

# Nadaafada iyo Dayactirka ee aaga ciyaarta ee xiran

## Indoor Play Area Maintenance and Sanitation

GACAN KA GAYSO DHAWRISTA BADQABKA CARRUURTA

HELP KEEP KIDS SAFE

### Somali

#### Nadiifi, kadibna sifee ama jeermis-dil

Xataa haddii goobaha ciyaarta ee gudaha loo galo u muuqdaan kuwo nadiif ah, jeermisyada (bakteeriyada iyo fayraska) ayaa wali ku jiri kara. Waa muhiim inaad si sax ah u nadiifiso kadibna u silfayso ama u mariso jeermis dile dusha meelaha laga yaabo in jeermisku fuulo. Tani waxay yaraynaysaa jeermisyada khatarta ah ee carruurta ku xanuunsan karaan.

Sifeeyaasha iyo jeermis dilayaasha ayaa sida ugu haboon ugu shaqeeya nadiifinta meelaha. Dadka ka shaqeeya ganacsiga cuntada waa inay la tashadaan shirkadaha ay kasoo qaataan kiimikooyinka ayna doortaan sifeeyaal iyo jeermis dilayaasha dusha meelaha ayagoo ku salaynaaya talooyinka shirkada soo saartay ee ku aadan aaga ciyaarta ee gudaha loo galo. Raac tilmaaha ku qoran baakada ee meelaha aan cuntadu taaban oo adeegso kiishada tijaabada ee saxda ah si aad u cabirto maadooyinka ku jira kiimikada.

Tilmaamaha nadiifinta iyo Marinta Daawada Jeermiska dusha meelaha ayaa laga heli karaa qaybta labaad ee [Cudurka Caabuqa wata ee Xarumaha Daryeelka Carruurta iyo Dugsiyada \(Infectious Diseases in Childcare Settings and Schools Manual\)](#).

### English

#### Clean, then sanitize or disinfect

Even if indoor play area surfaces look clean, germs (bacteria and viruses) may still be present. It is important to properly clean then sanitize or disinfect surfaces that may be contaminated. This will reduce harmful germs that could make children sick.

Sanitizers and disinfectants work best on clean surfaces. Food business operators should consult with their chemical suppliers and select sanitizers and disinfectants for surfaces based on indoor play area manufacturer's recommendations. Follow label instructions for non-food-contact surfaces and use the appropriate test kit to measure concentrations.

Guidelines for cleaning, and sanitizing or disinfecting surfaces can be found in section two of the [Infectious Diseases in Childcare Settings and Schools Manual](#).

## Jadwalka nadiifinta iyo jeermis dilida

Nadiifi oo jeermis dile mari dusha meelaha ciyaarta ee gudaha loo galo maalin kasta ama marar badan, xataa markaysan wasaq ahayn.

- Nadiifi oo jeermis dile mari meelaha wasaqda ah ama booraysan isla markaaba.
- Meelaha si adag ugu dhaq biyo saabuun leh kahor intaadan marin jeermis dile.
- Mar kasta raac tilmaamaha cabirka.

## Nadiifinta iyo marinta jeermis dilaha kadib marka dheecaan kasoo baxo jirka

Nadiifi dheecaanka jirka (tusaale, dhiiga, kaadida, mataga, ama saxarada) isla markaaba, waayo waxay noqon karaan kuwo cuduro xun faafiya.

- Xir meesha si shaqaaluhu nadiifin iyo jeermis dilid ugu sameeyaan meesha.
- Meelaha si adag ugu dhaq biyo saabuun leh kahor intaadan marin jeermis dilaha kiimikada ah.
- Mar kasta raac tilmaamaha cabirka.

### NADIIFINTU WAA...

Adeegsiga saabuun iyo biyo si loo dhaqo waxyaabaha muuqda, kiimikada ah iyo kuwa ishu aragto ee saaran dusha meel.

### SIFAYNTU WAA...

U adeegsiga kiimikooyinka ama qaabab kale oo la ogolaaday si loo yareeyo tirada jeermisyada saaran dusha meel nadiif ah si looga dhigo mid badqab leh.

### MARINTA JEERMIS DILE WAA...

Adeegsiga kiimikooyinka si loo baabi'iy

## Routine cleaning and sanitizing

Clean and sanitize surfaces of the indoor play area daily or more often, even if they do not look dirty.

- Clean and sanitize dirty or soiled surfaces immediately.
- Clean surfaces thoroughly with soapy water before sanitizing.
- Always follow label instructions.

## Cleaning and disinfecting after body fluid incidents

Clean up body fluids (e.g., blood, urine, vomit, or fecal matter) immediately, because they may be highly contagious.

- Close the area so staff can clean and disinfect the area.
- Clean surfaces thoroughly with soapy water before disinfecting.
- Always follow label instructions.

### CLEANING IS...

Using soap and water to remove physical, chemical and microbial substances from surfaces.

### SANITIZING IS...

Using chemicals or other verified methods to reduce the number of germs on clean surfaces to a safe level.

### DISINFECTING IS...

Using chemicals to eliminate all of the germs

dhammaan jeermisyada ku qoran tilmaanta kiimikada, oo ay ku jiri karaan bakteeriyada, fangalka ama fayrasyada.

## Badqabka khataraha

Qalabka ciyaarta ee aaga aan si fiican loo nidaamin ayaa ah khatar badqab oo keeni karta dhaawacyo ama xataa dhimasho ku timaada carruurta. Samee kormeerada muuqda ee joogtada ah oo qalabka markasta dayactir. Rac tilmaamaha dayactirka ee shirkada alaabta samaysay.

[Gudigga Maraykanka u qaabilsan Badqabka Badeecada Macmiilka \(U.S. Consumer Product Safety Commission\)](#) ayaa ku talinaaya in la hubiyo qaar kamid ah waxyaabaha soo socda marka la kormeeraayo qalabka ciyaarta:

- Jaban, jeexan, dabcan, waxyeelo gaartay ama qalab iyo qaybo maqan
- Dhalo jaban, qashin, iyo qashinka waxyaabaha halista ah ama khatarta ah
- Iskuxir dabacsan
- Meelaha murxay, caarada leh ama waxyeeladu gaartay
- Burburinta hantiyeed

Aagaga ciyaarta ee xiran waxaa badanaa kamid ah dhismayaasha heerka dhulka iyo kuwa kor loo dhisay ee ciyaarta sida:

- Jaranjar, salaamo, talaabooyin iyo nidaamyo
- Kanaalada iyo farqooyinka
- Buulal, xargo, iyo shabaq
- Buufinnada ciyaarta iyo meelaha lagu raqleeyo
- Qalabka kale ee jilicsan ee ciyaarta iyo agabkiisa

listed on the product label, which may include bacteria, fungi or viruses.

## Safety hazards

Improperly maintained play area equipment is a safety hazard that may result in injuries or even death to children. Conduct routine physical inspections and keep equipment in good repair. Follow manufacturer's maintenance instructions or checklists.

The [U.S. Consumer Product Safety Commission](#) suggests checking some of the following items when inspecting play equipment:

- Broken, worn, loose, damaged or missing equipment and parts
- Broken glass, trash, and hazardous or dangerous debris
- Loose anchoring
- Worn, sharp or damaged surfaces
- Vandalism

Indoor play areas often include ground level and elevated play structures such as:

- Ladders, stairs, steps and platforms
- Tunnels and slides
- Nets, ropes and webbing
- Inflatables and trampolines
- Other soft contained play equipment and other accessories

## Dhaqanada ugu fiican

Ganacsiyada cuntada ayaa yarayn kara khataraha caafimaadka iyo badqabka ayagoo dhaqan gelinaaya talaabooyinka ugu fiican ee soo socda:

- U tababarida shaqaalaha samaynta kormeerka iskood ah ee aaga ciyaarta marka la isticmaalaayo iyo qaadista talaabada ku haboon ee talaabada toosinta ah.
- Abuurista habraacyada iyo dukumiintiyada kormeerka iskood ah ee joogtada ah, nadiifinta, sifaynta iyo Daawaynta Jeermiska, iyo dayactirka aaga ciyaarta ee gudaha.
- Soo dhajinta boorar iyo tilmaamo loogu sheegaayo macaamiisha muhiimada ciyaar badqab leh (farsamooyinka nadaafada wanaagsan ee shaqsiga ah iyo ku farxalashada siimanka loo asteeyay).
- Abuuris aag u gaar ah in cuntada lagu cuno oo ka fog aaga gudaha loo galaayo ee ciyaarta.
- Uga jawaabida si sax ah walaacyada caafimaadka iyo badqabka macmiilka.

## Kahortaga cudurka

Farxalka ayaa ah qaabka ugu haboon ee kahortaga faafida bakteeriyada iyo fayraska keeni kara caabuqyada iyo xanuunka.

- Waa muhiim in la ogaado meesha iyo qaabka sida saxda ah aad ugu farxalanayso kahor iyo kadib markaad isticmaasho aaga ciyaarta.
- Gacmo nadiifiyaashu waxay yarayn karaan tirada bakteeriyada cudurka keenta ee saaran gacmaha nadiifta ah, laakiin badal uma noqon karaan farxal wanaagsan.

## Best practices

Food business operators can minimize health and safety risks by implementing the following best practices:

- Training staff to conduct routine self-inspections of the play area when in use and take appropriate corrective action.
- Developing procedures and documentation for routine self-inspections, cleaning, sanitizing and disinfecting, and maintenance of the indoor play area.
- Displaying signs or posters to inform patrons of importance of safe play (good personal hygiene practices and handwashing at designated sinks).
- Designating areas to eat food away from the indoor play area.
- Responding appropriately to consumer health and safety concerns.

## Preventing illness

Handwashing is the most effective way of preventing the spread of bacteria and viruses that can cause infections and illness.

- It is important to know where and how to properly wash your hands before and after using the play area.
- Hand antiseptics can reduce the number of disease causing bacteria on clean hands but are not a replacement for proper handwashing.
- Alcohol based hand antiseptics are not effective against norovirus, one of the

- Jeermis dilayaasha gacmaha ee aalkolada ka samaysan wax badan kama taraan ka hortaga norovirus, oo ah mid kamid ah sababaha ugu badan ee mataga iyo shubanka ku rida carruurta iyo dadka waawayn.
- Carruurta waa inay wax ku cunaan miisaska aysana wax ku cunin aaga ciyaarta.
- Carruurta la xanuusan matag iyo/ama shuban waa inaysan gelin aaga ciyaarta ee gudaha.

## Sharciyada

Xeerka cuntada ee Minnesota ayaa loo adeegsan karaa xal u helida khataraha caafimaadka iyo badqabka ee xarumaha cuntada ee leh aagaga ciyaarta ee gudaha.

- Xarumaha caadiga ah waa in lagu ilaaliyaa dayactir wanaagsan. (4626.1515 Xarumaha caadiga ah; Dayactir wanaagsan. 6-501.11)
- Xarumaha caadiga ah waa in loo nadiifiyaa sida ugu badan ee muhiim ah si nadaafada loo ilaaliyo. (4626.1520 Xarumaha Caadiga ah; Inta jeer ee la Nadiifinaayo iyo Xanibaadaha. 6-501.12A)

Haddii khataraha caafimaadka yo badqabka aan lagu xalin talaabada caadiga ah ee sixitaanka, wakaaladaha caafimaadka dadwaynaha ee gobalka iyo kuwa deegaanka ayaa adeegsan kara Xeerarka Minnesota, Cutubka 145A si ay meesha uga saaraan una baab'iyaan khataraha caafimaadka dadwaynaha.

most common causes of vomiting and diarrhea in children and adults.

- Children should eat at tables and not in the play area.
- Children who are sick with vomiting and/or diarrhea should not use the indoor play area.

## Regulations

Minnesota food code can be used to address health and safety hazards in food establishments that have indoor play areas.

- The physical facilities must be maintained in good repair. (4626.1515 Physical Facilities; Good Repair. 6-501.11)
- The physical facilities must be cleaned as often as necessary to keep them clean. (4626.1520 Physical Facilities; Cleaning Frequency and Restrictions. 6-501.12A)

If health and safety hazards are not resolved through voluntary corrective action, state and local public health agencies may use Minnesota Statutes, chapter 145A for the removal and abatement of public health nuisances.

## Macluumaadka (Resources)

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

[Infectious Diseases in Childcare Settings and School Manual  
\(www.hennepin.us/childcaremanual\)](http://www.hennepin.us/childcaremanual)

[U.S. Consumer Product Safety Commission \(www.cpsc.gov/\)](http://www.cpsc.gov/)

Minnesota Department of Health  
Food, Pools, and Lodging Services  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-4500  
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[www.health.state.mn.us](http://www.health.state.mn.us)

Minnesota Department of Agriculture  
Food and Feed Safety Division  
625 Robert Street N  
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651-201-6027 or 1-800-697-AGRI  
[MDA.FFSD.Info@state.mn.us](mailto:MDA.FFSD.Info@state.mn.us)  
[www.mda.state.mn.us](http://www.mda.state.mn.us)

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