

# Guri ka caagan sun!

10 siyaabood oo aad u yareeyn karto kiimikooyinka waxyeelada leh.

- Ha u ogolaan in ay caruurto ku dheelaan/ciyaaraan qalabka elektaroonikada ee gaboobey, qalaanqiisha aan ka sameysneyn naxaas asal ah iyo alaabta ka samaysan maqaar aan asal ahayn.
- Iska ilaali alaabta ka samaysan caaga jilicsan ee wax ku dheg-dhega, urayaya ama la sameeyey wixii ka horeeyey 2007dii (fiiri bogga danbe)
- Ka gado dharka iyo maryaha meelaha gacan labaadka. Haddii aad gadato dhar cusub dhaq inta aanad isticmaalin ka hor, isku daey in aad gadato kuwa u fiican bey'adda/degeenka. Iska ilaali in aad gadato dharka leh qeyb caag ah oo weyn ama qayb bir ah.
- Iska ilaala alaabta guryaha (möbler) wasakhdu aaney ku dhegin, aan guban karin ama ka samaysan maqaar aan rsami ahayn.
- Ka yaree qalbaka elektaroonikada iyo qalabka ka samaysan caaga qolalka hurdada.
- Dooro cuntooyinka loo abuurey si dabiici ah (ekologiskamat).
- Iska jir an aad ku kuleeyliso, ku dhigto cunto (servera) ama ku kaydiso cunto bac ama telefoon, dooro bedelkeeda weel ka samaysan dhalo, dhoobo, bir aan daxaleysan ama xaddiid
- Dooro cuntooyinka lagu baakadeyey kartoonaada ama koombooyijka/daasadaha ka caagan maadooyinka bisphenols (bisfonoler). Ku dhiiro inaad weydiiso tukaanada.
- Dooro qalabka leysku nadiifiyo sida saabuunta- iyo daawooyinka loo isticmaalo nadaafada guriga ee u wanaagasan bey'adda/degeenka isal markaana ka caagan barafuunka.
- Ka ilaali siigada/boodhka oo leydhi guriga marar badan

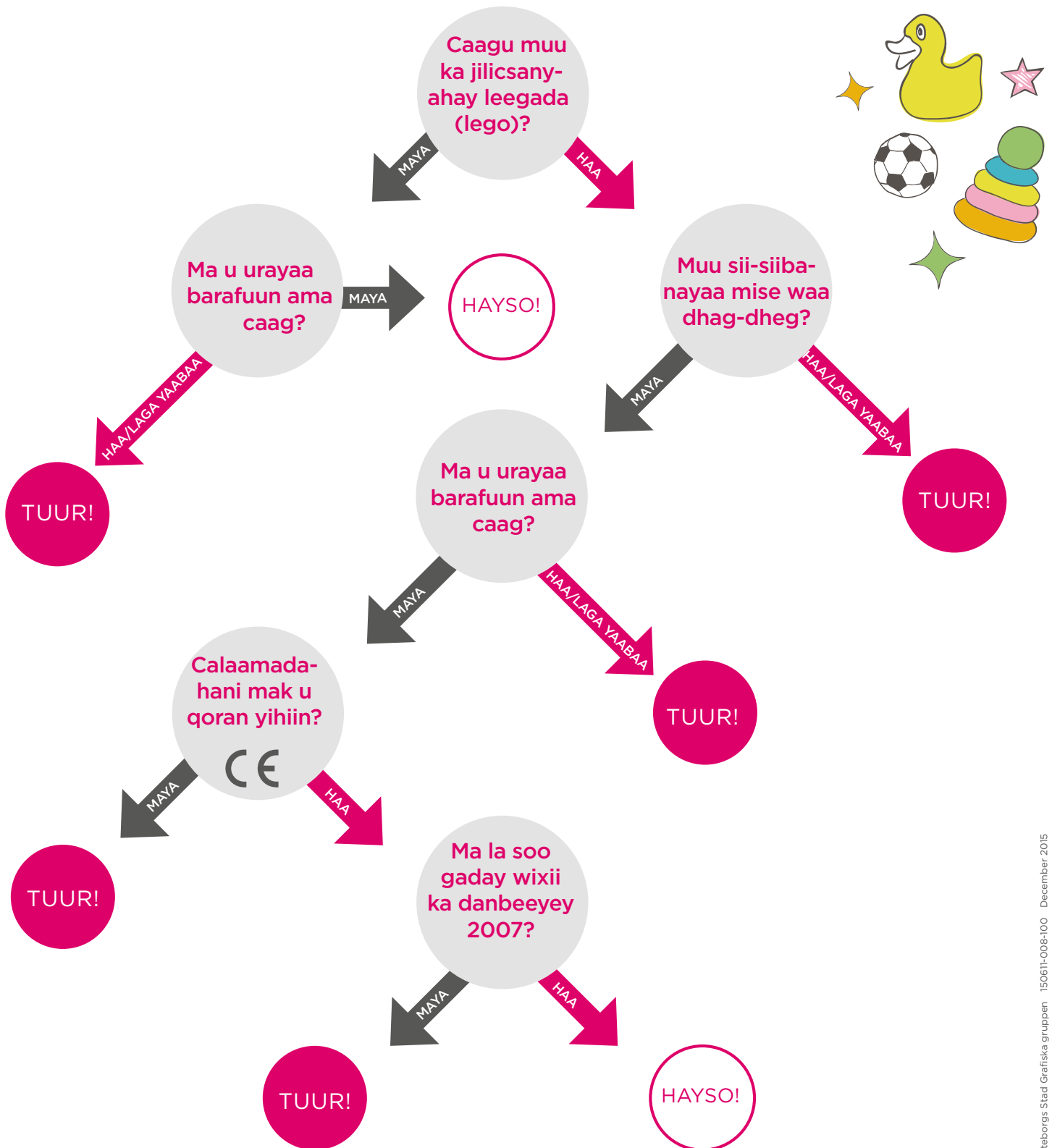


Macluumaad dheeri ah oo ku tarjuman luqado kale waxaad ka heli kartaa [www.goteborg.se/giftfriforskola](http://www.goteborg.se/giftfriforskola)



Göteborgs  
Stad

# Sidan baad u nadiifineysaa qalabka caruurta ku dheesho ee ka samaysan caaga



## Ka fikir

- In alaabta la tuurayo ee caruuru ku dheesho ee ka samaysan caagga kuna shaqeeya beytariga lagu tuurayo meesha lagu tuuro qalabka elektaroonikada. Shaki ma kaaga jiraa meesha lagu tuurayo alaabaha la tuurayo ee kala duwan? Ka fiiri barata internetka [www.goteborg.se](http://www.goteborg.se)
- In calaamad CE ay ku ooli karto alaabta caruurta ku dheesho iyo baakadahaoga