

Ilmahaaga waxaa laga yaabaa inuu soo gaadhay:**Shuban Faafa**

Shubanku waa saxaro tiro badan (calool socod) waa saxaro debecsan oo biyood ah marka la loo eego saxarada caadiga ah. Waxaa dhalin kara sida jeermiska *E. Coli* 0157:H7, *Salmonella*, iyo rotovirus.

Haddi aad u malaynaysid in ilmahaagu qabo

shubanka faafa, u sheeg xannanada iyo dugsiga.

Ilmuhu ha joogo guriga oo yaanu tegin

xanaanada ilaa 24 saacdood kadib marka shubanku ka joogsado. Raac tilmaamaha jeermiskaa haddii ilmaha la baadhay oo la garanayo jeermiskaa.

Caruurta da'da iskuuladu uma baahna inay guriga joogaan, haddaanay fiicnayn oo xanuunsanayaan iyo/ama shubmayaana oo u baahan yihiin inay marar badan musqusha tagaan.

Qof kasta oo shuban qaba waa in aanu gelin harooyinka, berkadaha, meelo biyo laysku saydhiyo, meelaha biyaha lagu ciyaaro, ama biyo kulul ilaa iyo inta shubanku joogsanayo.

Wixii macluumaad dheeraad ah, wac Hennepin County HSPHD Faafa ee 612-543-5230 ama wac Waaxda caafimaadka ee xaafaddaada.

Astaamaha

Ilmahaaga waxa laga yaabaa inuu leeyahay saxaro shubmaysa oo dareeraysa marka loo eego tiisa caadiga ah. Saxarada dhiig ama xab baa la socon kara. Waxaa kamid ah calaamadaha kale calool xanuun, hunqaaco iyo qandho.

Haddii ilmaha shuban ku dhaco waxay qaadan kartaa maalin ilaa 4 usbuuc (ama in ka badan) inta calaamadaha shubanku ku muuqanayaan.

Fidin

- Iyado la cuno raashin ama la cabo sharaab saxaro gaadhay.
- Iyado la taabto gacmo, alaabo ama meel ay saxaro gaadhay.

Mudada fidida

Cudurku waa fidi kara inta jeermisku ku jiro saxarada.

Wac daryeelaha caafimaadkaaga

- Haddii gurigaaga uu joogo gof astaamahaas leh, waxaa jira baadhitaan lagu garan karo jeermiskaa.
- Daawayn waa la heli kara marka la garto jeermiska shubanka sababaya.

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Ka hortagga

- Dhaq gacmahaaga kaddib markaad isticmaashid musqusha ama bedeshid xafaayada ilmaha. Dhaq gacmahaaga ka hor inta aanad diyaarin cunto ama cunin. Ilmahaagu waxaa loga yaabaa inuu u baahdo caawin dhaqista gacmaha.
- Dhaq gacmahaaga kaddib markaad taabatid xayawaanada guri joogta ah ama kuwa beeraha.
- Nadiifi alaabada ay taabato saxaradu, sida meesha lagu saxaroodo, meesha wejiga lagu dhaqdo alaabta caruurta ku ciyaarto iyo meela lagu beddelo xafaayadaha. Isticmaal daawooyinka jermiska dila.
- Ha liqin biyaha harooyinka, berkadaha, beeraha biyaha ama barkadaha biyaha kulul.