ILAALINTA CUNTADA

Isqiimeynta Hagaha Sawir ah iyo Xidhmada Dhejinta ee

LOOGU TALAGALAY ADEEGGA CUNTADA

APC Advancing Public Health Preparedness Through Innovation
Advanced Practice Centers

University of Minnesota
EXTENSION

Wax soo saartay Twin Cities Metro APC oo ay weheliso Waaxda Adeegga Cuntada ee Jaamacadda Minnesota

Soomaali

Ku Saabsan Hagahan

Xeeladdan ilaalinta cuntada ayaa bixiya hage sawir is-qiimayn ah, shey meel ku dhajin, iyo liiska-hubinta is-qiimayn oo horay loo daabacay. Wadajir, ayay aaladahani u bixiyaan nidaam sii-socod leh oo lagu ilaaliyo cuntadaoolagu horumariyo habdhaqanka shaqaalaha maqaaxiyaha iyo goobaha kale ee adeeggaa cuntada ah. Waxay ka kooban yihin waxa ku jiraa:

- Hage Buug-rogid Sawir leh, oo loogu talagalay u isticmaalka Liiska-hubinta Is-qiimaynta Badbaadada iyo Ammaanka Cuntada ama haddii kalese, lagu dhejinayo rugaha shaqada u ahaan hage hab-dhaqan wanaagsan.
- Liiska-hubinta Is-qiimaynta Badbaadada iyo Ammaanka Cuntada
- Laba Meel Ku Dhejisyo, ka weyn oo loogu talagalay ku dhejinta jikada oo ku saabsan hab-dhaqanka badbaadada cuntada si looga ilaaliyo farofareyntaoo loo qaado talaabooyin haddii korontada la waayo
- Ku qoran Soomaali

Twin Cities Metro Advanced Practice Center (APC) waa isbahaysi ka dheexeeya Magaalada Minneapolis, Hennepin County iyo St. Paul-Ramsey County, oo ay kharashka bixiyeen National Association of County and City Health Officials (NACCHO) lagana kaashado Xarumaha Xakamaynta iyo Kahortagga Cudurrada (Centers for Disease Control and Prevention, CDC).

Daabacii Ugu Horreeyay: Gugii 2008 • Twin Cities Metro APC • www.NACCHO.org/Publications

Kuna saabsan Is-qiimaynta Adeegga Cuntada

Liiska hubinta Is-qiimaynta yaa bixiya arrimo hubin caadi ah iyo dariiqo lagu saxo hab-dhaqannada lagu ilaalinayo cuntada oo lagaga hor-tagayo jirrooyinka cuntada-ka-dhasha. Siddeedda qaybood midkood kasta laga bilaabo Caafimaadka iyo Nadaafadda Shaqaalaha illaa Goobta Lafteeda iyo Maamulkeeda, shaqaalaha cuntada oo ku qiimeeya hab-dhaqankooda qiyaas tilmaameed dhaksho leh laga bilaabo hal illaa shan iyada oo loo eegayo hab-dhaqannada ugu fiican ee ku taxan liiska-hubinta qiimaynta. Waxyaabaha ficil sixitaanka loogu baahan yahay, liiska-hubinta ayaa siiya meel lagu qoro ficilka loo baahan yahay iyo taariikhda la dhammaystiray. Siddeedda qaybood ayaa midabbo kala duwan ku nidaamsan si loogu aaddiyo qaybaha hagahan sawir.

Shaqaalaha safka hore ugu jira shaqada oo laga qaybgaliyo is-qiimayta ayaa ah dariiq fiican oo ay raacaan maareeyeyaasha cuntadu sii ay u baraan shaqaalaha hab-dhaqannada ugu fiican ee badbaado loogu hayo cuntada. Meheradda cuntada ayaa isbar-bar dhigi karta wadarta dhibcaha qiimaynta in muddo ah oo qiimayn doonta horumarka dhaqanka oo raadraaci karta horumarka iyo ficilka loo baahan yahay. Is-qiimata joogtada ah ayaa u diyaarin doonta meheraddaada baadhitaanka caafimaadka.

Kooxda Mashruuca

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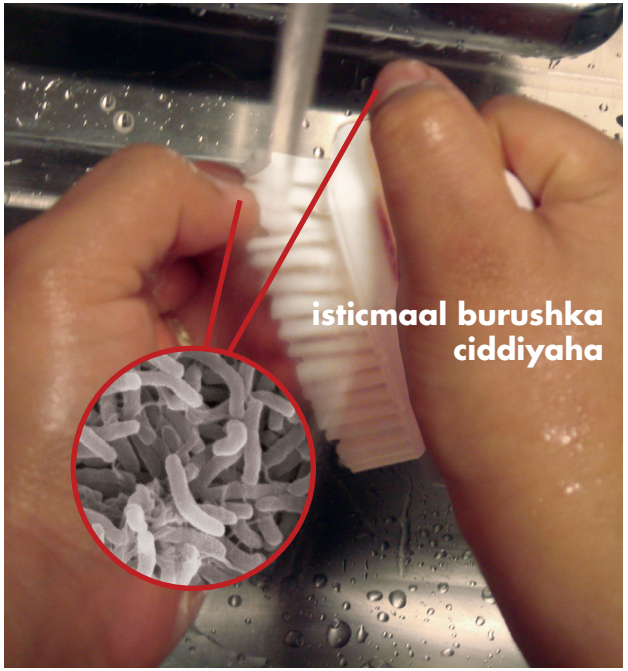
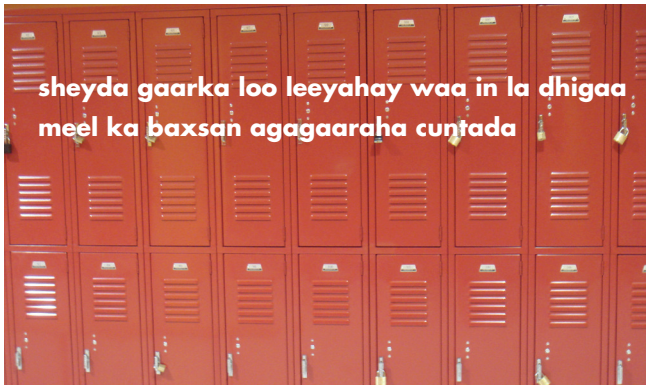
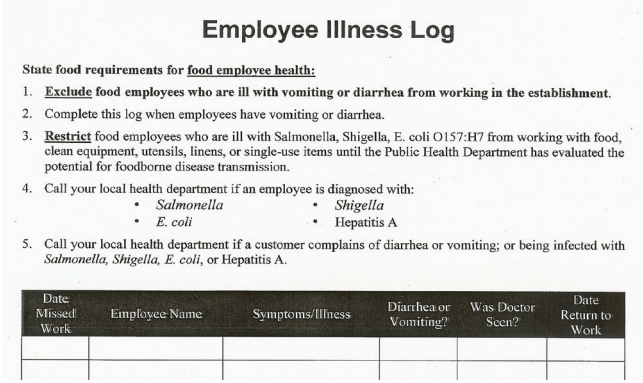
Naqshadaynta sawir waxa leh ONE Design, inc.

Kooxda ayaa si mahad-celin leh ugu qiraneysa fikradaha iyo talooyinka ay bixiyeen hawl-wadayaasha maqaaxiyaha deegaanka iyo saraakiisha caafimaadka bey'ada agagaarka magaalo weynta ee Minneapolis Food Safety Council iyo koox la xulay oo hagay soo saarka aaladahayaga.







Employee Illness Log

State food requirements for food employee health:

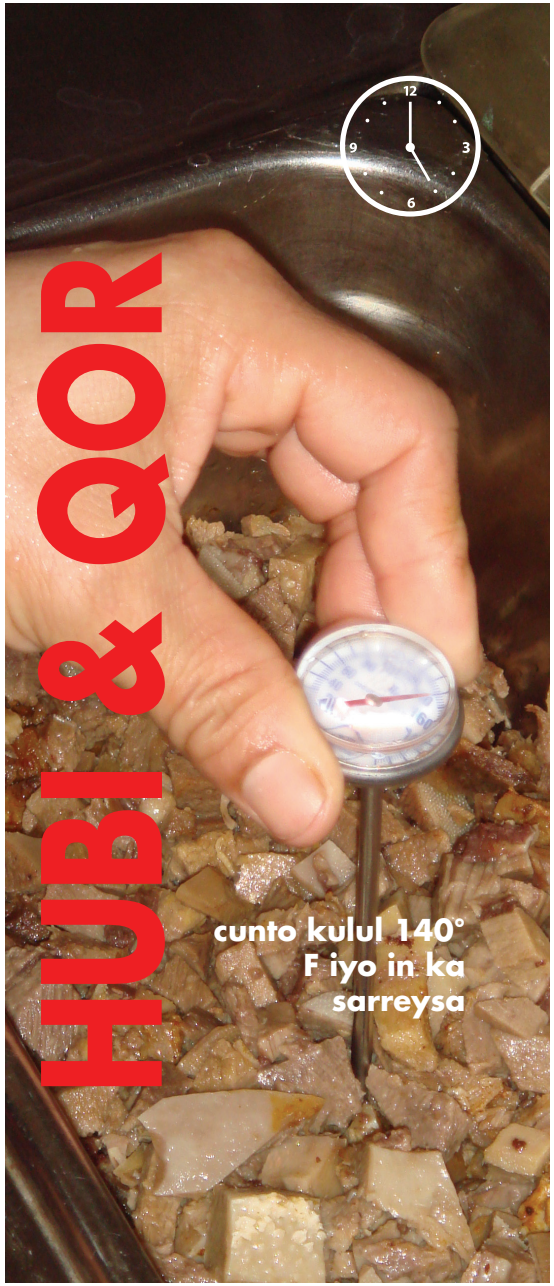
1. **Exclude food employees who are ill with vomiting or diarrhea from working in the establishment.**
2. Complete this log when employees have vomiting or diarrhea.
3. **Restrict** food employees who are ill with Salmonella, Shigella, E. coli O157:H7 from working with food, clean equipment, utensils, linens, or single-use items until the Public Health Department has evaluated the potential for foodborne disease transmission.
4. Call your local health department if an employee is diagnosed with:
   - *Salmonella*
   - *Shigella*
   - *E. coli*
   - Hepatitis A
5. Call your local health department if a customer complains of diarrhea or vomiting; or being infected with *Salmonella, Shigella, E. coli*, or Hepatitis A.

Date Missed Work	Employee Name	Symptoms/Illness	Diarrhea or Vomiting?	Was Doctor Seen?	Date Return to Work

Shaqaale Caafimaad, Nadaafad iyo Tababbar

HA U KALA GUDBIN FADDARAYNTA

Ka-hortagga Faddaraynta



DAILY LOG

Week Ending:_____

Food Checked: hot well/ & Cooler	Required Temp	Monday (record temp)			Tuesday (record temp)			Wednesday (record temp)			Thursday (record temp)			Friday (record temp)			Saturday (record temp)			Sunday (record temp)		
		AM	MID	PM	AM	MID	PM	AM	MID	PM	AM	MID	PM	AM	MID	PM	AM	MID	PM	AM	MID	PM
Sanitization:	Required Sanitizer																					
Sanitizer Bucket: **record sanitizer level**																						
Three compartment																						

Wakhtiga iyo Heerkulka Cuntada Suurtagal Ahaan Halista Ah

KA HOR INTA AADAN KA HUBIN

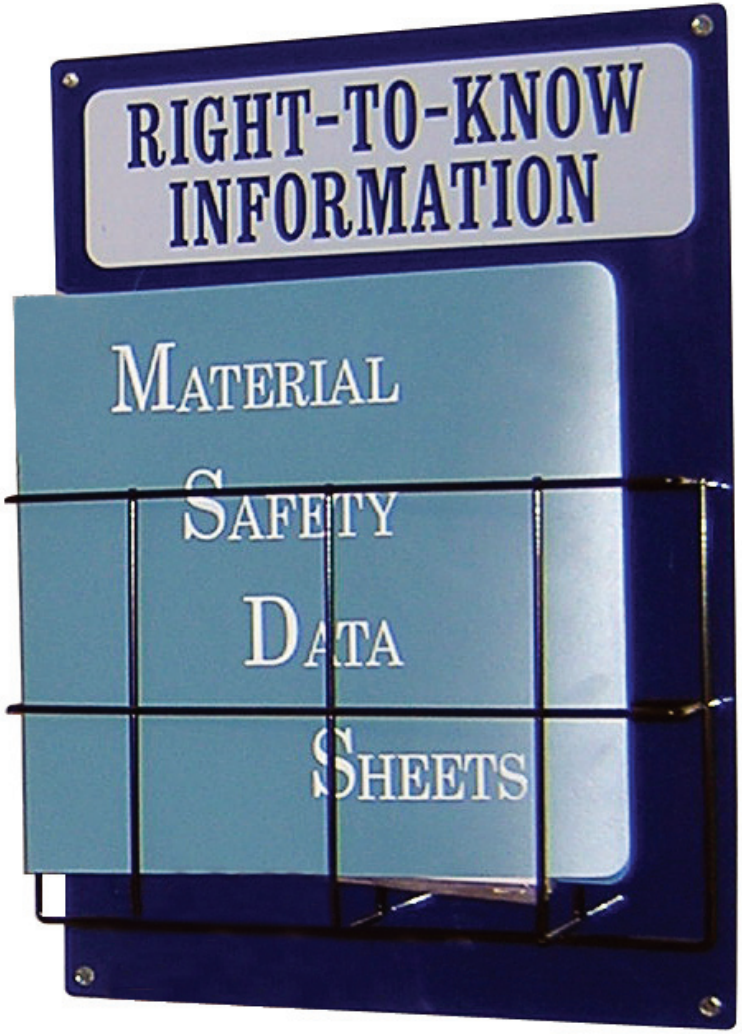
EEG

Il La Ansixiyay

dhig meel ka fog cuntada

ISTICMAAL BADBAADO

xaqiiqda kiimikada MSDS ayay heli karaan shaqaalahu



Kiimikooyin

RAKIBITAAN BADBAADO LEH

Isticmaalka Sax ah ee Alaabada iyo Qalabka

AMMAANKA

albaabka xagge dambe
ha qufulnaado

quful marka aan
la isticmaalayn

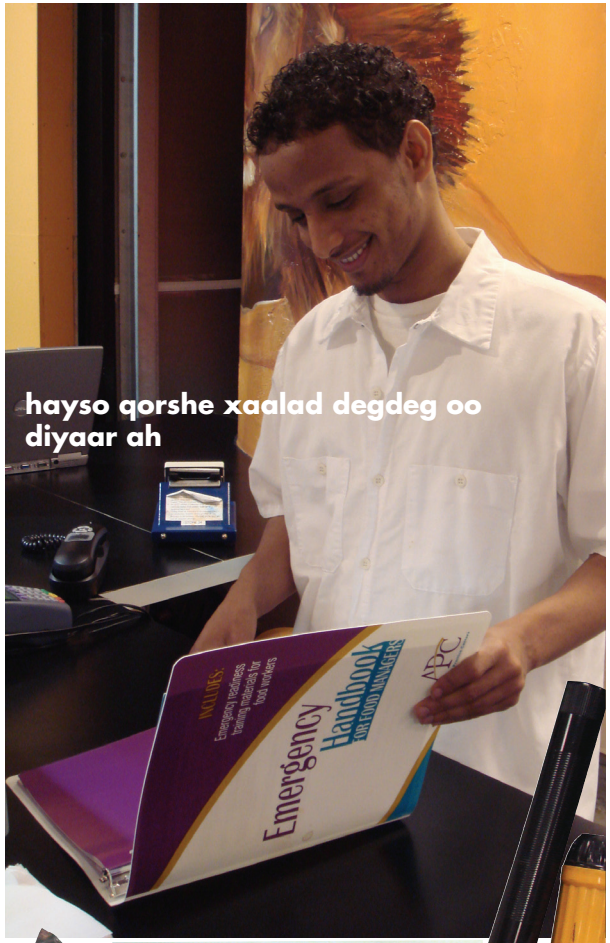
faaruqi marinka
si fiican u iftiinsan
goob nadiif ah

Goobta

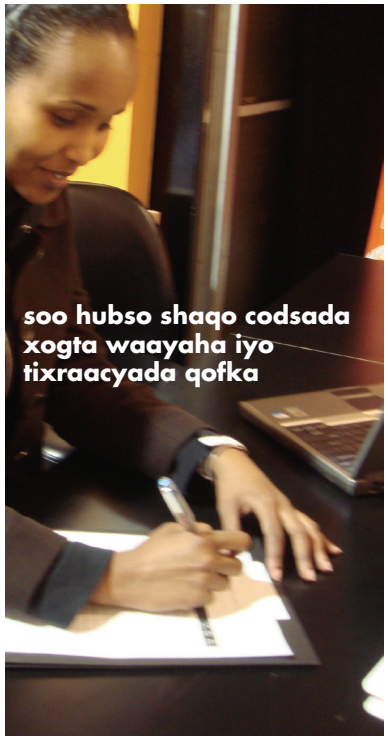
QORSHEE & DIYAARGAROW

raac talada xaaladaha degdegga ah ee gabaadeysiga goobta

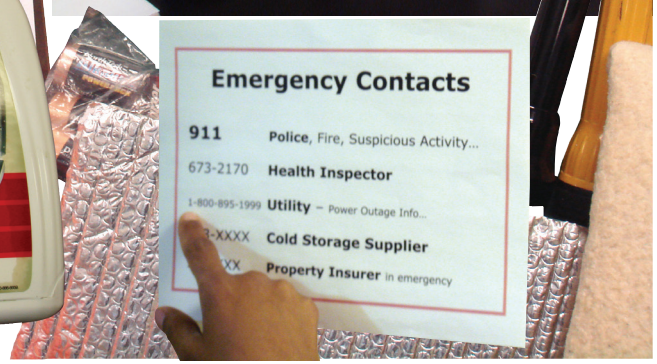
u tababbar shaqaalaha u diyaar ahaanta xaaladaha degdegga



hayso qorshe xaalad degdeg oo diyaar ah



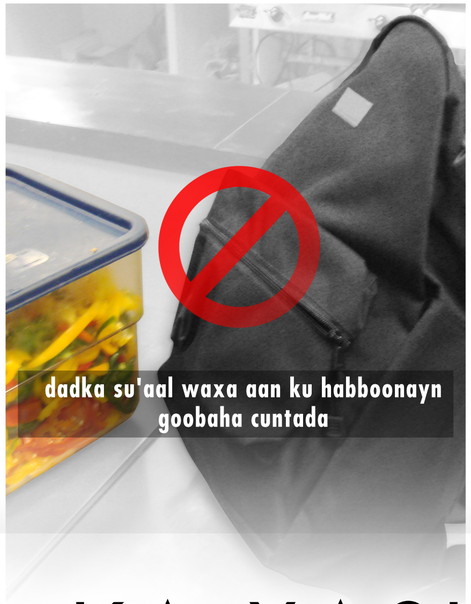
soo hubso shaqo codsada xogta waayaha iyo tixraacyada qofka



Maareynta Ilaalinta Cuntada – Qorshayaasha Degdegga, Habsocodyada, Shaqaalaha Cusub & Tababbaritaanka

ha qufulnaado marka aan la isticmaalayn

kormeer keenka goobaha wax cuntada



dadka su'aal waxa aan ku habboonayn goobaha cuntada

u fiirso calaamadaha farafaraynta

kormeer bafeega

CUNTADU MA KA XASILLOON TAHAY

KU SUMOW?

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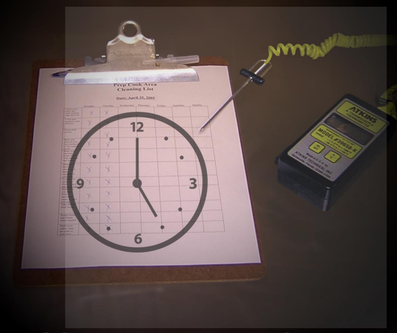

- qor wakhtiga tamartu dantay

- qor cuntada kulul saacad kasta

- qor cuntada qabow 2 dii saacadoodba

- tuur cuntada heerkulka aagga khatarta ku jirta waxa ka badan 4 saac

MARKAY
TAMARTU GO'DO

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