Habraacyada soo socda waxay tilmaamayaan sida ay tahay in shaqaaluhu u yareeyaan faafitaanka caabuqa marka ay nadiifinayaan mataga iyo shubanka. Habraacyadaan ayaa xakamaynaaya khatarta ku imaanaysa shaqaalaha, macaamiisha, cuntada, iyo dusha goobaha gudaha kurshiinka. Shaqaalaha waa in loo tababaraa qorshahaaga nadaafada qorshehaagana waa in sidoo kale loo gudbiyaa dib u eegis uu sameeyo maamulka sharciyada goobtaada (Washington Administrative Code (WAC, Xeerka Maamulka Washington) 246-215-02500).  
Xaqiiji in dhammaan agabku ay diyaar yihiin si qaab habboon loogu dhaqan gasho habraaca. ***Wax ka badel dukumiintigaan si aad u waafajiso xaruntaada***.

Galka xogta: Qorshaha Nadiifinta Mataga iyo Shubanka

**Ogsoonoow:**U adeegso dukumiintigaan si uu kaaga caawiyo xaruntaada ilaalinta AMC. Xaqiiji inaad la shaqayso [maamulka caafimaadka ee deegaanka](https://doh.wa.gov/community-and-environment/food/local-food-safety-contacts) si laguu siiyo xog kasta oo dheeraad ah ama ogolaanshiyo marka loo baahdo.

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| **Qeybta 1-aad: Xogta Xarunta Cuntada** | | | | |
| **Magaca Xarunta** | | | **Taleefoonka** | |
| **Wadada (Goobta Rasmiga ah)** | | **Magaallada** | **Koodhka Boostada** | **Iimeelka** |
| **Magaca Xariirka** | | **Darajada / Shaqada** | | |
| **Qeybta 2-aad: Liiska Qodobada Qorshaha Nadaafada** | | | | |
| **** | Xarun kasta oo cunto waa inay lahaataa qorshaha nadaafada oo qoran kaasoo ilaalinaaya macaamiisha, cuntada, shaqaalaha, iyo goobaha. Kudar agabka soo socda qorshahaaga nadaafada (wax ka badel marka loo baahdo si aad u waafajiso ganacsigaaga): | | | |
|  | **Difaac Macaamiisha**   * Ka fogee martida meelaha wasaqaysan. * Xir aagaga u jira wax ka yar 25 fiid aaga wasaqoobay ilaa meesha si wanaagsan loo nadiifiyo loogana sifeeyo jeermiska. * Ha oggolaan in martidu fariisato meel 25 fiid uga dhow aagga wasaqaysan ilaa aaga si sax ah loo nadiifiyo loogana dilo jeermiska. * Waxkale: | | | |
|  | **Difaac Cuntada**   * Daadi cuntada aan daboolnayn ama agabka cuntooyinka halka adeegga ee yaala aaga wasaqaysan * Dhaq dhammaan maacuunta iyo qalabka u jiray 25 fiid aagga mataga ama shubanku ka dhacay * Jooji adeegga cuntada ee ka socda meelaha 25 fiid uga dhow aaga wasaqoobay ilaa dhammaan maacuunta, qalabka, iyo dusha goobaha la nadiifiyo lagana sifeeyo jeermiska. * Waxkale: | | | |
|  | **Difaac Shaqaalaha**   * Shaqaale/hawlwadeeno kasta oo cuntada ka shaqeeya oo xanuunsan waa in guriga loo diraa si degdeg ah. Shaqaalaha cuntada ayaan ku laaban karin shaqada ilaa xanuunka haya ay ka bogsoodaan ugu yaraan 24 saac kahor. * Keliya shaqaalaha la tababaray ayaa loo xil saari karaa shaqooyinka nadaafada iyo jeermis sifaynta. * Xiro qalabka difaaca sida gacmo gashiyada, shuluga nadaafada, iyo ookiyaalaha difaaca indhaha marka aad ka jawaabayso dhacdooyinka mataga ama shubanka la xariira. * Shaqaaluhu waa inay farxashaan kadib marka ay dhameeyaan hawsha nadiifinta. * **Shaqaalaha qaybta ka ah nadiifinta waa inaysan ku laaban maamulida cuntada ilaa ay ka qubaystaan ayna iska badelaan dharka.** * Xasuusi shaqaalaha inay u soo sheegaan astaamaha xanuunka ama cudurada laga helay Qofka Maamulka haya. Astaamaha waxaa ku jira matag, shuban, dhuun xanuun qandho la socoto, Indho-caseeye (indho caseeye\_, iyo nabarada caabuqu galay ee ku yaala gacmaha. Xanuunnada ay tahay in lasoo sheego waxaa kamid ah *E. coli*, *Salmonella*, cagaarshoowga A, *Shigella*, iyo norovirus. * Waxkale: | | | |
|  | **Difaac Goobaha**   * Adeegso waxyaabaha wasakhda dhuuqa sida faxisada ama cuntada biisada si aad ugu sifayso mataga ama shubanka muuqda. Ku rid agabka qasaca qashinka. * Nadiifi oo jeermis dile ku sifee goobaha sida dusha miisaska, fasaaxadaha albaabada, iyo kuraasta yaalay aaga 25 fuud uga dhow meesha wasaqoobay. * Bac ku rid, afka ka xir oo tuur dhammaan qalabka nadaafada ee la tuuro (iskoobeyaasha, madaxyada xaaqinka, gacmo gashiyada, tiishka) kahor intaadan ka bixin meesha wasaqaysan. * Xir oo jadwal u samee nadiifinta buufinta ah ee goobaha marada ah ee wasaqoobay ee aan lagu shubi karin daawada jeermiska. * Nadiifi oo jeermiska kadil qalabka dib loo isticmaali karo ee nadaafada ee yaala aagga aan loo adeegsan diyaarinta cuntada. * Waxkale: | | | |

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Qoraalka

Qeexitaanka si otomaatig ah ayaa loo sameeyay

Galka xogta: Qorshaha Nadiifinta Mataga iyo Shubanka

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| **Qeybta 3-aad: Aqoonso Goobaha iyo Kiishada Nadaafada oo la Heli karo** | | | | | | | | | | | | |
| **Dusha goobaha: Aqoonso meelaha xarunta cuntada kamid ah ee u baahan in jeermiska laga dilo si loo xaqiijiyo in shaqaaluhu u tababaran yihiin jeermis dile qorshaysana loo asteeyay goobta** (hubi dhammaan goobaha xarunta): | | | | | | | | | | | | |
| **Adag, oo aan xanaf lahayn** (mutuleelka, vinyl, shubka, birta qalinka ah): Raac tilmaamaha 'goobaha adag' ee ku qoran jeermis dilaha.  **Meelaha xanafta leh** (shubka aan salaaxnayn, alwaaxa): Raac tilmaamaha 'xanafta leh' ku qoran jeermis dilaha.  **Rooga iyo Fadhiga:** Xir aagga oo ku nadiifi buufis haddii aadan awoodin inaad jeermis dile isticmaasho.  **Daahyada iyo dharka:** Mashiin ku dhaq oo dab ku qalaji; adeegso warankiilada koloriinta haddii ay suurtagal tahay.  **Cawska iyo shubka banaanka:** Xir gelitaanka; adeegso agabka wasakhda dhuuqa meelaha wax ku daateen; ku aruuri bac; ku dhaq meesha biyo.  Wax kale: | | | | | | | | | | | | |
| **Kiishada Nadaafada: Aqoonso agabka loo heli karo nadaafada ee yaala xarunta cuntada** (tigsaar dhammaan meelaha ay qusayso): | | | | | | | | | | | | |
| Maaskarooyinka la tuuri karo | | | Agabka qoyaanka dhuuqa  (faxisada, buunshaha biisada) | | | | Madaxa xaaqinka ee la tuuri karo  (ha buufin) | | | | | Agabka kale: |
| Gacmo gashiyada la tuuri karo | | | Iskoobeyaasha la tuuri karo/tiishka | | | | Baakada xaaqinka/biyo kulul | | | | |
| Shulugyada la tuuri karo | | | Bacaha qashinka | | | | Cajalka ama calaamadaha digniinta | | | | |
| Ookiyaalaha waawayn | | | Tiishka/istaraashada musqusha ee la tuuri karo | | | | Saabuun | | | | |
| **Jeermis Dilaha: Faahfaahin ku saabsan sida loo sameeyo loona adeegsado jeermis dilaha** (ka fiiri tilmaamaha ku qoran maadada): | | | | | | | | | | | | |
| Magaca Jeermis dilaha ka diiwaan gashan EPA:  Warankiilo ama  Wax kale:  Cadadka Jeermis dilaha:       Cadadka Biyaha:       Waqtiga Taabashada:  Tilmaamaha: | | | | | | | | | | | | |
| Goobta Kiishada: | | | | | | Goobta siinka maacuunta si loo nadiifiyo agabka dib loo isticmaali karo: | | | | | | |
| *Ogsoonoow:Agabka loo adeegsado nadiifinta mataga iyo shubanka waa inaan la dhigin ama lagu nadiifin jikada haddii ay suurtagal tahay.* | | | | | | | | | | | | |
| **Qeybta 4-aad: Tababarka Shaqaalaha** | | | | | | | | | | | | |
| **Tababarka Shaqaalaha:** Shaqaalaha waa in si sax ah loo tababaraa xili hore. Dooro dhammaan meelaha ku khuseeya. | | | | | | | | | | | | |
|  | Sidee loo tababaraa shaqaalaha? | | | | | | | | | | | |
| Akhri oo saxiix qorshaha | | | Muujinta kiishada | | | | Waxkale: | | | | |
|  | Intee jeer ayaa la tababaraa shaqaalaha? | | | | | | | | | | | |
| Halmar | Afar jeer sanadkii | | | Sanad kasta | | | | Waxkale: | | | |
| **Shaqooyinka Shaqaalaha:** U dhiib shaqaalaha aan ahayn kuwa cuntada qaabilsan shaqooyinka nadiifinta marka ay suuragalayso. Dooro dhammaan meelaha ku khuseeya. | | | | | | | | | | | | |
|  | Qofkee ayay tahay in la ogeysiiyo haddii matag ama shuban uu yimaado? | | | | | | | | | | | |
| Maamulaha | Shaqaalaha nadaafada | | | Kabar-yeeriga | | | | | Cunto kariyaha | Cidkale: | |
|  | Yaa masuul ka ah nadiifinta wasaqda mataga iyo shubanka? | | | | | | | | | | | |
| Maamulaha | Shaqaalaha nadaafada | | | Kabar-yeeriga | | | | | Cunto kariyaha | Cidkale: | |
| **Qeybta 5-aad: Macluumaad Dheeraad ah oo Gaar u ah Xarunta** | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
| **Qeybta 6-aad: Joogtaynta Qorshaha** | | | | | | | | | | | | |
|  | Xagee lagu haynayaa qorshaha nadaafada gudaha xarunta cuntada? | | | | | | | | | | | |
|  | Intee jeer ayaa dib u eegis iyo wax ka badel lagu samaynayaa qorshaha?  Sanad kasta  Waxkale: | | | | | | | | | | | |
| **Qeybta 7-aad: Saxiixa** | | | | | | | | | | | | |
| Qorshaha waxaa diyaariyay: | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
| Saxiixa Taariikhda | | | | | | Magaca Daabacan Taleefanka | | | | | | |
| Si aad dukumiintigaan oo qaab kale ah u dalbato, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimayl u dir civil.rights@doh.wa.gov. | | | | | | | | | | | | |