

kf/f]-d/s/L_ / o; sf :jf:Yo tyf jftfj/Oflo kefj

kf/f]-d/s/L_ eg\$[s]xf]?

kf/f]-Mercury_ Pp6f ux6f]wft' xf]. o; nf0{/; fog zf:qdf Quick Silver klg elg65 / ;f\$]ts ?kdf Hg af6 ; lrt ul/65 . o; sf]kdf0f' ;Wof *) / k/df0fef/ @)) xf]. of] ;fwf/Of tfkqmdf t/n cj :ydf x65 . kf/f\$]k6f] ;fwf/Of tof ydf]6/ , /Qmrfk gfk]o6g, bff eg\$[nflu, ^nfl/; [6 lrd, d/s/L 6oj'nf06, lj hhl\$] :j r, u/uxgdf hnk nufot s]x cfo] ps cfwlx?df pkof] u/\$]kf065 . o; sf ;fy}wfdl\$ a:tx? h:t}kf/f]oQm lzj lnE, sk, dl't{/ dnfdf klg o; sf]k6f] ul/Psf]kf065 .

kf/f]-d/s/L_ af6 xg; Sg]; d:ofx?M

clgoldt ?kdf 3/bl]v lrlst; f; jf; Dd k6f]uxg]ePsf]sf/Of d/s/L xdf]z/L/sf]:gfo"k0ffnl tyf d]fnfd l] iffn' kefj kfb5 . vf; u/L gh]6dPsf]aRrf -ef_ Pj +gj hft lzz' ue] tl dlxfx? nufot c6o pd]sf]dflg; x?nf0{klg o; n] g/fd/l kefj ub5 . ; aebf cfZro\$]s/f s]5 eg]d/s/L xdf]z/L/sf]/f] ; u n8g]lfdtfs]; ayfn]k]s[ts afwf - Natural Barrier_ h:t}ue6fn (Placental barrier) dlit:s /Qm sf]zsf -Blood-Brain-Barrier_ tyf 5fnfn0{ kf/ u/] xdf]z/L/nf0{xfgl k'ofp65 . of]Ps k6s jftfj/Ofdf cf0; s]k]5 w]; do; Dd /xg]ePsf]xj]f, kfgl, tyf d6f]df ; lhn]dl; P/ jftfj/Ofnf0{k]lft ub5 .

kf/f]-d/s/L_ n]lg]g k\$[sf c; /x? kfb5 M

- s_ xdf]dl:tis Pj +d]fnfn0{k6f] t ub5 .
- v_ l/ ; fpg] nhfpg] s]dg] x]f0 / ; bf0df gsf/]ds kl/j t6 Nofpg\$]; fy}:d/Ofz]Qm ; Da6wl ; d:ofx? lgd]ofp65 .
- u_ pRr d/s/L jfik (Mercury Vapor) ; u s]x; dosf]nflu klg ; Dks6f cfPd] jfs]s nflg] /Qmrfk tyf 5ftlsf] w8sg a9g] kmf\$; f\$]; d:of, 5fnfd bfu tyf cf6f kfl]g]h:tf /f]x? b]vf kb5g\
- 3_ uef] :ydf aRrf]zfl//ls lj sf; df ca/f]v k'ofp65 .
- a_ aRrf]l]t]of z]Qm tyf l; Sg]lfdtfd kefj kfb5 .
- r_ nfd]; do; Dd d/s/Lsf]; Dks6f cf0{x]df afen]kgf h:tf]ulDe/ ; d:of klg xg ; Sb5 .

kf/f]-d/s/L_ af6 xg]vt/f af6 afRg]pkfox? M

- s_ kf/f]Qm ydf]6/ tyf /Qmrfk gfk]o6gsf] ; \$df l8lh6n ydf]6/ tyf Pgf]f06 / l8lh6n /Qmrfk pks/Ofsf]k6f] ugk5{. hg ; :tf]l6sfp tyf e/kb]x65 .
- v_ d/s/L 6oj'nf06, l:j r, ^nfl/; [6 lrd ^oh jf v/f] ePd] k6f]P/ c6o kmf]/d]f ; u ld; fpg' xbg\
- u_ kf/f]Qm a:tx? ; s] Dd gls6g]/ o; sf]pkof]nf0{lq?T; flxt ub]nfg].
- 3_ bffebf[d/s/L jf r]fl lkmnE gu/] s]kfl]n6 lkmnEdfq u/fpg] .
- a_ lj Zj Jofkl?kdf e0{x\$]d/s/L dQm lrlst; f; jf -Mercury Free Health Care_ cleofgdf cfh]v h6f]/ hg:jf:Yo tyf jftfj/Of ; Af0fdf cf-cf^gf]7f]af6 7f] of]ubfg k'ofcf] .
- r_ d/s/L dQmpks/Of tyf a:tsf]k6f] u/f/ :j:Yo /xf] .

c6o yk hfgsf/lsl nflu



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hg:jf:Yo tyf jftfj/Of k]46 s]b] 06f8fh %, nintk/, sf7df08f]g]kfn
kmf] / ^ofS; M(&& !%@)!&*^, df]f0f]M (&& (*)#)\$&^@!
Of]h M cephed04@yahoo.com

Hand Hygiene

- s_ k[...]/d/s/Lnf0{g5gxf] V emfn 9f\$ vlnf /Vgxf] \
- v_38l tyf c[...]/uxgxf? k[...]\
- u_d/s/L k[...]/7f[...]/6 r[...]/afn] d/s/Lnf0{ /fd/] b[...]; l[...].
- 3_/; fog k[...]/k-hf, rZdf / km] df:s nufpgxf] \
- ^_sf[...]{ jf s8fsuhsf] ;xfotfn] k[...]/d/s/Lnf0{Ps}7f[...]/nufpgxf] \
- r_l; l/-hsf]; xotfn]; a)d/s/Lnf0{t[...]\
- 5_tflgPsf] d/sf/Lnf0{yf]} kfgl ePsf] ; fg] e[...]/fv] lasf] nufpgxf] \
- h_jf[...]/d/s/Lnf0{; lh\$ n 6[...]; xfotfn] l6[...]\
- em k[...]/df c[...]; fdfgx? h:t} ; lh\$ n 6[...]; l/-h, k-hf / sf[...]{ knfli6s em[...]/fv] d/s/L k[...]/ eg] n] n ugxf] \
- ^_ ; [Int ; a) k[...]/nf0{km] l csf] knfli6s em[...]/fv] d/s/L k[...]/ eg] n] n ugxf] \
- 6_o; /L ; sng ul/Psf] d/s/Lh[...]/ l] iffQm k[...]/sf]?kdf ; /lft Joj :yfk g tyf l] ifh[...]/ ugxf] \

Hand Hygiene

! = 6 r[...]/ ! yfg , @ = l; l/-h ! yfg
 # = /fd[...]/ ! hf[...]; \$ = km] df:s ! yfg
 % = r:df ! yfg, ^ = j 6f knfli6s sf] y[...]
 & = ; lh\$ n 6[...]; * kfgl/fv[...]/vfnl ef8f]
 (-s8f sfuh jf s[...]/j 6f 6[...]/ c[...].



Hand Hygiene

Hand Hygiene



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 hg:jf:Yo tyf jftfj /of kj 4[...]/ s[...]/ 0[...]/ % , nlnk/, sf7df08f] g[...]
 k[...]/ / ^ofS; M(&& ! %@)!&*^, df[...]/M (&& (*)#) \$&^@!
 0[...]/ M cephed04@yahoo.com