

Quudinta Dadwaynaha ee Shaqooyinka Xaaladaha Degdega ah HELITAANKA IYO QALABAYNTA BARTA QUUDINTA DADWAYNAHA

Badbaadada Cuntada

- Ku hay cuntooyinka dhaqso ku halaaba heerkulka caadiga ah muddo 30 daqiiqo ah ama ka yar. Haddii kale, cuntada qaboow ha ahaato 41°F ama hoos, ama cuntada kulul ha haato 135°F ama ka badan.
- Ha bixin cuntada xakamaynta heerkulka badqabka (cuntada TCS) sida hilibka la shiiday ama saanwijka saladka ukunta, digaaga ama salad kale oo fuul, baradho leh salar iyo doolshe kareem leh iyo macmacaanka buskudka.
- Agabka cuntada ee saxda ah waxaa ku jira subaga lawska iyo saanwijka malmalaadada, hilibka ama burcadka la uumateeyay, iyo miraha la gaseecayay iyo khudaarta.
- Ha siin dadka cunto guriga lagu diyaarshay ama cunto kulul. Cuntooyinka aan ahayn TCS ee guriga lagu diyaarsho sida macmacaanka la dubay, baararka, miraha la farsameeyay ama doolshaha waa la aqbali karaa.

CUNTADA KULUL KULAYL HA AHAATO 135°F AMA KA BADAN.

CUNTADA QABOOW HA AHAATO 41°F AMA KA HOOS.

Jeermis dilida maacuunta cuntada lagu karsho laguna cuno

Adeegso saxuun la tuuri karo iyo maacuun markay suuragal tahay. Dib ha u isticmaalin agabka caaga ah

ama xaashida. Hadday qasab tahay inaad adeegsato saxuun la dhaqaayo iyo maacuun, ku nadiifi waaskada heerka sadexda qaybood ah, ama waaskad leh sadex xirmo oo kala duwan kaasoo noqon kara waaskad sadex qaybood ah oo la nidaamshay.

Habraaca jeermis dilida maacuunta cuntada lagu karsho laguna cuno

1. Ku dhaq sheey kasta waaskada koobaad, adoo adeegsanaaya saabuunta caadiga ah ood ku dartay biyo nadiif ah, oo kulul.
2. Ku biyo raaci waaskada labaad, adoo adeegsanaayo biyo nadiif ah, oo kulul. Ka biyo raaci haraaga saabuunta, si aad u hubiso in talaabada ugu danbaysa ee nadiifintu ay waxtar leedahay.
3. Jeermiska uga saar maacuuntaada waaskada sadexaad. Adeegso dareere ka samaysan hal qaado oo cadeeye ah oo lagu daraayo halkii galaan oo biyo ahba. Tani waxay dhalinaysaa baraxa koloriinta oo ka kooban 200 oo qaybood halkii milyanba, taasoo ku filan inaad ku sifayso saxamuuntaada, xataa haddii biyaha aad adeegsanayso jeermis galo. Xaqiiji inaad biyaha aad weelasha ku dhaqayso ay yihiin kuwo nadiif ah oon lahayn wasaq ama sun.
4. Hawada ku qalaji dhammaan saxamuunta iyo maacuunta.

Shaqaalaha adeegga cuntada

Dhammaan dadka ku tabarucaaya inay ka shaqeeyaan xaruntaada quudinta bulshada waa inay helaan tababar wanaagsan kahor intaysan shaqada bilaabin.

Nadaafada shaqsiga

- Shaqaalaha cuntadu waa inay u farxashaan si joogto ah, si gaar ah kadib markay galaan musqusha, ama ay ka shaqeeyaan agabka ama qalabka laga yaabo inuu jeermis leeyahay.
- Nadiifi jirkaaga iyo dharkaaga. Nadiifintu waxay muhiim u tahay dhammaan dadka ka shaqaynaaya xarunta quudinta bulshada.
- Dadka qaba astaamaha xanuunka ee mataga, shubanka, qandhada, ama neef qabadka waa inaan loo ogolaan inay ka shaqeeyaan shaqada bixinta cuntada.
- Ma jiro qof meel ay ka go'an tahay jirka, meel ka gubtay ama qaba dhaawac kale oo jireed oo loo ogolaan karo inuu ka shaqeeyo cuntada ilaa in dhaawacyada lagu daboolo maahee faashad ama gacmo gashi aan biyuhu ka dusi karin.

Sida loo dhaqo gacmahaaga

1. Qoo gacmahaaga
2. Mari saabuun
3. Ismar-mari gacmahaaga muddo 10 ilaa 15 ilbiriqsi ah
4. Biyo raaci gacmahaaga
5. Qalaji gacmahaaga
6. Nadiifi ha ahaadaan gacmahaagu

Shaqada guud waa inay socotaa ugu yaraan 20 ilbiriqsi. Gacmo gashiyada, istiraashooyinka qoran ama nadiifiyaasha gacmaha badal uma noqon karaan farxalka.

Ka hortag ku taabashada gacmo qaawan cuntada u diyaarsan in la cuno

Dadka ku jira masiibada ayaa khatar wayn u geli kara inay ku jiradaan cuntada aan badqabka lahayn. Hal qaab oo badqabka cuntada lagu ilaalin karo wa in shaqaalaha cuntadu xidhaan gacmo gashiyada markay cuntada diyaarinayaan.

Waa muhiim in gacmo gashiyada loo adeegsado si sax ah:

- Shaqaalaha cuntadu waa inay deegsadaan maacuunta sida birqabatada, qudayaasha, suufka, ama gacmo gashiyada halka mar la isticmaalo si ay iskaga ilaaliyaan inay cuntada taabtaan markasta oo ay suuragalayso.
- Waa muhiim inaad xirato gacmo gashiyada marka aad taabanayso cunto aan la karin doonin (u diyaarsan in la cuno) sida saanwijka, jeexyada kaaroodka iyo macmacaanka.
- Shaqaalaha cuntadu waa inay xidhaan galoofisyada halka mar la isticmaallo markay diyaarinayaan cuntada aadka looga shaqeeyo. Tan waxaa ku jira samaynta saanwijka, jeex-jeexida khudaarta ama diyaarinta cuntada ku jirta saxanka.

Sidoo kale waa muhiim in la xasuusnaado in labadaba gacmaha iyo galoofiskuba ay markasta nadiif ahaadaan.

- Markasta farxalo kahor intaadan xiran gacmo gashiga nadiifta ah.
- Iska badal gacmo gashiyada wasaqooba.
- Marna ha dhaqin ama dib ha u isticmaalin gacmo gashiga.
- Badal gacmo gashiyada markaad badasho shaqada, sida marka aad kasoo baxdo samaynta saanwijka aadna aado jarjarista khudaarta.
- Iska tuur gacmo gashiga markaad isticmaasho kadib.
- Farxalo markaad gacmo gashiga iska bixiso kadib.

Hennepin County Environmental Health

479 Prairie Center Drive Eden Prairie, MN 55344

612-543-5200 | www.hennepin.us/envhealth

Mass feeding for emergency operations_Somali_HC_6-25

Content courtesy of the [Minnesota Department of Health](http://www.mn.gov)



Kormeerka

Haddii ay suuragalayso, qof khibrad u leh shaqooyinka waawayn ee cuntada ayaa kormeer ku samayn kara shaqadaada quudinta bulshada. Kormeerayaasha imaan kara waxaa kamid ah maareeyaasha adeegga cuntada ee dugsiga ama xarunta, ama dadka ka shaqayn jiray cunto karinta, shaqaalaha ama maareeyaasha maqaayadaha waawayn.

Biyaha la cabbo

Haddii biyahaaga jeermis galo ama aadan hubin badqabkooda:

- Adeegso keliya biyaha aad karisay ama dhalada ku jira.
- Keliya adeegso barafka ganacsiga loo xirxiray ee aad ka hesho ilaha la ansixiyay.

Maaraynta qashinka

Si joogto ah iskaga fogee qashinka. Haddii aan la heli karin xarunta qashinka la dhigo ee deegaanka, adeegso aaga banaan ood qashinka si ku meel gaar ah usii dhigto. U nadiifi aagaan kaydka ku meel gaarka ah si adag, geena qashinka xarunta qaadiga ah marka dib loo furo.

Hennepin County Environmental Health

479 Prairie Center Drive Eden Prairie, MN 55344

612-543-5200 | www.hennepin.us/envhealth

Mass feeding for emergency operations_Somali_HC_6-25

Content courtesy of the [Minnesota Department of Health](http://www.health.state.mn.us/)

