

Gacmo dhaqashada shaqaalaha cuntada diyaariya

Handwashing for food workers video script in Somali

Gacmo dhaqashada

Nadaafadda wanaagsan ee shaqaalaha cuntada diyaariya waa qeyb muhiim u ah ilaalinta caafimaadka iyo bedqabka qof kasta oo ka shaqeeya iskuulada, makhaayadaha, dukaamada laga adeegto, iyo goobaha kale ee cuntada diyaariya ama iibiya.

Waa in dhammaan shaqaalaha cuntada ka shaqeeya lagu tababaraa oo ay raacaan talaabooyinka habboon ee gacmo dhaqashada.

Meheradaha cuntada lagu iibiyo waa in ay leeyihiin meelaha gacmaha lagu dhaqdo oo dadku isticmaali karaan.

Marnaba ha dhigin meesha gacmaha lagu dhaqdo baaldiyo, baakado, haamaha qashinka, iyo alaabo kale.

Sidoo kale, meesha gacmaha lagu dhaqdo looma isticmaali karo in cuntada lagu diyaariyo ama suxuunta iyo weelasha lagu dhaqo.

Waa in lagu dhajiyaa tubooyinka gacmo dhaqashada iyo suuliga calaamadda shaqaalaha xusuusinaya in ay gacmaha dhaqdaan.

Dhamaan goobaha gacmaha lagu dhaqdo waa in la dhigaa saabuunta gacanta iyo waraaqaha la isku qalajiyo.

Si joogta ah ula soco goobaha gacmaha lagu dhaqdo oo hubi in aysan jirin wax ku aadan ama hor yaala iyo in saabuunta iyo warqadaha la isku qalajiyo aysan ka dhamaan.

Dadka badankoodu waxa ay u heystaan in ay si wanaagsan gacmaha u dhaqaan.

Hase yeeshee, marka gacmaha lagu fiiriyo nalka madoow ee jeermiska lagu arko waxaa marar badan la arkaa jeermiska gacmaha ku hara marka aan si fiican loo dhaqin.

Si aad gacmaha si wanaagsan ugu dhaqdo/maydho

Marka hore gacmaha qoo adigoo biyo diiran isticmaalaya

Kadibna isticmaal saabuunta gacmaha

Gacmahaaga isku xoq ilaa 20 ilbiriqsi, adiga oo dhaqaya gacmaha oo dhan iyo faraha dhexdooda.

Si wanaagsan u biyo raaci

Ka dibna gacmaha qallaji

Tuubada xidh adiga oo isticmaalaya xaashida aad gacmaha ku qallajisay

Sida aad halkan ku aragtaan, ka dib marka la isticmaalo aalada lagu eego jeermiska marka gacmaha si haboon loo dhaqo kadib, ma jiraan wax jeermis ah oo gacmaha ku haraya marka lagu fiiriyo nalka madoow.

Si looga digtoonaado in cuntada lagu sumoobo, waa in aad gacmaha dhaqdaa ka dib marka aad isticmaasho suuliga

Telefoonka oo aad isticmaasho

Timahaaga, wajigaaga ama jirkaaga aad taabato

Qufacdo, hindhisto, ama sanko aad farta geliso.

Isticmaalka waxyaabaha tubaakada ku jirto

Qalabka iyo waxyaabaha cuntada lagu cuno oo wasakh ah.

Sidoo kale, waa in aad gacmaha dhaqdaa inta aadan xidhan gacmo gashi nadiif ah.

Marka aad beddeleyso hawsha aad gacanta ku heyso.

Marka aad ka shaqeyso cunto caydhiin ah oo aad dooneyso in aad ka shaqeyso cunto bisil oo in la cuno diyaar u ah.

Iyo hadba sida loogu baahdo xilliga diyaarinta cuntada.

Waxa aad safka hore kaga jirtaa difaaca bedqabka cuntada ee bulshadeena.

Macluumaad dheeraad ah kala soo xidhiidh waaxda caafimaadka ama soo booqo bogga internetka ee Magaalada Minneapolis ee fayidhowrka cuntada.

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Para ayuda, llame al 311. Rau kev pab 311. Hadii aad Caawimaad u baahantahay wac 311.

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