



# Jaantuska Qaboojinta


Mudada qaboojiye lagu kaydin karo Cuntada Qurmi Karta (PHF) kama badan karto 6 saacadood.

Cuntada Qurmi Karta (PHF) waa in lagu keydiyaa qaboojiye cadaadiska u dhaxeeyo 70 °F ilaa 140 °F 2 saacadood GUDAHOOD iyada oo loo bedelayo 70 °F ilaa 41 °F afarta saacadood ee xiga GUDAHOOD.

  
**Hubi cadaadiska jawiga ee cuntada PHF KA HOR 2 saac ee u go'an iyo KA HOR lixda**







  
**Cuntada (PHF) waxaa dib loogu kululeyn karaa 165°F kaliya haddii dib loo**

  
**2 saac ka dib, cuntada PHF ee aan lagu qaboojin ilaa 70°F waa in la daadiyaa si looga hortago cudurada ka dhasha**

  
**Cuntada PHF ee aan lagu qaboojin 41 °F ama ka hooseysa lix saacadood waa in la**

**140°F - 70°F 2 saac gudahood**









**70°F - 41°F 4 saac gudahood**

Taariikh hda	Nooca Cuntada	Cadaadiska jawiga ee qaboojiyaha KA HOR 140 °F	Mudada cuntada ee 140 °F	140°F - 70°F 2 saac gudahood		Dib U kululeynta saxa ah	70°F - 41°F 4 saac gudahood				Si sax ah looo daadiyey	Saxiix	Waxaa hubiyey/Ta ariikh
				1 saac	2 saac		3 saac	4 saac	5 saac	6 saac			
1-Jun	Bariiska	192°, 165°, 147°	time: 2:11 temp 140°	 3:11 84°	 4:10 84°	Looma Baahna	 5:11 55°	 6:11 47°	 7:11 43°	 8:10 39°	Looma Baahna	M. A.	S.N. /1-Jun
			time: temp 140°										
			time: temp 140°										
			time: temp 140°										
			time: temp 140°										
			time: temp 140°										

**Habka Keydinta: Baraf lagu hareereeyey Baraf lagu duubay Keydiyay weel bir ah Cuntada oo meelo qotodheer la geliyey Cuntada oo baraf lagu daray**

For reasonable accommodations or alternative formats please contact the Health Department at 612-673-2301 or by email at [health@minneapolismn.gov](mailto:health@minneapolismn.gov). People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users can call 612-673-2157 or 612-673-2626.

# Jaantuska Qaboojinta

Taariikhda	Nooca Cuntada	Cadaadiska jawiga ee qaboojiyaha KA HOR 140 °F	Mudada cuntada ee 140 °F	140°F - 70°F en 2 horas		Dib U kululeynta saxa ah	70°F - 41°F en 4 horas				Si sax ah loo daadiyey 	Saxiix	Waxaa hubiyey/Taariikh
				1 saac	2 saac		3 saac	4 saac	5 saac	6 saac			
1-Jun	Bariiska	192°, 165°, 147°	 2:10	3:10	4:10	Looma Baahna	5:10	6:10	7:10	8:10	Looma Baahna	M. A.	S.N. /1-Jun
			140°	84°	62°		55°	47°	43°	39°			
													
			140°										
													
			140°										
													
			140°										
													
			140°										
													
			140°										
													
			140°										

Habka Keydinta: Baraf lagu hareereeyey Baraf lagu duubay Keydiyay weel bir ah Cuntada oo meelo qotodheer la geliyey Cuntada oo baraf lagu daray