

Farxalka shaqaalaha

Handwashing for Employees

Somali

Sida loo farxasho

1. Qoo gacmahaaga
2. Mari saabuun
3. Ismar-mari gacmahaaga muddo 10 ilaa 15 ilbiriqsi ah
4. Biyo raaci gacmahaaga
5. Qalaji gacmahaaga
6. Nadiif ha ahaadaan gacmahaagu

Shaqada guud waa inay socotaa ugu yaraan 20 ilbiriqsi. Gacmo gashiyada, istiraashooyinka qoran ama nadiifiyaasha gacmaha badal uma noqon karaan farxalka.

Marka ay tahay inaad farxalato

Dhaq gacmahaaga sida ugu badan ee macquulka ah. Waa muhiim inaad farxalato:

- Kahor intaadan bilaabin ka shaqaynta cuntada, maacuunta, ama qalabka
- Kahor intaadan gashan gacmo gashi
- Markaad isku badalayso cunto ceeriin ah iyo cunto bisil oo la cuni karo
- Kadib markaad qabato maacuunta ciidoowday iyo qalabka
- Kadib markaad qufacdo, hindhisto, aad adeegsato tiish ama maadooyinka tubaakada
- Kadib markaad cunto ama cabitaan cabto
- Kadib markaad taabato maqaarka, wajiga ama timaha

English

How to wash your hands

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

The entire process must last at least 20 seconds. Gloves, wet-wipes or hand antiseptics are not substitutes for handwashing.

When to wash your hands

Wash your hands as often as possible. It is important to wash your hands:

- Before starting to work with food, utensils, or equipment
- Before putting on gloves
- When switching between raw foods and ready-to-eat foods
- After handling soiled utensils and equipment
- After coughing, sneezing, using a tissue or using tobacco products
- After eating and drinking
- After touching skin, face or hair
- After handling animals
- After using the bathroom

- Kadib markaad taabato xayawaannada
- Kadib markaad gasho musqusha
- Inta jeer ee loo baahdo inta lagu jiro diyaarinta cuntada iyo marka aad badalayso shaqooyinka

Meesha aad ku farxalanayso

Keliya ku farxalo waaskooyinka loo sameeyay farxalka. Haku farxalan waaskooyinka maacuunta, diyaarinta cuntada ama adeegyada.

Ha xirin aaga ku xeeran waaskadaha farxalka ama ka haku goyn alaabo, sida maacuun ciidaysan, jidka. Ha u adeegsan waaskadaha farxalka ujeedooyin kale.

Nadiifi waaskadaha farxalka oo si sax ah u xaree. Waaskadaha farxalku waa inay leeyihiin:

- Biyo diiran oo socda
- Saabuun
- Shukumaannada la tuuri karo, nidaamka shukumaanka joogtada ah, ama ama aalada korontada ee hawada ku qalajisa gacmaha

Calaamad ama boor u sheegaaya shaqaalaha inay farxashaan

Nadiifiyaasha gacmaha

Gacmo nadiifiyaashu caadiyan waa jeelal ama dareerayaal la mar marin karin gacmaha nadiifta ah, ee qalalan kadib marka la dhaqo. Gacmo nadiifiyaashu waxay yarayn karaan tirada bakteeriyada cudurka keenta ee saaran gacmaha nadiifta ah, laakiin badal uma noqon karaan farxal wanaagsan.

Marka la isticmaalo kadib farxalka saxda ah, nadiifiyaasha gacmaha ayaa bixin kara difaac dheeraad ah oo cuntadu hesho. Farxalo sida

- As often as needed during food preparation and when changing tasks

Where to wash your hands

Only wash your hands in sinks designated for handwashing. Do not wash your hands in utensil, food preparation or service sinks.

Do not block the area around handwashing sinks or stack items, such as soiled utensils, in them. Do not use handwashing sinks for any other purpose.

Keep handwashing sinks clean and well stocked. Handwashing sinks must have:

- Warm running water
- Soap
- Disposable towels, a continuous towel system, or a heated-air hand drying device
- Sign or poster reminding employees to wash their hands

Hand antiseptics

Hand antiseptics are usually gels or liquids that can be rubbed on clean, dry hands after handwashing. Hand antiseptics can reduce the number of disease causing bacteria on clean hands, but are not a replacement for proper handwashing.

When used after proper handwashing, hand antiseptics can provide additional food protection. Wash hands properly before using a hand antiseptic.

fiican kahor markaad isticmaasho nadiifiyaha gacmaha.

Nadiifiyaha gacmaha ee aalkolada ka samaysan wax badan kama taraan ka hortaha norovirus, oo ah cilada ugu badan ee keenta xanuunka cuntada ka dhasha.

Alcohol based hand antiseptics are not effective against norovirus, the most common cause of foodborne illness.

Macluumaadka (Resources)

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

Minnesota Department of Health
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www.health.state.mn.us

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Si aad xogtan ugu hesho qaab kale, wac: 651-201-4500 or 651-201-6000.

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To obtain this information in a different format, call: 651-201-4500 or 651-201-6000.