Nadaafada shaqsiga ee Shaqaalaha

KAHORTAG XANUUN CUNTADA KA DHASHA

Shaqo ka saarida iyo xadidaada shaqaalaha xanuunsan

Qofka masuuliyada leh (PIC) waa inuu ka saaraa dhammaan shaqaalaha xanuunsan xarunta intay leeyihiin:

- Shuban
- Matag

Kuma laaban kartid shaqada ugu yaraan 24 saacadood kadib marka xanuunku kaa ba'o. Tan waxaa ku jirta ka shaqaynta cuntada bilaa daboolka ah, qalabka nadaafada, maacuunta, istiraashooyinka, iyo agabka halka mar la adeegsado ama la isticmaalo.

Shaqo ka saarida iyo xadidaada ayaa ku qaban kara haddii lagaa helo:

- Norovirus
- *Salmonella*
- *Shigella*
- Fayraska cagaarshoowga A
- Sunta Shiga oo soo saaraysa *E. coli*
- Caabuq ka dhashay bakteeriya kale, fayras
- ama jeermis jirka gala

Kahortaga sun ka imaanaysa gacmaha

Waad ka hortagi kartaa gacan ku sumaynta cuntada adoo farxalanaaya, joojinaaya taabashada cuntada fudud daboolaayana dhaawacyada furan.

Farxalka

Sida loo farxasho:

1. Qoo gacmahaaga
2. Mari saabuun
3. Ismar-mari gacmahaaga muddo 10 ilaa 15 ilbiriqsi ah
4. U biyo raaci gacmahaaga Si fiican
5. Qalaji gacmahaaga
6. Nadiifi gacmahaaga

Shaqada guud waa inay socotaa ugu yaraan 20 ilbiriqsi.

Marka la farxalanaayo:

- Kahor intaadan ka shaqayn cuntada, maacuunta, ama qalabka
- Kahor intaadan gashan gacmo gashi
- Hadba inta mar ee loo baahdo inta lagu
- jiro diyaarinta cuntada iyo marka aad
- badalayso shaqooyinka
- Kadib taabashada meel wasaq ah iyo qaybaha jirka iyo markasta oo gacmahaagu sumoobaan
- Kadib markaad gasho musqusha

Meesha lagu farxalanaayo:

Keliya ku farxalo waaskada loo sameeyay farxalka.

Xiro gacmo gashiyada oo adeegso maacuunta

Iska ilaali u gudbinta sunta cuntada u diyaarsan in la cuno ee ka imaanaysa gacmaha qaawan adoo xiranaaya gacmo gashiyada halka mar ama adeegsanaaya qaadooyinka, tiishka deeli, istiraasho ama catir.

Hennepin County Environmental Health
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Meel jirka ka go'an, dhaawac iyo nabaro

Si buuxda ugu dabool meel kasta oo go'an, dhaawac ah, ama nabaro furan ku yaalaan gacmaha iyo dhudhunka kuna dabool faashad aysan biyuhu ka dusi karin. Xiro gacmo gashiyada halka mar la isticmaallo ee faraha ama faashado aad ku duubayso gacamaha iyo faraha.

PIC waa inuu shaqaalaha ka ilaaliyaa inay shaqeeyaan haddii ay qabaan caabuqa maqaarka ama meel ka gubtaan taasoo dhaawac furan ah ama dheecaan ka socdo aysana si fiican u daboolnayn.

Dharka, timaha, cidiyaha faraha iyo jijimaha

Xiro maryo nadiif ah iyo timo xire wanaagsan sida shabaqa timaha, koofi ama cimaamad. Intaad diyaarinayso cuntada, waa qasab inaadan lahayn cidiyo cilaaman ama burugo ah, aadana xiran jijimaha gamcaha iyo faraha, marka laga reebo faraantiga arooska ama faraanti kale oon sharaxnayn.

Shaqaalaha masuuliyadoodu ay khatarta yar gelinayso sumaynta cuntada bilaa daboolka ah, qalabka nadaafada, maacuunta, istiraashooyinka, iyo agabka halka mar la adeegsado ayaa shaqayn kara ayagoon xiran timo xire.

Cunista, cabista ama adeegsiga tubaakada

Cunista, cabista ama adeegsiga tubaakada lagu cabo aaga diyaarinta cuntada ayaa gabi ahaanba mamnuuc ah sababtoo ah gacmaha, cuntada, iyo meelaha cuntadu taabato ayaa sumoobi kara. Waxaa laguu ogol yahay inaad ku cabto qasac daboolan.

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