

Kahortaga Wasakhaynta ka Imaanaysa Gacmaha

Preventing Contamination from Hands

Somali

Kahortaga ku taabashada gacmo qaawan

Shaqaaluhu waxay u baahan yihiin inay iska ilaaliyaan inay gacmahooda oo qaawan ku taabtaan cuntada bisil oo la cuni karo. Qabo cuntada u diyaarsan in la cuno adoo adeegsanaaya:

- Tiishka deli
- Malaas
- Bir qabatooyinka
- Galoofisyada halka mark la isticmaallo
- Qalabka qaybinta

Shaqaaluhu waxay sidoo kale u baahan yihiin inay yareeyaan ku taabashada gacmaha qaawan cuntada aan bislayn. Maacuunta sida khaldan loo isticmaalo ama galooofiska ayaa xanbaari kara jeermiska cuntada lagu gudbiyo.

Waa masuuliyad saaran qofka masuulka ka ah inuu ka hortago jeermiska cuntada uga yimaada gacmaha qaawan asagoo:

- Kormeeraaya sida shaqaaluhu gacanta ugu hayaan cuntada iyo farxalkooda.
- Ka reeb shaqada shaqaalaha jiran ee mataga ama shubanka qaba.

Galoofisyada halka mark la isticmaallo

Marka lagu adeegsado farxal sax ah, gacmo gashigu waa mid kamid ah qaababka looga hortago jeermiska ku dhaca cuntada u diyaarsan in la cunno ee ka yimaada gacmaha qaawan.

English

Preventing bare hand contact

Employees need to avoid contacting ready-to-eat food with bare hands. Handle ready-to-eat food by using:

- Deli tissue
- Spatulas
- Tongs
- Single-use gloves
- Dispensing equipment

Employees also need to minimize bare hand contact with food that is not ready-to-eat. Improperly used utensils or gloves can be a vehicle for cross-contamination.

It is the duty of the person in charge to prevent contamination of food from bare hands by:

- Monitoring employee food handling and handwashing.
- Excluding employees who are ill with vomiting or diarrhea.

Single-use gloves

When used with proper handwashing, gloves are one way of preventing contamination of ready-to-eat food from bare hands.

Gloves are not a replacement for proper handwashing. Never wash and reuse disposable gloves. Gloves should be task

Galoofisyadu badal uma noqon karaan farxalka gacmaha. Marna ha dhaqin oo dib ha u isticmaalin gacmo gashiga la tuuro. Gacmo gashigu waa inay yeeshaan shaqo gaar ah. U adeegso gacmo gashiga hal shaqo kadibta iska tuur. Farxalo kahor intaadan xiran gacmo gashiga nadiifta ah.

Mar kasta iska tuur oo badal gacmo gashiga:

- Isla marka ay wasaqoobaan ama jeexmaan.
- Kahor intaadan bilaabin shaqo kale.
- Kadib markaad cuntada xoolaha ee ceeriinka ah ka shaqayso.
- Kahor intaadan ka shaqayn cuntada la karshay ama u diyaarsan in la cuno.
- Ugu yaraan afartii saacadood kasta markaad si joogto ah u isticmaalayso.

Bulsho aad u nugul

Ku taabashada gacmo qaawan cuntada bisil marna looma ogola shaqaalaha u adeegaaya bulshada aadka u nugul.

"Bulsho aad u nugul" waxaa laga wadaa shaqsiyaadka ay u dhowdahay in ka badan dadka kale ee caadiga ah inay qaadaan xanuunka ka dhasha cuntada sabab la xariirta inay yihiin:

- Dad difaacooda jirku daciif yahay, ama carruurta da'da dugsiga barbaarinta, ama dad waayeel ah.

OO

- Ka qaata cuntada xarun bixisa adeegyo sida daryeelka waalidnimada, daryeelka caafimaadka, ama adeegyada nafaqada ama bulshaynta.

Maamulida maadooyinka

Ku taabashada gacan qaawan waa ogolyahay haddii aad ku darayso cuntada bisil inay qayb

specific. Use gloves for one task and then discard them. Wash hands before putting on new gloves.

Always discard and change gloves:

- As soon as they become soiled or torn.
- Before beginning a different task.
- After handling raw animal product.
- Before handling cooked or ready-to-eat food.
- At least every four hours during continual use

Highly susceptible population

Bare hand contact with ready-to-eat food is never allowed for employees who are serving a highly susceptible population.

"Highly susceptible population" means persons who are more likely than others in the general population to experience foodborne disease because they are:

- Immunocompromised, or preschool-age children, or older adults.

AND

- Obtaining food at a facility that provides services such as custodial care, health care, or nutritional or socialization services.

Handling ingredients

Bare hand contact is allowed if you are adding ready-to-eat food as an ingredient to a food

ka noqoto cunto la karin doono laguna karin doono heerkulka iyo waqtiga loo baahan yahay.

Tusaalayaasha waxaa kujira:

- Ku darista burcadka ama sharaxaadaha kale ee cuntada bisil ka samaysan burka laga samayn doono pizza-ha.
- Ku darista khudaarta digsigga hilibka ceeriinka ah kahor intaan la karin.

Ka shaqaynta dookhyada alaabta la dhameeyay

Shaqaalaha aan u adeegayn bulsho aad u nugul ayaa loo ogolaan karaa inay cuntada bisil ku taabtaan gacmo qaawan haddii shuruudo gaar ah la buuxsho.

Habraacyada qoran ayaa qasab ah in lagu daro liiska cuntada bisil ee lagu taabtay gacmaha qaawan, xeerka qoran ee caafimaadka shaqaalaha, iyo dukumiintiyada tababarka iyo amaannada dheeraadka ah. Xarumaha cuntadu waxay la xariiri karaan kormeere si ay u helaan shuruudaha oo faahfaahsan.

Macluumaadka (Resources)

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

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

item that will be cooked to required temperatures and times.

Examples include:

- Adding cheese or other ready-to-eat toppings to a pizza dough.
- Adding vegetables to a raw meat dish before cooking.

Handling finished menu items

Employees who are not serving a highly susceptible population may be allowed to contact ready-to-eat food with bare hands if certain conditions are met.

Written procedures are required that include a list of ready-to-eat food touched by bare hands, a written employee health policy, and documentation of training and additional safeguards. Food establishments may contact their inspector for detailed requirements.

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