

Ka dhigaya cuntada mid badbaado leh inta lagu jiro xaalad degdeg ah

Ma ogayd in daadka, dabka, iyo masiibada qaran, ama korontada la lumiyo oo ay keenaan dabaylo xoogan, baraf, ama barafka fadhiista ay halis gelin karaan badbaadada cuntadaada? Ogaanshaha sida loo ogaado in cuntadu tahay mid badbaado leh iyo sida cuntada looga dhigo mid badbaado leh waxay taageero ka geysan doontaa yaraynta khasaaraha ka iman kara cuntada oo la lumiyo iyada oo yarayn doonta halista jirooyinka cuntada laga qaado.

Xaqiiqooyin Degdeg ah

- Mar kasta hilibka, digaagga, kalluunka/malaayga, iyo ukunta ku rid qaboojiyaha iyada oo heerkulka gaarsiisan yahay ama ka hooseeyo 40°F iyo cuntada la qaboojiyey oo heerkulku gaarsiisan yahay ama ka hooseeyo 0°F. Tani waxay noqon kartaa mid adag marka korontadu maqan tahay.
- Albaabada qaboojiyaha iyo qaboojiyaha barafka ka dhig kuwo xiran sida ugu badan ee suurto gal ah si loo ilaaliyo heerkulka qabow. Qaboojiyaha cuntadu wuxuu si badbaado leh uga dhigi doonaa mid qabow ilaa muddo 4 saacadood ah haddii aan la furin.
- Qaboojiyaha barafka ee buuxaa wuxuu heerkulka hayn doonaa qiyaas ahaan 48 saacadood (24 saacadood haddii uu dhiman yahay) haddii albaabku weli xiran yahay. Waxaad soo heshaa baraf qalalan ama weyn oo adag si aad qaboojiyahaaga uga dhigto sida ugu qabow ee ugu macquulsan haddii korontadu maqnaanayso wakhti aad u badan oo dheer.
- Qalabka heerkulka lagu cabirro “thermometers”, ee digital-ka ah, saacada oo kale ah “dail”, ama degdega wax u akhrin kara ee cuntada iyo qalabka heerkulka lagu cabirro ee loogu talagalay qalabka guriga yaala ayaa kaa caawin doona in aad ogaato haddii cuntadu ay joogto heerkul ammaan ah. Qalabka heerkulka lagu cabirro ee loogu talagalay qalabka guriga yaala ka dhig kuwo mar kasta ku jira qaboojiyaha iyo qaboojiyaha barafka.
- **Marna ha dhadhamin cunto si aad u ogaato in ay tahay mid badbaado leh!** Kuma tiirsanaan kartid muuqaalka ama urta in cuntadu tahay mid badbaado leh iyo inkale.
- Mar kasta iska tuur shay kasta oo qaboojiyaha ku jira oo uu taabtay dheecaanka hilibka cayriinka ah.
- Isticmaal qalabka heerkulka lagu cabirro “thermometers” ee cuntada si aad u fiiriso heerkulka cuntadaada ka hor inta aadan karin ama aadan cunin. Iska tuur wixii cunto ah oo leh heerkul ka badan 40 degrees oo Fahrenheit (40°F).

Ma doonaysaa in aad ogaato cuntooyinka gaarka ah ee la haysanayo ama la tuurayo?

Isticmaal shaxda cuntada ee [FoodSafety.gov](http://www.foodsafety.gov) si ay kuu hagto

- www.foodsafety.gov/keep/charts/refridg_food.html
- www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT_Index

Barnaamijka halka lagala xiriirayo

Barnaamijka Badbaadada Caafimaadka, U diyaargarowga iyo Jawaab bixinta

- <http://public.health.oregon.gov/Preparedness/CurrentHazards/Pages/index.aspx>

WAAXDA CAAFIMAADKA DADWEYNAHA

Badbaadada Caafimaadka, U diyaargarowga iyo Jawaab bixinta

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Waxaad heli kartaa dokumentigan oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso. La xiriir Badbaadada Caafimaadka, U diyaargarowga iyo Jawaab bixinta 971-673-1315 ama email-ka health_security@state.or.us. Waa aqbalnaa wicitaanada gudbinta oo dhan ama waxaad wici kartaa 711.