Cuntada qaboow, u diyaarsan in la cuno Xakmeynta Badqabka ee Waqtiga/Heerkulka (TCS) ee lagu *diyaarshay* xarunta ama ku jirta baakada *furan/aan xirnayn* ee ganacsiga waa in la cunaa, la iibshaa, talaagada la gashaa, ama la iska tuuraa todobo maalmood gudahood si loo yareeyo *bakteeriyada Listeria.* Cuntada Xakameynta Heerkulka Badqabka leh ee talaagada la gashay taasoo la kaydiyay wax ka badan 24 saacadood waa in lagu qoraa midkood taariikhda diyaarinta/furitaanka ama taariikhda la tuuraayo si loo xaqiijiyo in la cuno ama talaagada la gasho **todobo maalmood gudahood.** Dukumiintigaan waxaa loo bixiyay inuu gacan ka gaysto dib u eegista habraacyada iyo in lagu tababaro shaqaalaha. Ka fiiri bogga 2 liiska cuntooyinka laga reebay shardiga.

Galka xogta: Taariikhaynta

**Ogsoonoow:**U adeegso dukumiintigaan si uu kaaga caawiyo xaruntaada ilaalinta Maamulka Xakamaynta Shaqaynaysa. Xaqiiji inaad la shaqayso [maamulka caafimaadka ee deegaanka](https://doh.wa.gov/community-and-environment/food/local-food-safety-contacts) si laguu siiyo xog kasta oo dheeraad ah ama ogolaanshiyo marka loo baahdo.

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| **Qeybta 1-aad: Xogta Xarunta Cuntada** |
| **Magaca Xarunta**      | **Taleefoonka**      |
| **Wadada (Goobta Rasmiga ah)**      | **Magaallada**      | **Koodhka Boostada**      | **Iimeelka**      |
| **Magaca Xariirka**      | **Darajada / Shaqada**      |
| **Qeybta 2-aad: Qiimaynta Dookhyada Cuntada**Akhri liiska cuntooyinka shardiga laga reebay Hubi cuntada TCS ee qaboow ee aad kaydisay wax ka badan 24 saac kadib marka aad diyaarisay ama ku jirtay baakada furan. |
| [ ]  Cuntada ceeriin (baakada furan) | [ ]  Jiiska jilicsan ama qayb ahaan jilicsan (sida brie, jiiska kareemka ah, ricotta) |
| [ ]  Caano sifaysan (baakad furan) | [ ]  Saladka guriga lagu sameeyay (sida khudaarta beerta/kabsarta, baradhada, makarooniga) |
| [ ]  Cuntada la jaray (sida qaraha ama kabsarta guriga lagu jarjaray) | [ ]  Cuntada la kariyay lana qaboojiyay:       |
| [ ]  Cuntooyinka guriga lagu sameeyay:       | [ ]  Waxkale:       |
| **Qeybta 3-aad: Qaabka Taariikhaynta** |
| **Dooro qaabka astaynta la adeegsaday Dooro taariikhda la adeegsan doono**[ ]  Istiikarka [ ]  Taariikhda/maalinta la diyaariyay/la furay qasaca[ ]  Koodhka midabka [ ]  Taariikhda kama danbaysta ah/maalinta adeegga/la tuuray[ ]  Asteeyaha [ ]  Taariikhda la gashay talaagada/la barafeeyay (waa in lagu daraa haddii la barafeeyay)[ ]  Waxkale:       [ ]  Waxkale:       |
| **Qeybta 4-aad: Xaqiijinta** |
| Yaa xaqiijinaaya in habraaca si sax ah loo raacay? Habraaca waa in la xaqiijiyaa maalin kasta. Dooro dhammaan meelaha ku khuseeya.[ ]  PIC/Maamulaha [ ]  Cunto kariyaha [ ]  Kabar-yeeriga [ ]  Cid kale:       |
| [ ]  **La socoshada Heerkulka*** Xaqiiji in talaagadu cuntada ku hayso 41°F ama ka hoos

[ ]  **Astaynada saxda ah ee taariikhda ayaa ku qoran cuntooyinka Xakameynta Heerkulka Badqabka leh ee laga rabo*** Cuntooyinka Xakameynta Heerkulka Badqabka leh ee la kaydiyo wax ka badan 24 saac ayaa la asteeyaa
* Cuntooyinka la qaboojiyay waxaa ku jira taariikhda koobaad ee diyaarinta iyo taariikhaha baraf ka dhigista/talaagad gelinta oo ku qoran dushooda.
* Cuntooyinka la isku qasay ayaa leh astaynta taariikhda ee diyaaarintii ugu horeysay
* Cuntooyinka aan la astayn ama dhaafay taariikhda astaynta ayaa la iska tuurayaa
 |
| **Qeybta 5-aad: Tababarka Shaqaalaha** |
| **Tababarka Shaqaalaha:** Shaqaalaha waa in si sax ah loo tababaraa. Dooro dhammaan meelaha ku quseeya |
| [ ]  | Sidee loo tababaraa shaqaalaha?[ ]  Akhri oo saxiix dukumiintiga [ ]  Nidaamka astaynta iyo shuruudaha tuurista [ ]  Waxkale:       |
| [ ]  | Intee jeer ayaa la tababaraa shaqaalaha?[ ]  Xiliga shaqaalaysiinta [ ]  Sanad kasta [ ]  Marka khalad lagu arko [ ]  Xili kale:       |
| **Qeybta 6-aad: Macluumaad Dheeraad ah oo Gaar u ah Xarunta** |
|       |
| **Qeybta 7-aad: Saxiixa** |
| Qorshaha waxaa diyaariyay:       |
|                    |
| Saxiixa Taariikhda | Magaca Daabacan Taleefanka |

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Galka xogta: Astaynta Taariikhda Jiiska iyo Cuntooyinka Shardiga laga Reebay

|  |
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| **Jiiska Jilicsan iyo kan la Jilciyay ayaa u Baahan In La taariikheeyo** |
| **Jiiska lagu jarjaray goobta ama ku jira baakadaha furan waa in lagu qoraa taariikhda lana isticmaalaa 7 maalmood gudahood.** |
| *Jiisaska caanka ah ayaa lagu qoray* ***far waawayn.*** |
| AlemtejoAlpinAnariBakersBanburyBarbereyBel PaeseBella MilanoBondon**Brie** | Cambridge**Camembert****Cottage**Coulommiers**Kareem**CrescenzaDamenFarmersFerme**Feta** | FormagelleGournayLivarotMaitreMignotMont d’Or**Mozzarella****Neufchatel****Queso Blanco** | Queso de Hoja Queso del PaisQueso de Puna**Queso Fresco**Provatura**Ricotta**ScamorzeVilliersVoid |
| **Shardi Dhaafyada Taariikhaynta** |
| **Cuntooyinka soo socda lagama doonaayo in lagu qoro taariikhda.** |
| * Cuntooyinka aan ahayn Xakameynta Heerkulka Badqabka leh
* Cuntooyinka Xakameynta Heerkulka Badqabka leh ee talaagada ku jiray wax kayar 24 saac
* Cuntooyinka Xakameynta Heerkulka Badqabka leh ee aan ahayn kuwo u diyaarsan in la cuno
* Cuntooyinka Xakameynta Heerkulka Badqabka leh ee ku jira baakada xiran, ee ganacsiga
* Shellstock (iee ku jira galka, clams, mussels)
* Saladhyada hilibka ceeriin ee loo diyaarshay ganacsiga
 | * Jiiska adag (arag sanballada hoose)
* Jiisaska qayb ahaan jilicsan, qoyaanka yar (arag sanballada hoose)
* Cuntada caanaha (yooqadka, kareemka dhanaan, subaga caanaha)
* Hlibka aan qurmayn, la warshadeeyay, laguna daweeyay cusbada (arag sanballada hoose)
* Kaluunka horay loo habeeyay (herring la qalajiyay iyo cod la qalajiyay/la cusbeeyay)
 |
| **Tusaaleyaasha jiisaska adag ee aan laga dooneyn in lagu asteeyo taariikhda.** Waxaa ku jira 39% ama kayar oo qoyaan ah. |
| AsaderoAbertamAppenzellerAsiago medium ama oldBraCheddarChristalinnaColbyEdamCotija Anejo | CotijaCoonDerbyEmmentalerEnglish DairyGex (blue-veined)GloucesterGjetostGruyereHerve | LaplandLorraineOaxacaParmesanPecorinoQueso AnejoQueso ChihuahuaQueso de PrensaRomanelloRomano | ReggianoSapsagoSassenage (blue veined)Stilton (blue veined)SwissTignard (blue veined)VizeWensleydale (blue veined) |
| **Tusaaleyaasha jiisaska qayb ahaan adag ee aan la dooneyn in lagu qoro taariikhda.** Waxaa ku jira qoyaan dhan 39--50%. |
| Asiago softBattelmattBellelay (blue veined)BlueBrickCamosumChantelleEdam | FontinaGorgonzola (blue veined)GoudaDerbyHavartiKonigskaseLimburgerMilano | ManchegoMontereyMuensterOkaPort du SalutProvoloneQueso de BolaQueso de la Tierra | RobbioleRoquefort (blue veined)SamsoeTilsiterTrappist |
| **Tusaaleyaasha hilibka ceeriin ee aan laga dooneyn in lagu qoro taariikhda.** Noocyada soo socda waa hlib la gelin karo qaanada oo la warshadeeyay ama cusbada lagu daweeyay. |
| BasturmaBreasaolaCoppa/CapocolloPepperoniDry salami | ProsciuttoCountry-cured hamParma ham |

Si aad dukumiintigaan oo qaab kale ah u dalbato, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimayl u dir civil.rights@doh.wa.gov.