartaa waxyaabo looga hortagi karo qoyaanka uumiga. Waxaad ka heli kartaa dukaamada lagu gada qalabka

dhismaha. Marwalbo ka ilaali ineey dariishadaha wareegoodu daxaleeysataan, mida labaad ka taxadar in uu qoyaanku saqafka ku dhago.

Waxaad wax yaabahaas ka heli kartaa dukaanka qalabka dhismaha lagu gado oo waa in aad si taxadir ah u isticmaashaa.

Hadii uu gurigaadu qoyaanka dhedada ama uumiga leeyahay, waxeey qaadaneeysa isbuucyo si kulaylku u baabi'yo qoyaanka.

Siyaabaha looga hortago dhibcaha mad madoow ee darbiga ku dhaga:

Hadii aad marwalbo ka taxadirto uumiga dhibcaha mad madoow weey dhamaanayaan.

Si, aad marwalbo dhibcaha mad madoow oga hortagto waa in aad dariishadaha tirtirtaa darbigana dhaqdaa qaasatan wareega dariishada.

Mida labaad waa in aad isticmaasha wax yaabaha lagu dhaqo ama lagu tirtiro adiga oo ka taxadiraaya badbaadada caafimaadkaaga.

Hadii aad rabto in aad dhibcaha mad madoow la dagaalanto waa in aad guriga rinji marisaa,



Condensation mould is unsightly and can cause health problems

Timur Abaev

sidaasna waxaa ku yaraanaya cudurka neefta ama cudurada feerahaku dhaca.

(qoyaanka uumiga ama qiica)

Waa qoyaan uumi ama qoyaan ka dhasha qaaca, markasta waxaa la rabaa neecoow ku dhexjirto oo la socoto qoyaanka, waloow aadan arkeyn.

Mar hadii neecoowdaas ama leyr taas eey qaboowdo waxeey celin kartaa qoyaankaas oo idil, sidaas darteed waxaa muuqanaya dhibco yar yar waxaana lagu magacaabaa qoyaanka dhedada ama uumiga.

Waxaad aragtaa qoyaaskaas markaad neefsato maalmaha qaboowga jiro.

waxaad kaloo uumi ku aragtaa muraayadaha markaad qubeysato.

Qoyaanka ma Uumi uun baa keena?

Uumi kaliya ma ahan waxa keena qoyaanka.

1. Qoyaan ku wuxuu kaloo ka imaan karaa dhuumaha qaada biyaha, wuxuu kaloo ka iman karaa wasaqda.
2. Qoyaan ka wuxuu kaloo ka yimaada saqafka marka roob da'o.
3. Qoyaan wuxuu yimaadaa marka saqafka eey ka maqanyihiin dhagxaanta lagu safo, kuwaas oo adkeeya.

Wuxuu kaloo qoyaanku ka yimaadaa markii aay dhuumaha kor biyaha ka sooqaado aay xirmaan.

4. Qoyaanku wuxuu dhex galaa wareega dariishadaha markasuu kasoo da' aa.
5. Qoyaanku wuxuu yimaadaa markuu gidaarku duleelo.

This is one of a series of advice leaflets in Somali produced by the Centre for Sustainable Energy:

Habka looga hortagi karo qoyaanka, dhedada ama uumiga keena
(Preventing damp and mould)

Cabirka Korontada (Digital Economy 7 meters)

Dhaqaale 7 (Economy 7)

Ku kululeey aqalkaaga koranto (Heating your home with electricity)

Ka difaac Qabowga (Insulating your home)

Aqri cabirka korontada (Reading your meter)

Qeybta laga maamulo kuleliyaha (Setting a central heating programme)

Talaabooyin muhiin u ah, hab isiticmaalka kuleliyaha gaasta (Tips on using your gas central heating)

10 Talo oo Muhiim u ah Korantada (Top 10 energy saving tips)

These leaflets are free to use, and can be downloaded from www.cse.org.uk/somali-leaflets



Watch our energy advice for Somali speakers videos on YouTube at www.bit.ly/1xwXfpx



St James Court
St James Parade
Bristol BS1 3LH

0117 934 1400
www.cse.org.uk
info@cse.org.uk

Charity: 298740
Founded: 1979

The Centre for Sustainable Energy is a national charity that helps people change the way they think and act on energy.

Our Home Energy Team offers free advice on domestic energy use to people in Bristol, Somerset, Wiltshire, South Gloucestershire and Dorset.



Contact us:

PHONE 0800 082 2234
EMAIL home.energy@cse.org.uk
WEB www.cse.org.uk/loveyourhome
FACEBOOK EnergySavingAdvice
TWITTER @cse_homeenergy