

Shuruudaha Cuntada ee Waqtiga iyo Heerkulka

XAKAMAYNTA KOBACA JEERMISYADA CUNTADA KA DHASHA

Aaga khatarta ee heerkulka

Cabirka heerkulka ee bakteeriyada cudurka keenta ka dhalato xakamaynta heerkulka badqabka cuntada (TCS) ayaa loogu yeeraa aaga khatarta ee heerkulka.

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

Qaboojinta Cuntada

- Kasoo qabooji cuntada kulul heerkulka:
 - 135°F kana dhig 70°F labo saacadood gudahood

IYO

- 135°F kana dhig 41°F ama ka hoos muddo 6 saac ah gudaheed wadarta guud.
- Hadba sida qaboojinta cuntada loo boobsiiyo, ayaa sii wanaagsan tahay.

Qaboow ku haynta cuntada

- Ku ilaali cuntada qaboow heerkulka 41°F
- ama ka hoos.
- Cuntada la qaboojiyay waa inay qaboow ahaato.

Karinta cuntada xoolaha ee ceeriinka ah

Shaxda hoose waxay muujinaysaa shuruudaha ugu yar ee qaar kamid ah cuntooyinka xoolaha ee ceeriinka ah kuwa ugu caansan.

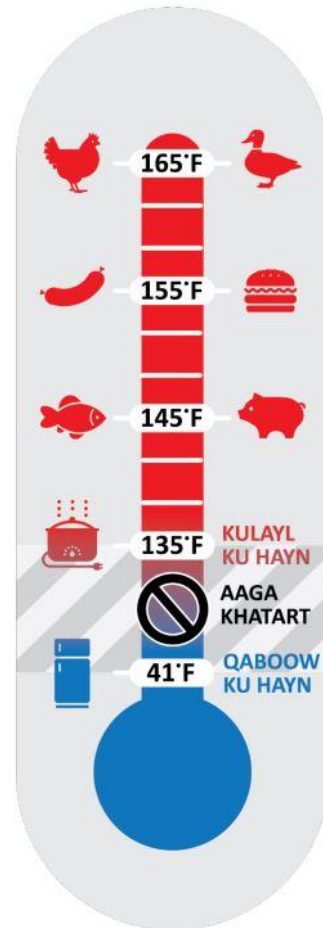
Cuntada	Heerkulka gudaha iyo waqtiga
Hilibka digaaga Xayawaanada duurjoogta Kaluun dalacan, hilib, baasto ama digaag Cunto isku jirta oo ku jiro kaluun, hilib ama digaag	165°F muddo 15 ilbiriqsi ah
Hilibka oodkaca ama caadiga ah, kaluun, iyo xayawaanada ugaarta Ratitae Hilib la duray ama la jilciyay Ukunta biyaha kulul	158°F (degdeg) AMA 155°F muddo 15 ilbiriqsi AMA 150°F muddo 1 daqiiqo AMA 145°F muddo 3 daqiiqo ah
Kaluunka Hilibka muruqa oo dhan Xoolaha ugaarta Ukunta adeegga degdeg ah	145°F muddo 15 ilbiriqsi ah

Kulayl ku haynta cuntada

- Ku ilaali cuntada kulul heerkulka 135°F ama ka sareeya.
- Roosto sifiican loo karshay ayaa lagu hayn karaa heerkul dhan 130°F ama ka badan.

Cunto dib u kululayn

- Cuntada guriga lagu sameeyay kadibna dib loo kululeeyay si ay kulayl u ahaato waa inay gaartaa heerkulka gudaha ugu yaraan 165°F muddo 15 ilbiriqsiyo ah.
- Cuntada lagu sameeyay warshadaha cuntada sameeya, lagu furay goobta cuntada, kadibna dib loo kululeeyay si kulayl loogu hayo waa inay gaartaa heerkulka 135°F.
- Degdeg dib ugu kululee cuntada, labo saacadood gudahood.
- Cuntada la kariyay si sax ahna loo qaboojiyay ayaa lagu cuni karaa heerkulkii la rabo haddii isla markaaba la cunaayo.



Hennepin County Environmental Health

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Temperature and time requirements_Somali_HC_6-25

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

