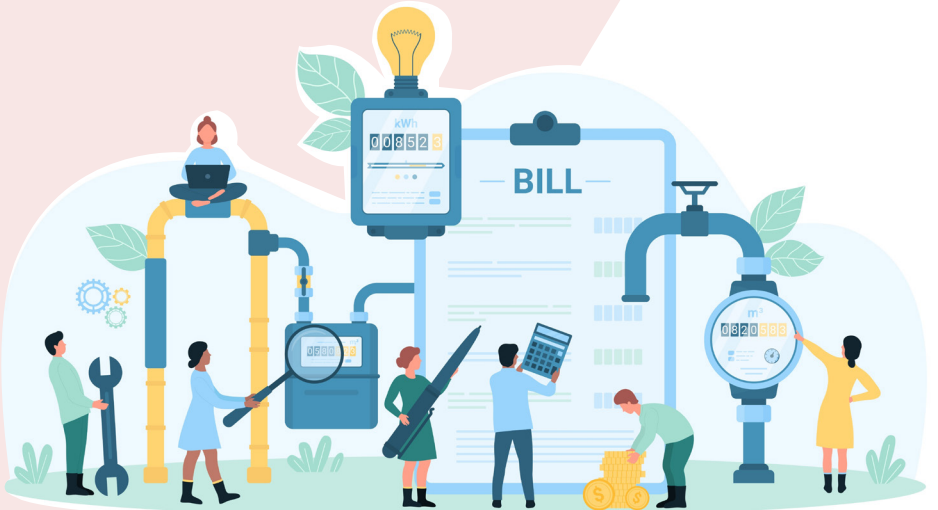




# TILMAAMO MUHIIM AH OO LAGU YAREEYO BIILASHA TAMARTA

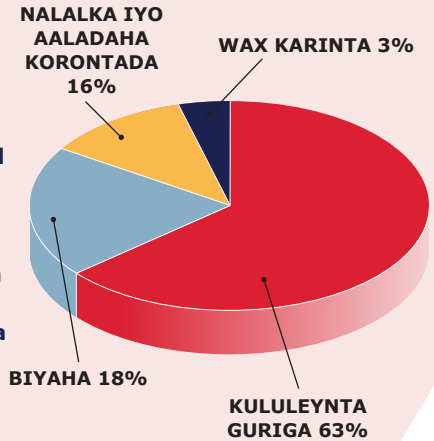
**National Energy Action** waa hay'ad samafal oo ka howl-gasha guud ahaan dalka, waxayna kaa caawinaysa biilasha tamarta sida korontada iyo gaaska. Buug-yarahaan wuxuu kuu **faahfaahinayaa sidii aad isbedello yaryar u sameyn laheyd** qaabka aad u isticmaasho tamarta, **taas oo kaa caawineysa dhimista kharashaadka iyo inuusan qabowga idin saameyn** oo aad ahaataan kuwa badqaba.



SAWIIRKA: SHUTTERSTOCK

Korontada waxaa lagu cabbiraa halbeeg loo yaqaano kiilowaat-saac ama kWh. Haddii ay idin taalo saacad casri ah, waxaad isticmaali kartaa qalabka guriga kuu yaala oo ku tusaya si aad ula socoto hadba tamarta aad isticmaashay inta ay la'eg tahay lacag ahaan (pounds iyo pence).

Inaan yareyno tamarta aan isticmaalno ee meelaha qaarkood waxay inoo fududeyneysaa inaan tamarta u isticmaalno meelaha muhiimka ah, sida kululeynta guriga. Yareynta isticmaalka tamarta waxay sidoo kale naga caawisaa inaan hoos u dhigno saameynta kaarboonka.



## U KULULEE GURIGA SI WAXTAR LEH

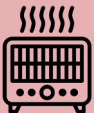


Inaad fahanto meelaha laga kontoroolo kululeeyaha gurigaaga ayaa kaa caawin kara inaad si waxtar leh u isticmaasho siistamkaaga. Intarameetka ka baar meelaha laga kontoroolo. Haddii aad heysataan kululeeyayaasha korontada lagu keydiyo, ka fiiri warqadeena macluumaadka ee Economy 7 si aad si fiican uga faa'iidaystaan mashiinka halkan <https://www.nea.org.uk/get-help>.

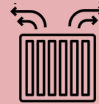


Ha u dhaxeeyo heerkulka guriga 18°C ilaa 21°C si uu guriga isaga caabiyo kuleylka iyo qabowga.

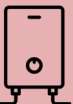
Heerkulbeeggaaga qolalka iyo qalabka TRV-ga ayaa kuu suurto gelinaya inaad heerkul ku habboon ka dhigto qol kasta oo gurigaaga ka mid ah. Ha idin diiranaadaan qolalka, laakiin xasuuusnoow qol walba oo ka diiran sida loo baahan yahay waa lacag qasaarin.



Ha beddelin siistamka kululeeya gurigaaga oo dhan adigoo isticmaalaya mashiino yaryar oo kululeeyayaal ah (sida kululeeyaha korontada ee dabka la galiyo) - kuwaas si waxtar leh uma kululeeyaan gurigaaga, lacagta korontadana wey kugu badinayaan.



Soo rakibo raadhiyaytarka kuleylka dib ugu soo celiya guriga. Kuwaan waxay kaa caawinayaan in kuleylka raadhiyaytariska uu ku soo laabto qolkaaga waxayna ka dhigeysaa habka kululeynta gurigaaga mid waxku-ool ah.



Ku fikir inaad hoos u dhigto heerkulka biyo karkariyahaaga. Haddii aad sidaa sameyso, lacag ayaa kuu badbaadi karta. Booqo [www.nesta.org.uk/project/optimising-boilers-reduce-household-emissions/how-to-optimise-your-boiler](http://www.nesta.org.uk/project/optimising-boilers-reduce-household-emissions/how-to-optimise-your-boiler).



Si fiican u baro saacadaha kululeeyayaashaada. Baro sida loola jaanqaadsiyo saacada kululeeyahaaga waqtiyada shiditaanka iyo daminta ee qaab nololeedkaaga. Inaad damiso markii aad guriga ka tageyso waxay kuu badbaadineysaa lacag badan.

# DAHAARID



**Dhig ama gali walxaha looga hortaggo hawada albaabbada,**

daaqaadaha iyo meel kasta oo bannaan oo aan la rabin ee ay hawo kasoo gasho. Ama isku day inaad adiga sameyso adigoo galinaya waraaqo iyo iskaalshooyin duug ah meesha gacanta ee jaakad duug ah ama meesha lugta ee surwaal duug ah si aad u daboosho meelaha hoose ee albaabbada.



**25% kuleylka gurigeenna ayaa ka baxa saqafka –** dahaarida qeybta saqafka waxay idin badbaadin kartaa ilaa £215 sanadkii kharashaadka tamarta.



**Hadii aad guriga leedahay,** booqo <https://www.gov.uk/improve-energy-efficiency> ama wac 0800 098 7950 si aad u ogaato haddii aad istaahisho deeq kaa caawinaya hagaajinta wax-ku-oolka tamarta ee gurigaaga.

# NALALKA



**Dami nalalka** markaad ka baxdo qol. Habka ugu fiican ee lagu yareyn karo lacagta korontada waa in la isticmaalo markii loo baahanyahay oo keliya.



**U guur laambadaha LED-ga ee tamarta yar isticmaala.** Kuwaan waxay cunaan koronto aad uga yar waxayna sii jiraan waqti dheer marka loo eego laambadihii hore, iyagoo weli bixinaya isla heerka iftiinka. Sidaas daraadeed, badal laambad kasta oo duug ah oo aad weli haysato.

**Si fiican uga faa'iidayso iftiinka dabiiciga ah ee qoraxda!** Daahyada dhinac u jiid markii qorraxdu soo baxdo si aad u hesho iftiin iyo kuleyl, oo xir marka ay dhacdo. Daahyada dhuuban ama kuwa kulka celinaya oo lagu xiro daaqaadaha iyo albaabada banaanka xiga ayaa sidoo kale waxay yareynayaan luminta kuleylka.



**Si fiican uga faa'iidayso iftiinka dabiiciga ah ee qoraxda!** Daahyada dhinac u jiid markii qorraxdu soo baxdo si aad u hesho iftiin iyo kuleyl, oo xir marka ay dhacdo. Daahyada dhuuban ama kuwa kulka celinaya oo lagu xiro daaqaadaha iyo albaabada banaanka xiga ayaa sidoo kale waxay yareynayaan luminta kuleylka.

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# TILMAAMAHA JIKADA



**Cunto ku karinta maykroweyfka ama eer-faraayarka ayaan koronta badan kaa cuneynin markii**

**loo barbardhigo foornada** sababtoo ah waxay isticmaashaa koronto yar oo cuntada si degdeg ah ayay wax u karisaa. Isloow-kuukariska ayaa sidoo kale waxay kaga waxtar badanyihiin wax ku karinta foornada ama burjikkada fadhayada badan leh markii loo fiiriyo tamarta ay isticmaalayaan. Waxay qaataan saacado markii cunto lagu karinaayo laakiin koronto aad u yar ayay isticmaalaan.



**Hadii aad jalmad buuxda karkarisoo waxay isticmaaleysaa tamar badan,** sidaas daraadeed kaliya karkari biyaha aad

u baahan tahay.

**Ha furin albaabka foornada marar**



**badan.** Sababtoo ah mar walba oo la furo waxay lumisaa qiyaastii rubuc kuleylkeeda. Markaad dhamayso wax karinta, furi albaabka foornada si kuleylka haray uu jikada u diiriyo.



**Marwalba oo cuntada si fiican loo jarjaro oo la yareeyo,** waa marwalba oo ay si degdeg ah u karto, taasoo ka dhigan inaad tamar yar ku karin doonto isla qadarkii cuntada.

# AALADAHHA KORONTADA



**Dabka ka saar ama dami aaladaha ee darbiga uga xiran korontada**, oo dabka ka saar taleefanada markii ay buuxsamaan.

Qalabka korontada oo weli ku jira dabka, xitaa hadii ay isaga jiraan oo lagu sii diyaarsaday, waxay sii isticmaalaan koronto, taas oo badan karta haddii aalado badan ay dabka ku jiraan.



**Dhaqida dharka ee lagu dhaqo 30°C ama ku dhaqida mashiinka korontada yar isticmaala ayaa keeni karta in**

**lacag badan kuu badbaado**, maadaama inta badan oomooyinka loogu talagalay inay si fiican uga shaqeeyaan heerkul hoose.



**Markii aad iska beddelayso aaladaha, gado moodhalada tamarta badan aan isticmaalin**, kuwaas oo lagu qiimeeyo A oo muujinaysa isticmaalka tamar yar.



**Qalajiyayaashii ugu dambeeyay ee kuleylka kasoo saarta mashiinka ayaa isticmaala koronto aad uga yar marka**

loo eego meedhaladii hore ee hawo baxa, ama haddii aad awoodo, dharka ku qallaji banaanka ama ku rid qalajiyaha hawada oo bilaash ah!

# BIYAHA



**Soo xirta shaawarka madax biyaha uga sii daaya si tartiib ah** oo isku day inaad kusoo

daahin qubeysta. Waad dhimi kartaa qarashka biyaha adigoo biyaha xiraya inta aad timahaaga shaambada ku dhaqeyso.



**Feejignooow markaad isticmaaleysa kululeeyaha dareeraha ee**

**korontada ku shaqeyo.** Haddii uu iska shidnaado marwalba, waxay la mid tahay inaad jalmad karkareysa dabka uga tagto. Laakiin haddii aad isticmaasho qiimaha Economy 7, waxaa laga yaabaa in ay daruuri noqoto in habeenkii uu shidnaado.



**In si fiican loo daboolo haanta biyaha kulul ayaa**

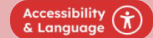
**waxay ka hortagi doontaa in kuleylku baxo**, taasoo suurta galineysa in biyahaaga muddo dheer sii kululaadaan, oo kharashka tamarta yareyneysa.

**HADII AAD WALI KU Dhibantahay Arintaan, Kala Xiriir Qeybta Adeegga TALO-BIXINTA IYO CAWIMAADDA TAMARTA EE NATIONAL ENERGY ACTION TALEEFANKA 0800 3047159 AMA WWW.NEA.ORG.UK/GET-HELP.**

Waxaad u turjumi kartaa warqadaha wacyigelinta iyo websaydka National Energy Action in ka badan 160 luuqadood – sidoo kale waxaad ku heli kartaa adeega cod u-badalidda qoraalka in ka badan 100 luuqadood. Sidoo kale waxaad qoraalka u habeyn kartaa qaab ay kula jaan qaadi karaan dadyowga qaba baahiyaha gaarka ah ee garaadka sida ADHD iyo dhaaylegsiya, iyo dadka aragtidooda ay daciifka tahay.



Guji Badhankeena “Recite me” adigoo booqanaayo barteena [www.nea.org.uk](http://www.nea.org.uk)



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Hey'ad aan saamiley laheyn, faa'iido doona ahayn. Ka diiwaangashan Ingiriiska iyo Welis, Nambor: 01853927.