

DIYAARINTA CUNTADA QASAN DIYAARSAN EE QUUDINTA ILMAHA

KAHOR INTAADAN BILAABIN

- Fiiri taariikhda ku qoran qasaca. Waxay dhahaysaa “Best if used by (Waxaa ugu fiican in la isticmaalo)” ama “Best by (Waxaa fiican in la isticmaalo).” Ha adeegsan foormulada
- Geli qasacyada aan la fulin heerkul qaadi ah.
- Gacmahaaga ku dhaq saabuun iyo biyo ugu yaraan muddo 20 sikin.
- Nadiifi meesha aad ku shaqaynayso.
- Dhaq dusha sare ee qasaca.
- Si fiican u rux qasaca.
- Waydii dhakhtarkaaga haddii aad u baahan tahay inaad biyo karsan ku dhaqdo maacuunta, masaasadaha, cinjirka masaasada ama inaad ku dhaqdo biyaha tuubada kahor intaadan cuntada qasin. Wax ka waydii adeegsiga biyaha dhallada ku jira.

FARXALO KADIB MARKAAD DHAMAYSO

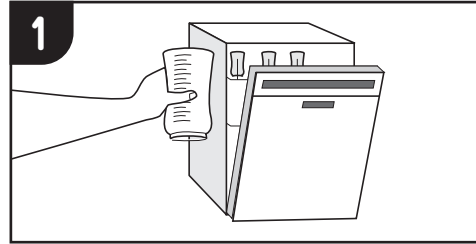
Kaydinta qasacyada la furay ee cuntada dareeraha a ee la qasay:

- Xaqiiji in daboolku si fiican ugu xiran yahay.
- Talaagada geli cuntada aan la isticmaalin oo ku jirta qasaca daboolka leh oo ku isticmaal 48 saacadood gudahood.



DOH 961-138 October 2022 Somali

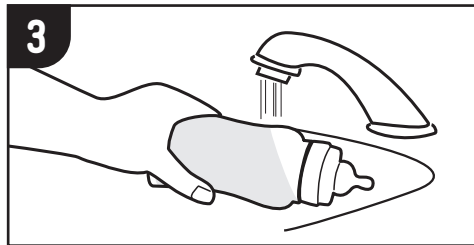
Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-841-1410. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir WIC@doh.wa.gov.



NADIIFI MASAASADAHA

Ku dhaq dhammaan masaasadaha iyo qaybaha masaasada mashiinka weelasha dhaqa adoo adeegsanaaya wareeg buuxa, **AMA** raac talaabooyinka:

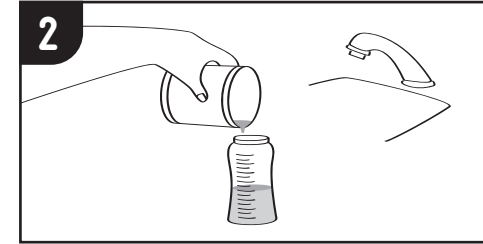
1. Ku dhaq biyo kulul, oo saabuun leh. Si adag biyaha ugu shub.
2. Geli masaasada iyo qaybaha masaasada ee aad dhaqday digsi kadibna ku dabool biyo. Karkari ilaa muddo shan daqiiqo ah.
3. Ka saar digsigaba dabka. Ka bixi masaasada iyo qaybaha masaasada. Saar meel nadiifi ah si dabayshu u qalajiso.



QASAB MAAHA INAAD CUNTADA KULULAYSO

Haddii aad doorato inaad cuntada kululayso:

- Ku qabo masaasada caanaha hoosta biyo kulul oo socda ama geli baaquli biyo qandac ah (maaha kuwo kulul).
- **Ha gelin mikrooweefka.**
Tani waxay keenaysaa kululayn aan sinayn waxayna gubi kartaa afka cunugaaga.



CAANAHA DAREERAHA AH EE QASAN

- Rux qasacada kahor intaadan furin.
- Ku qas caanaha dareeraha ah cadad le'eg oo biyo ah. Adeegso cabirada caanaha ee ku qoran masaasada.
- Si fiican u rux ama u walaq caanaha.

Tusaale ahaan:

Ku cabir 4 firiqo oo caanaha ah masaasad nadiif ah kuna dar 4 firiqo oo biyo qaboow ah. Ku qas dhammaan caanaha masaasado kaladuwan si loogu sahlo kaydin sax ah.



MARKASTA TIJAABI MASAASADA KAHOR INTAADAN ILMAHA KU QUUDIN

- Ku shub dhawr dhibcood oo caanaha aad qastay ah gacantaada. Waa inaad kulayl dareemin.
- Ku quudi cunugaaga isla markaba marka aad isku qasto.
- Kadib marka aad quudiso, mar kasta iska tuur caano kasta oo ku haray masaasada. Bakteeriyada ka timaada afka cunugaaga ayaa ku milmaysa caanaha inta uu dhuuqaayo.



TALAAGADA GELI MASAASADA CAANAHA

- U qas hal quudin in ku filan ama, inta ugu badan, cadad ku filan 48 saacadood.
- Ku dabool masaasad kasta furka masaasada. geli talaagada ilaa ay isticmaal diyaar u tahay.
- Ha dhigin caanaha la qasay banaanka talaagada. Ha gelin baraf dhaliyaha.