

DIYAARINTA CUNTADA DIYAARSAN EE QUUDINTA ILMAHA

KAHOR INTAADAN BILAABIN

- Fiiri taariikhda ku qoran qasaca. Waxay dhahaysaa “Best if used by (Waxaa ugu fiican in la isticmaalo)” ama “Best by (Waxaa fiican in la isticmaalo).” Ha adeegsan foormulada
- Geli qasacyada aan la fulin heerkul qaadi ah.
- Gacmahaaga ku dhaq saabuun iyo biyo ugu yaraan muddo 20 sikin.
- Nadiifi meesha aad ku shaqaynayso.
- Dhaq dusha sare ee qasaca.
- Si fiican u rux qasaca.
- Waydii dhakhtarkaaga haddii aad u baahan tahay inaad biyo karsan ku dhaqdo maacuunta, masaasadaha, cinjirka masaasada ama inaad ku dhaqdo biyaha tuubada kahor intaadan cuntada qasin. Wax ka waydii adeegsiga biyaha dhallada ku jira.

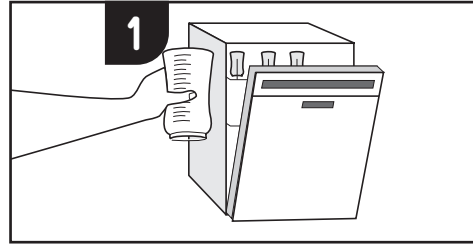
FARXALO KADIB MARKAAD DHAMAYSO

Kaydinta qasacyada la furay ee cuntada u diyaarsan in ilmaha la siiyo:

- Xaqiiji in daboolku si fiican ugu xiran yahay.
- Talaagada geli cuntada aan la isticmaalin oo ku jirta qasaca daboolka leh oo ku isticmaal 48 saacadood gudahood.



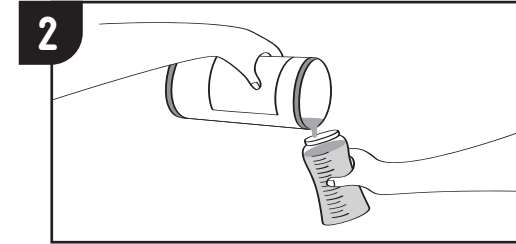
DOH 961-1273 October 2022 Somali
Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-841-1410. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir WIC@doh.wa.gov.



NADIIFI MASAASADAHA

Ku dhaq dhammaan masaasadaha iyo qaybaha masaasada mashiinka weelasha dhaqa adoo adeegsanaaya wareeg buuxa, **AMA** raac talaabooyinka:

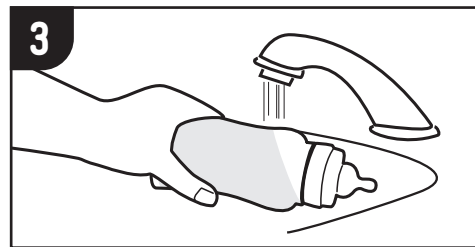
1. Ku dhaq biyo kulul, oo saabuun leh. Si adag biyaha ugu shub.
2. Geli masaasada iyo qaybaha masaasada ee aad dhaqday digsi kadibna ku dabool biyo. Karkari ilaa muddo shan daqiiqo ah.
3. Ka saar digsigaba dabka. Ka bixi masaasada iyo qaybaha masaasada. Saar meel nadiifi ah si dabayshu u qalajiso.



CUNTADA DIYAARSAN EE QUUDINTA ILMAHA

- Rux qasacada kahor intaadan furin.
- Ku shub caanaha masaasad nadiif ah.
- Haku darin biyo.

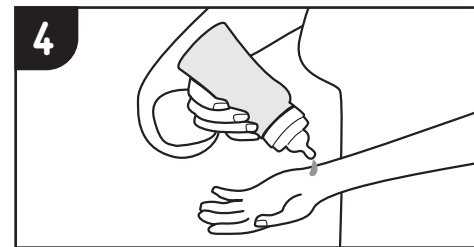
Inaad biyo ku darto ayaa barxaysa caanaha, taasoo ka dhigan inaan ilmahaagu heli doonin cadadka saxda ah ee koloriyada iyo nafaqooyinka.



QASAB MAAHA INAAD CUNTADA KULULAYSO

Haddii aad doorato inaad cuntada kululayso:

- Ku qabo masaasada caanaha hoosta biyo kulul oo socda ama geli baaquli biyo qandac ah (maaha kuwo kulul).
- **Ha gelin mikrooweefka.**
Tani waxay keenaysaa kululayn aan sinayn waxayna gubi kartaa afka cunugaaga.



MARKASTA TIJAABI MASAASADA KAHOR INTAADAN ILMAHA KU QUUDIN

- Ku shub dhawr dhibcood oo caanaha aad qastay ah gacantaada. Waa inaad kulayl dareemin.
- Ku quudi cunugaaga isla marka marka aad isku qasto.
- Kadib marka aad quudiso, mar kasta iska tuur caano kasta oo ku haray masaasada. Bakteriyada ka timaada afka cunugaaga ayaa ku milmaysa caanaha inta uu dhuuqaayo.



TALAAGADA GELI MASAASADA CAANAH

- Xasuusnoow in qasaca furan ee caanaha ilmaha ee diyaarsan ay tahay in lagu isticmaalo 48 saacadood gudahood.
- Ku dabool masaasad kasta furka masaasada. geli talaagada ilaa ay isticmaal diyaar u tahay.
- Ha dhigin caanaha la qasay banaanka talaagada. Ha gelin baraf dhaliyaha.