

Ilaalinta Waqtiga/Heerkulka Qaboojinta si loo fayo-dhowro Cuntada (TCS)

KAHORTAGA IN BAKTEERIYADU LABA JIBAARANTO AMA SAMAYSA SUN

Waqtiyada iyo heerkulada qaboojinta amaanka ah

- Cuntada TCS waa in qaboojinta laga soo bilaabaa 135°F ilaa 70°F muddo 2 saac gudaheed ah iyo waa in si buuxda loo qaboojiyaa ilaa heerkulka 41°F ama ka hoos muddo 6 saacadood ah gudahood.
- Cuntada TCS ee laga sameeyay maadooyinka heerkulka caadiga ah waa in la qaboojiyaa ilaa heerkulka 41°F ama ka hoos 4 saacadood gudahood.

Tusaalayaasha qaboojinta badqabka leh

Cuntada basbaaska leh ee sida fiican loo karshay waxaa la qaboojiyaa laga bilaabo heerkulka 135°F ilaa 70°F 1 saac gudihiis. Shan saacadood ayaa kahartay mudadii ay si buuxda u qaboobi lahayd cuntada basbaaska ilaa 41°F.

Saladka tuuna ee laga sameeyay maadooyinka heerkulka caadiga ah ayaa laga soo qaboojiyaa heerkulka 68°F ilaa 41°F 4 saacadood gudahood ama kayar.

Tusaalayaasha qaboojinta aan badqabka ahayn

Basbaaska si fiican loo karshay waxaa la qaboojiyaa laga bilaabo heerkulka 135°F ilaa 41°F 6 saacadood gudahood, laakiin qaboojintii koobaad ee lagu geeyay 70°F ayaa qaadatay 3 saac. Basbaaska waa in la iska daadiyaa.

Saladka tuuna ee laga sameeyay maadooyinka heerkulka caadiga ah ayaa lagasoo qaboojiyaa heerkulka 68°F ilaa 50°F 4 saacadood gudahood. Saladka tuuna waa in la iska tuuraa.

Aaga khatarta ee heerkulka

Cabirka heerkulka ee bakteeriyada cudurka keenta ka dhalato inta badan cuntada TCS ayaa loogu yeeraa aaga khatarta ee heerkulka.

- Aaga khatarta ee heerkulka ayaa u dhexeeya 41°F iyo 135°F.
- Cuntada TCS waa inay ka gudubtaa aaga khatarta ee heerkulka sida ugu dhakhsaha badan ee macquulka.
- Cuntada kulul kulayl ha ahaato midda qaboowna qaboow ha ahaato. Mar kasta isticmaal aalada heerkulka cabirta si aad u hubiso heerkulka gudaha ee cuntada.

Qaababka qaboojinta

Si degdeg ah u qabooji cuntada adoo adeegsanaaya mid kamid ah qaababka soo socda ee qaboojinta ama ka badan:

- Ku shub cuntada digsi godan
- Cuntada u kala qaybi cadad yaryar ama
- dhuuban
- Qasacyada biyaha barafka ah kadibna si xariir ah u walaq
- Adeegso qasacyo bir ah

- Kudar baraf kamid ah maadooyinka
- Adeegso aalada qaboojinta degdega ah, sida dajiyaasha qaraxa
- Adeegso qabatooyinka barafka oo nadiif ah lana jeermis-dilay
- Adeegso qaabab kale oo waxtar leh

Markaad adeegsanayso qalabka qaboowga ilaalsha si aad cunto ugu qaboojiso, sii meel ay hawadu marto dhexda iyo geesaha qasacyada. Markasta ka difaac cuntada inay sumoowdo.

Hennepin County Environmental Health

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