

# ከብከለ ማጽዳት

## 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.

ከብከለ ማጽዳት ማለት ጎጂ ልዩ ቁሶችን ከሰውነት ማስወገድ ነው። ይህ ልብስን ማውለቅን፣ ገለን መታጠብን እና ንጹህ ልብስ መልበስን ያካትታል።

ወደ ብከለ ማጽዳት እንዲሄዱ ይጠቆማሉ። ሰራተኛው የመከላከያ ልብሶችን እና የጭንቅላት መሸፈኛዎችን ይለብሳል። ልጆች ካልዎት እነዚህን ከእርስዎ ጋር እንዲተገብሩ ይርዱአቸው።

1. ልብስዎችዎን ያውልቁና ትልቁ በርሳ ውስጥ ያስቀምጡ። ውድ ዕቃዎችዎን የሚያስቀምጡበት ትንሽ በርሳም ሊሰጥዎት ይችላል።
2. ሻወር ለመውሰድ ተራዎን ይጠብቁ።
3. ተራዎ ሲደርስ፡
  - ከሻወሩ ስር ይቁሙና ጸጉሮን እና መላ አካላትዎን ያለቅልቁ።
  - የክንድዎን ስር እና ሁሉንም የተጨማሪዎች እና የቆዳ እጥፋቶች ይለቃለቁ።
  - ጸጉሮን እና አካላትዎን በሰሙና ይታጠቡ።
  - ጸጉሮን እና አካልዎን በደንብ ያለቅልቁ።
4. ከሻወር ይውጡና ያድርቁ። ሰራተኛው የሚለብሱትን ልብስ ይሰጥዎትና በቀጣይ ወደ የት መሄድ እንዳለብዎት ይነግሩዎታል።

ቆዳዎን ወይም አይንዎን ካቃጠልዎት ወይም የመተንፈስ ችግር ካለብዎት ወዲያውኑ ለሰራተኛው ይነገሩት።

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