

# jirooyinka cunnadu keento

Know how to prevent the spread of an illness caused by food!

## Waa Maxay Cjirooyinka Cunnadu Keento?

Jirooyinka Raashinka laga qaado ma aha cudur lagu sifeen karo inuu cudur kale xiriir la leeyahay. Taas mnaheedu waa cunnada oo jirada sabab u ah. In ka badan 180 jeermis baa keeni kara in cunnadu jiro sababto. Lixdan iyo todoba boqolkiiba ( 67%) lama ma karto in raashinku keenay jirada.

Way adag tahay in la karto in raashinka jirada keentay ay tahay cunnaddii lagu dambeysay ee aad cunto. Calaamdaha iyo waqtiga jiraoyinka oo isu eg baan noo saamaxeen in la ogaato nooca ay tahay; amaa ay ku adag in jirada uu ka qaaday raashin uu cunnay. Ogaasho la ogaado jeermiska iyo sunta jirada keentay waxey u baahana baaritaan dhakhtareed. Ha'yadda Caafimaadka ee Columbus waxey leedahay shaqaale xirfad u leh inay cadeeyaan jeermiska sababy jirada.

## Waa maxay jiro dilaac?

Jirooyinka raashinku keeno marka lagu arko labo qof ama wixii ka badan oo wadaaga nooc jira ah ayaa la oran karaa waa dilaacay/fiday.

## Maxaan sameeyaa haddii qof xanuunsan I soo waco?

Waxaa idiin diyaar ah kooxa jirooyinka raashinka keeno ee Ha'yadda Caafimaadka Columbus. Fadlan la soo xiriir Ha'yada Caafimaadka Columbus, qaybat baarintaanka cudurada raashinka laga qaado, adigoo na siinaya qof magaciisa iyo telefoonkiisa. Xafid hambada raashinka adigoo taariikhda ku qoraya. Si deg-deg ah baan kuula soo xiriireynaa.

## Ma inaan wacaabaa Ha'yadda Caafimaadka?

Haa. Qof walba oo ogaada inay jirto cudur rasshin dilaac ah waa inuu la soo xiriiraa Ha'yadda Caafimaadka ee nawaaxigiisa ku taal. Haddii qof macaamiishaadda ah ku soo sheego in 2 ama dhawr qof oo raashin ma-herataada ka cunay ay ku xanuunsadeen raashinkii, waa inaad la soo socodsiisaa Ha'yadda Caafimaadka qaybteeda Baaritaanka Cudurada Raashinku keeno si ay baaritaan u sameeyaan. Ujeedada baaritaanku ma aha in la cambaareeyo maqaayadda ama ma-herada ee waa in la ogaado sababta keentay jirada iyo in laga hortago in cudurku dilaaco oo dadka kale waxyeleeyo.

## U soo sheeg Ha'yadda Caafimaadka Columbus wixii cudur ah ee cunanda laga qaado...

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