

Nadaafada shaqsigaa ee Shaqaalaha

Employee Personal Hygiene

KAHORTAG XANUUN CUNTADA KA DHASHA

PREVENT FOODBORNE ILLNESS

Somali

Shaqo ka saarida iyo xadidaada shaqaalaha xanuunsan

Qofka masuuliyada leh (PIC) waa inuu ka saaraa dhammaan shaqaalaha xanuunsan xarunta intay leeyihiin:

- Shuban
- Matag

Kuma laaban kartid shaqada ugu yaraan 24 saacadood kadib marka xanuunku kaa ba'o. Tan waxaa ku jirta ka shaqaynta cuntada bilaa daboolka ah, qalabka nadaafada, maacuunta, istiraashooyinka, iyo agabka halka mar la adeegsado ama la isticmaalo.

Shaqo ka saarida iyo xadidaada ayaa ku qaban kara haddii lagaa helo:

- Norovirus
- *Salmonella*
- *Shigella*
- Fayraska cagaarshoowga A
- Sunta Shiga oo soo saaraysa *E. coli*
- Caabuuq ka dhashay bakteeriya kale, fayras ama jeermis jirka gala

Kahortaga sun ka imaanaysa gacmaha

Waad ka hortagi kartaa gacan ku sumaynta cuntada adoo farxalanaaya, joojinaaya

English

Exclusion and restriction of ill employees

The person in charge (PIC) must exclude all ill employees from the establishment while they have:

- Diarrhea
- Vomiting

You cannot return to work for at least 24 hours after your symptoms end. This includes working with exposed food, clean equipment, utensils, linens, and single-service or single-use items.

Exclusions and restrictions may apply if you have been diagnosed with:

- Norovirus
- *Salmonella*
- *Shigella*
- Hepatitis A virus
- Shiga toxin-producing *E. coli*
- Infection with another bacterial, viral or parasitic pathogen

Preventing contamination from hands

You can prevent contamination of food from hands by washing hands, eliminating bare

taabashada cuntada fudud daboolayana dhaawacyada furan.

Farxalka

Sida loo farxasho:

1. Qoo gacmahaaga
2. Mari saabuun
3. Ismar-mari gacmahaaga muddo 10 ilaa 15 ilbiriqsi ah
4. U biyo raaci gacmahaaga Si fiican
5. Qalaji gacmahaaga
6. Nadiifi gacmahaaga

Shaqada guud waa inay socotaa ugu yaraan 20 ilbiriqsi.

Marka la farxalanaayo:

- Kahor intaadan ka shaqayn cuntada, maacuunta, ama qalabka
- Kahor intaadan gashan gacmo gashi
- Hadba inta mar ee loo baahdo inta lagu jiro diyaarinta cuntada iyo marka aad badalayso shaqooyinka
- Kadib taabashada meel wasaq ah iyo qaybaha jirka iyo markasta oo gacmahaagu sumoobaan
- Kadib markaad gasho musqusha

Meesha lagu farxalanaayo:

Keliya ku farxalo waaskada loo sameeyay farxalka.

Xiro gacmo gashiyada oo adeegso maacuunta

Iska ilaali u gudbinta sunta cuntada u diyaarsan in la cuno ee ka imaanaysa gacmaha qaawan adoo xiranaaya gacmo gashiyada halka mar ama adeegsanaaya qaadooyinka, tiishka deeli, istiraasho ama catir.

Meel jirka ka go'an, dhaawac iyo nabaro

hand contact with ready-to-eat food and covering open wounds.

Handwashing

How to wash:

1. Wet your hands
2. Apply soap
3. Rub your hands for 10 to 15 seconds
4. Rinse your hands well
5. Dry your hands
6. Keep your hands clean

The entire process must last at least 20 seconds.

When to wash:

- Before working with food, utensils, or equipment
- Before putting on gloves
- As often as needed during food preparation and when changing tasks
- After touching soiled surfaces and body parts and whenever hands become contaminated
- After using the bathroom

Where to wash:

Only wash your hands in sinks designated for handwashing.

Wear gloves and use utensils

Prevent cross-contamination of ready-to-eat food from bare hands by wearing disposable gloves or using utensils, deli tissue, spatulas or tongs.

Cuts, wounds and sores

Si buuxda ugu dabool meel kasta oo go'an, dhaawac ah, ama nabaro furan ku yaalaan gacmaha iyo dhudhunka kuna dabool faashad aysan biyuhu ka dusi karin. Xiro gacmo gashiyada halka mar la isticmaallo ee faraha ama faashado aad ku duubayso gacmaha iyo faraha.

PIC waa inuu shaqaalaha ka ilaaliyaa inay shaqeeyaan haddii ay qabaan caabuqa maqaarka ama meel ka gubtaan taasoo dhaawac furan ah ama dheecaan ka socdo aysana si fiican u daboolnayn.

Dharka, timaha, cidiyaha faraha iyo jijimaha

Xiro maryo nadiif ah iyo timo xire wanaagsan sida shabaqa timaha, koofi ama cimaamad. Intaad diyaarinayso cuntada, waa qasab inaad lahayn cidiyaha cilaaman ama burugo ah, aadana xiran jijimaha gamcaha iyo faraha, marka laga reebo faraantiga arooska ama faraanti kale oon sharaxnayn.

Shaqaalaha masuuliyadoodu ay khatarta yar gelinayso sumaynta cuntada bilaa daboolka ah, qalabka nadaafada, maacuunta, istiraashooyinka, iyo agabka halka mar la adeegsado ayaa shaqayn kara ayagoon xiran timo xire.

Cunista, cabista ama adeegsiga tubaakada

Cunista, cabista ama adeegsiga tubaakada lagu cabo aaga diyaarinta cuntada ayaa gabi ahaanba mamnuuc ah sababtoo ah gacmaha, cuntada, iyo meelaha cuntadu taabato ayaa sumoobi kara. Waxaa lagu ogol yahay inaad ku cabto qasac daboolan.

Completely cover any cuts, wounds, or open sores on the hands and arms with a waterproof bandage. Wear single-use gloves over finger cots or bandages on the hands and fingers.

The PIC must restrict employees from working if they have an infected skin lesion or boil that is open or draining and not properly covered.

Clothing, hair, fingernails and jewelry

Wear clean clothing and an effective hair restraint such as a hairnet, hat or scarf. While preparing food, you must not have painted or false fingernails, nor wear jewelry on the arms and hands, except for a wedding band or other plain ring.

Employees whose duties present a minimal risk of contaminating exposed food, clean equipment, utensils, linens, and single-service or single-use items may work without wearing a hair restraint.

Eating, drinking or using tobacco

Eating, drinking or using tobacco in food preparation areas is prohibited because hands, food, and food-contact surfaces may become contaminated. You are allowed to drink from a covered container.

Macluumaadka (Resources)

[Minnesota Department of Health Food Business Safety](http://www.health.state.mn.us/foodbizsafety)
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