

Galka xogta Shubanka

Xogta Adeeg bixiyaha Daryeelka Carruurta



NADIIFI!

Nadiifinta waxaa laga wadaa adeegsiga saabuun iyo biyo si meesha looga dhaqo wasaqda iyo qashinka kadibna looga dilo jeermiska saaran alaabaha ayadoo la adeegsanaayo jeermis dile sida warankiilada.



KA SAAR!

Carruurta iyo shaqaalaha jiran ayaa cudurka ku faafin kara dadka kale. Xaqiiji in carruurta iyo shaqaalaha jiran lagu hayo guriga, oo u dir carruurta iyo shaqaalaha guriga haddii ay yeeshaan astaamaha xanuunka inta aad daryeelayso.

SOO SHEEG!

Waxaan halkaan u joognaa inaan ku caawino! Noosoo sheeg haddii:

1. Aad aragto kororka tirada carruurta qaba mataga iyo shubanka
2. Ilmo daryeelkaaga ku jira laga helo jeermis ay tahay in lasoo sheego sida:

- *Shigella*
- *E. coli*
- *Giardia*
- *Cryptosporidium*
- *Salmonella*



FARXALO!

Farxalku waa qaabka ugu fiican ee looga hortago jeermisyadu inay baahaan. Xaqiiji in carruurta iyo shaqaaluhu ay ugu farxashaan saabuun iyo biyo si joogto ah maalinta oo dhan



Ma jiro wax la yiraahdo “Hargab Calooleed”

“Hargab Calooleedka” waxaa sababi kara tiro jeermisyada kaladuwan ah, kuwaasoo qaarkood noqon kara kuwo daran. Kororka tirada carruurta iyo shaqaalaha leh mataga ama shubanka ayaa muujinaysa khatar! Jeermisyadaan ayaa ku faafa saxarada afka gaarta, kumana faafaan hawada. Tan ayaa ka dhigan haddii “jeermis uu faafay,” in dadku xanuunsanayaan ama ay matagayaan!



Waxaan idin ka soo salaamaynaa Waaxda Caafimaadka Minnesota Laamaha Caafimaadka Suntada Cuntada, Cudurada Biyaha, iyo Cudurada Xayawaanka Laga qaado!

CIDA AAN NAHAY

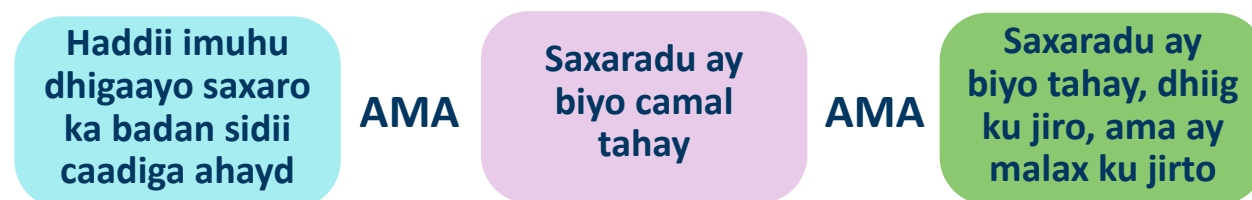
Waxaan ka shaqaynaa Waaxda Caafimaadka Minnesota (MDH, Minnesota Department of Health) Qeybta ka Hortaga, iyo Xakamaynta Cudurada Infekshinka ee Dadweynaha Ku Faafa. Waan ka duwan nahay kooxda bixisa ruqsadaha daryeelka carruurta ee kormeerta xarumaha daryeelka carruurta si loo hubiyo inay ku dhaqmaan sharciyada, inkastoo aan wada shaqeyno si loo xaqiijiyo inaad haysato xogta ugu saxan ee cusub si aad u siiso goob badqab iyo caafimaad u leh carruurta ku jira daryeelkaaga.

WAXA AAN QABANO

Waxaan baarnaa cudurada dilaaca ee ku faafa cuntada, biyaha, iyo xayawaannada (ayna ku jiraan dadka!) si aan u ogaano isha cudurka aan uga difaacno dad badan inay cudurka qaadaan. Cuduro badan oo aan baarno ayaa keena shuban iyo matag. Waan kaa caawin karnaa joojinta in cudurku ku faafo xaruntaada daryeelka carruurta, waxaan ku siin karnaa tilmaan ku aadan habraacyada nadaafada ee aan adeegsanayno, waxaana ku siinaynaa farsamooyinka aad u baahan tahay si aad u hubiso badqabka iyo caafimaadka qof kasta oo daryeelkaaga ku jira.

Waxaan adeegsanaynaa xogta aan ka qaadno dadka doorka ku leh dilaaca cudurka si aan ula socono dhacdooyinka cudurka ee gobalka iyo wadanka oo dhan. Xogtaan ayaa naga caawin karta kahortaga dilaaca cudurada mustaqbalka.

WAA MAXAY SHUBAN?



Waxyaabo badan ayaa sababi kara shuban. Sabab la xiriiirta inay adkaan karto in la ogaado waxa sababaaya, carruurta qaba shubanka waa inay guriga joogaan aysana aadin daryeelka carruurta/dugsiga barbaarinta ugu yaraan 24 saacadood kadib marka shubanku ka joogsado.

MAXAA XANUUN KU RIDI KARA CARRUURTA IYO SHAQAALAHA?

Noocyada badan ee kaladuwan ee jeermisyada ayaa dadka ku ridi kara matag iyo shuban, ayna ku jiraan fayrasyada, bakteeriyada, iyo cayayaanka. Shubanka iyo mataga badanaa waa kuwo faafa; qofka qaba (ama dhawaan qabay) matag iyo shuban ayaa ku faafin kara dadka kale.

LAAKIIN SIDEE JEERMISYADA SABABA SHUBANKU KU FAAFAAN?

Jeermisyada ayaa ku jira saxarada iyo mataga dadka cudurka qaba. Haddii jeermisyadu (ku jira cadadka aadka u yar ee saxarada ah) galaan afka qofka, wuu la jiran karaa, sidoo kale. Tan waxaa la yiraahdaa "faafidda saxarada afka." Jeermisyadaan ayaa raaci kara gacmaha, boonbaleyaasha, ama walxaha kale ee la taaban karo. Cudurada sababa shubanka ama mataga ayaa sidoo kale si fudud iskaga dhex faafa biyaha, sida barkadaha dabaasha iyo miisanka biyaha. Dhammaan xayawaannada, xataa kuwa caafimaadka qaba, ayaa jeermis ku jiri karaa saxaradooda kaasoo dadku ku jiran karaan.



Dadka ayay jeermisyo ku jiri karaan saxaradooda iyo matagooda (oo badanaa loogu yeero "hayeyaasha") xataa kadib marka ay bogsoodaan. Waa muhiim in lasii wado taxadarka iyo ku dhaqanka talaabooyinka kahortaga ee ku qoran bogga xiga (tusaale, inaad si fiican ugu farxalato saabuun iyo biyo) xataa kadib marka ilmaha ama shaqaaluhu ku laabto daryeelka carruurta.

WAA MAXAY ASTAAMAHA AY TAHAY INAAN RAADIYO?

Caabuqyada ka yimaada **bakteeriyada** sida Salmonella, Campylobacter, iyo E. coli ayaa badanaa dhaca xiliga xagaaga. Kuwaan ayaa si fudud iskaga gudba dadka, xayawaannada, ama cunista cunto sumaysan. Bakteeriyoyinka kale ee dilaaca ayaan lahayn wakhti gaar ah, sida kuwa ka dhasha Shigella. Caabuqyada bakteeriyada ayaa sababi kara shuban, qandho, dhiig ku jira shubanka, iyo, mararka qaar, matag. Astamaha ayaa socda ku dhawaad asbuuc.

Cayayaanka ayaa caadiyan sababa dilaaca cudurada dhammaadka xagaaga iyo biloowga dayrta. Kuwaan ayaa si fudud iskaga dhex faafa dadka, biyaha sida barkadaha dabaasha, harooyinka, iyo miisaska dareemaha, iyo xayawaannada. Waxay badanaa sababaan shuban biyood kaasoo socon kara wax ka badan asbuuc, waxayna qaadan kartaa ilaa dhawr asbuuc in qofka qaba uu la xanuunsado. Cayayaanka sababi kara shubanka waxaa ku jira *Cryptosporidium* iyo *Giardia*.

Viruses Fayrasyada (sida norovirus iyo rotavirus) ayaa badanaa sababa cudurada dilaaca qaboobaha iyo gu'ga. Fayrasyadaan ayaa caadiyan sababa 1-2 maalmood oo matag iyo shuban ah waxayna si fudud iskaga kala gudbi karaan labo, gaar ahaana marka qofku uu ku matago goobaha dadka u dhexeeya.

Nasiib wanaag, inta badan dadka ayaa si buuxda uga bogsooda xanuunka mataga/shubanka. Hase yeeshee, mararka qaar carruurta ama shaqaalaha ayaa si xun u jirada (qaar kamid ah jeermisyada, 25% ama ka badan oo dad ah ayaa isbitaalka la dhigay) waxaana aad dhif u ah dadka u dhinta. Waa taas sabab ay aad muhiim ugu tahay ku dhaqanka tilmaamaha saarida iyo kahortaga cudurka.

Ilaalinta Caafimaadka Qof Kasta - 1

Ilaalinta Caafimaadka Qof Kasta - 2

Si looga hortago faafida jeermisyada, raac timaamahaan maalin kasta si aad u ilaaliso caafimaadka carruurta iyo shaqaalaha.

FARXALKA

Farxalku waa mid kamid ah qaababka ugu wanaagsan ee looga hortago cudurada shubanka. Gacmaha waa in la dhaqaa ugu yaraan 20 sikin laguna dhaqaa saabuun iyo biyo diiran. Gacmaha waa in la dhaqaa markasta kadib marka ilmaha laga badelo xafaayada ama musqusha la galo, kahor diyaarinta ama cunista cuntada, iyo kadib taabashada xayawaannada. Gacmo nadiifiyuhu kama hortagi karo norovirus iyo cayayaanka Cryptosporidium. Haddii ilmaha yaryar aysan gacmahooda si sax u dhaqi karin, xaqiiji inaad caawiso!

NADIIFINTA

Qaababka nadiifinta ayaa ku xiran jeermiska dadku la jiranayaan, laakiin si guud, waxaad u baahan tahay inaad meesha ku dhaqdo saabuun iyo biyo kadibna adeegsato jeermis dile sida warankiilada. Ha buufin matag ama shuban! (Adeegso habraaca ku qoran DHIGAALADA.) Marka aad noosoo sheegto cudur dilaacay ama cudur lasoo sheegi karo, waxaan kuu sheegi karnaa nooca jeermis dilaha ugu haboon.

BIYAHA

Jeermisyo badan ayaa si fudud ugu faafa biyaha. Carruurta leh mataga/ shubanka waa inaysan dabaalan ama ku ciyaarin biyaha miisaska ilaa aysan wax xanuun ah qabin muddo 24 saac ah. Xadidaadaha dheeriga ah ee biyaha ayaa lagu dabaqayaa jeermisyada qaarkood.

KA SAARIDA

Ka saarida ilmaha ama shaqaalaha jiran ayaa aad muhiim u ah si loo joojiyo faafinta cudurka.

Qof kasta oo leh matag ama shuban waa in laga saaraa daryeelka carruurta (tusaale, uusan soo xaadirin) ilaa xanuunku ka maqnaado 24 saac. Tan waxaa ku jira ka saarida xarunta naftaada haddii loo baahdo; daryeel bixiyaasha iyo shaqaalaha ayaa jirada 64% marka cuduradu ka dilaacaan daryeelka carruurta!

Jeermisyada qaarkood, carruurta iyo shaqaalaha jiran ayaa u baahan doona in laga saaro daryeelka carruurta muddo dheeraad ah; marka aad soo sheegto cudurada dilaacay ama lasoo sheegi karo, waxaan kuu sheegi doonaa mudada carruurta iyo shaqaalaha jiran ka maqnaanayaan xarunta.



XAYAWAANNADA

Dadka ayaa ku jiran kara jeermisyada ay xayawaannadu sidaan. Xataa xayawaannada caafimaadka qaba, ee sida wacan loo daryeelo ayaa sidi kara jeermiyo. Haddii aad doorato in aad xayawaanno ku haysato daryeelkaaga carruurta ama aaddo safaro aad ku booqanaysaan xayawaannada, waa inaad taqaano sida looga hortago cudurka!

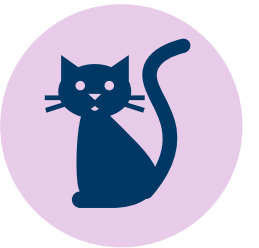
Xayawaannada jooga xaruntaada daryeeka carruurta

1. Qaar kamid ah xayawaannada ayaa ka khatar badan kuwa kale. Xamaaratada (qalajista/qorotada, masaska, diinka, iwm.), kashiitada, iyo doorada ayaa sidi kara Salmonella waana inaad u haysan rabaayad ahaan haddii ay kuu joogaan carruur jira <5 sano.
2. Nadiifinta qoladaha, boonbaleyaasha, iyo baaquliyada biyaha iyo cuntada waa inaan lagu samayn siinka jikada. Badelka taas, adeegso tuubada dhar dhaqaalka ama baafka kaasoo la nadiifiyay lagana dilay jeermiska.
3. Haddii carruurta la xiriiraan xayawaannada ama bii'ooyinkooda, waa inay ku farxashaan saabuun iyo biyo intaas kadib.

Safarad gaaban ama booqashooyinka xayawaannada ku yimaadaan daryeelka carruurta

4. Qaar kamid ah xayawaannada ayaa ka khatar badan kuwa kale. Xamaaratada (qalajista/qorotada, masaska, diinka, iwm.), kashiitada, iyo doorada ayaa sidi kara Salmonella waana inaad u haysan rabaayad ahaan haddii ay kuu joogaan carruur jira <5 sano.
5. Gacan ku quudinta xayawaannada, inkastoo ay baashaal tahay, maaha wax lagu talinaayo in ilmuhu sameeyaan. Waxay kordhinaysaa khatarta jeermisyada ay ku geli karaan gacmaha iyo in xayawaanku si aan kas ahayn u qaniino.
6. Dhammaan martida tagaysa xeryaha xoolaha ama beeraha waa inay si wanaagsan gacmahooda ugu dhaqaan saabuun iyo biyo kadib booqashada, xataa haddii aysan taaban xayawaannada.
7. Xog dheeraad ah ayaa laga heli karaa halkaan:

- [Baashaal oo Ilaali Caafimaadkaaga Marka aad Beerta Joogto! \(https://umash.umn.edu/wp-content/uploads/2015/12/Stay-Healthy-on-the-Farm.pdf\)](https://umash.umn.edu/wp-content/uploads/2015/12/Stay-Healthy-on-the-Farm.pdf)
- [Ilaalinta caafimaadka marka xoolaha lagu keeno! \(https://umash.umn.edu/wp-content/uploads/2019/02/When-the-farm-comes-to-you.pdf\)](https://umash.umn.edu/wp-content/uploads/2019/02/When-the-farm-comes-to-you.pdf)





WAA MAXAY SAFMARKU?

Safmarku waa marka labo qof ama ka badan ay qaadaan cudur iskumid ah kadib marka ay adeegsadaan ama taabtaan walxo, cunto, ama ilaha biyaha iskumidka ah ama ay taabteen xayawaanno iskumid ah.

MARKA AY TAHAY INAAD SOO SHEEGTO

Waxaa jira cudurada qaar oo ay qasab tahay in loo soo sheego MDH xataa haddii keliya hal qof uu jiran yahay (Xeerarka Minnesota ee qaybta 9503.0140 iyo 9502.0425). Waxaa liiskaas ku jira caabuqyada soo socda oo badanaa sababa shuban ama matag:

1. *Campylobacter*
2. *Cryptosporidium*
3. *E. coli*
4. *Giardia*
5. *Shigella*
6. *Salmonella*

Liiska buuxa ayaa ku jira bogga dhigaalada ee galkaan.

Waxaa intaas dheer, “qayb kasta oo kiisaska ah, kiisaska laga shakiyay, ama suuragalnimada dheeriga ah ee xanuunka oo ka badan tirada la filaayo ee kiisaska muddo gaar ah” waa in sidoo kale loo soo sheegaa MDH (Xeerarka Minn. Qaybta 4605.7050). **Tan ayaa ka dhigan in haddii aad aragto ilmo badan oo qaba shuban ama matag, aad u baahan tahay inaad u sheegto MDH, xataa haddii aan la aqoon cudurka keenaaya.**

SIDA LO SOO SHEEGO

Taleefanka: 651-201-5655 | **Wicitaan Bilaash ah:** 1-877-FOOD-ILL (1-877-366-3455)

Oonlaynka: Soo sheegista Safmarka Cudurka Neef Mareenka iyo Uur Ku jirta (redcap.health.state.mn.us/redcap/surveys/?s=MJEJYFFCKNLD4N4C)

limeelka: health.foodill@state.mn.us

SABABTA AAD U SOO SHEEGAYSO

Soo sheegista cuduradu shardi uma ahan ruqsadaada, laakiin, waxaa taas ka muhiimsan, waxaan kaa caawin karnaa kahortaga in dadka kale ku jiradaan xaruntaada daryeelka carruurta. Xanuunno badan oo sababa shubanka ayaa iskaga gudbi kara dadka. Waxaan kaa caawin karnaa yareynta khatarta ah in dadka kale jiradaan anagoo ku siinayna talaabooyin aad qaadayso.

Waxaan markasta diyaar u nahay inaan kula hadalno haddii aad qabto wax su'aalo ah!



Waxa ay tahay inaad samayso haddii ay kuu joogaan labo qof ama ka badan xarunta daryeelka carruurta kuwaasoo qaaday cudur iskumid ah.

U adeegso liiskaan oo biloow kuu noqonaaya! Marka aad la hadasho MDH, waxaan kaa codsan karnaa inaad samayso waxyaabo kale ama dheeri ah, ayadoo ku xiran jeermiska sababaaya cudurka iyo xaalada.

SOO SHEEG

- Noosoo sheeg isla markaaba haddii ay kuu joogaan labo qof ama ka badan oo qaba matag/shuban. Sharciga gobalka ayaa qasab nooga dhigaaya waana kaa caawin karnaa helitaanka tallo!
 - Arag bogga **SOO SHEEGIDDA** ee galkaan.

DUKUMIINTIGA

- Adeegso DIIWAANKA XANUUNKA ILMAHA iyo DIIWAANKA XANUUNKA SHAQAALAH si aad u qorto xanuunnada ku dhaca shaqaalaha iyo dadka xarunta yimaada.
- U dir labada DIIWAANNADA XANUUNKA waaxda MDH.
 - (1) 2 maalmood oo kuwa shaqada ah kadib marka lasoo sheego cudurka safmarka ah ee laga shakiyay. Waa caadi haddii aadan buuxin wali.
 - (2) inta u dhexaysa 1 iyo 2 asbuuc kadib markii u danbaysay ee cudurku jiray.
- Sanballada saxarada ayaa muhiim ah si loo xaqiijiyo waxa keenay safmarka cudurka, loona go'aansho faracyada keeni kara cudurka - MDH ayaa qoysaska waydiin karta haddii ay doonayaan inay sanbalka soo diraan.

JOOJI FAAFIDA

- Xasuusi carruurta iyo shaqaalaha inay farxashaan! Tusaale, sur boorarka cusub ee farxalka musqulaha, u dir iimeelo xasuusin ah shaqaalaha, oo tusaalaha farxalka sii carruurta.
 - Inta badan gacmo sifeeyaasha aalkolada ka samaysan waxba kama taraan jeermisyada qaar. Ku dhaq gacmahaaga saabuun iyo biyo si aad jeermiska uga saarto.
 - Dhammaan dadka goobta jooga waa inay gacmahooda dhaqaan kahor cuntada ama macmacaanka.
 - Dhammaan shaqaaluhu waa inay gacmahooda dhaqaan kahor diyaarinta ama taabashada cuntada.
- U sheeg dadka goobta inay guriga joogaan marka ay la jiran yihiin matag ama shuban iyo ilaa aysan wax astaamo ah lahayn ugu yaraan 24 saac.

Continued on next page



- Isla markaa nadiifi oo sifee goobta/guriga. Diirada saar goobaha iyo walxaha sida joogtada ah loo taabto (tusaale, musqulaha, gacannada albaabka, miisaska, marfashyada, waraha biyaha, meelaha ilmaha xafaayada looga badelo, boonbaleyaasha).
 - Ku dhaq dhammaan dusha meelaha saabuun iyo biyo. Biyo raaci.
 - Boonbaleyaasha adag ayaa lagu dhaqi karaa weel xalaha oo biyo kulul siidaynaaya.
 - Meel gaar ah dhig miisaska/agabka dareemaha ilaa safmarku ka joogsanaayo.
 - Boonbaleyaasha jilcan, busteyaasha iyo go’yaasha waa in la dhaqaa laguna qalajiyaa heerkul kulul.
 - Ku sifee dhammaan dusha meelaha jeermis dile awood badan. Tan ayaa dilaysa inta badan jeermisyada ay ku jirto bakteeriyada iyo norovirus. Waxaan kaa codsan karnaa inaad ku nadiifiso maado kale haddii safmarku ka dhashay cayayaan.

Dareeraha warankiilada awooda badan (1000 ppm) oo maalin kasta markaas la qaso: 1 galaan oo biyo ah + 1/3 koob oo warankiilo ah.

Meelaha cuntadu taabato iyo boonbaleyaasha ilmuhi markasta afka la aado, kudhaq biyo nadiif ah kadib dareeraha sifeyntu si buuxda u qalalo.

Xiro gacmo gashi oo kordhi hawada (tusaale, fur daaqaadaha/albaabada) marka aad ku shubayso daawada.

- Nadiifi/sifee ugu yaraan maalin kasta ilaa safmarku dhammaado (1 asbuuc kadib markii ugu danbaysay ee uu qof ku dhacay).
- Isla markaaba nadiifi mataga ama shubanka.
- Adeegso hab raacyada wanaagsan si aad uga difaacdo dadka nadaafada haya inay jiradaan (arag DHIGAALADA). Marna ha adeegsan hawo buufiya marka aad nadiifinayso mataga.
- Haddii aad leedahay shaqaalaha gaarka u ah jikada ama adeegsato shirkada adeegyada cuntada, la xiriir ayaga si ay u go’aanshaan haddii shaqaalaha jikadu ay jiran yihiin (waydii inay buuxshaan DIIWAANKA XANUUNKA SHAQAALAH). U sheeg MDH haddii shaqaalaha jikadu ay jiran yihiin si khabiirka nadaafadu kaagama shaqeeyo jikada si loo dhaqan gasho talaabooyinka kale ee kahortaga.
- U sheeg dadka waawayn inay sameeyaan saxuunta gaarka ah ee dhammaan cuntooyinka ayna ku jiraan cuntooyinka fudud.
- Inta lagu jiro safmarka cudurka wata mataga/shubanka, jooji dhammaan ciyaarta iyo biyaha iyo hawlaha dabaasha ee ka socda xaruntaada daryeelka carruurta, ayna ku jiraan miisaska biyaha/dareemaha ama barkadaha dabaashada, ilaa dhammaan xanuunku joogsado.
- Inta lagu jiro safka cudurka GI, iska ilaali inaad booqato baraha biyo firdhintu iyo barkadaha dabaashada ilaa dhammaan xanuunku ka joogsado.

Wax su’aalo ah ma qabtaa? Fadlan wac! 1-800-FOOD-ILL (1-877-366-3455)

LIFAAQYADA MUHIIMKA AH

1. [Nuqulka galkaan: Galka Xogta Shubanka ee Bixiyaha Daryeelka Carruurta \(Diarrhea Toolkit Information for Child Care Providers\)\(www.health.state.mn.us/diseases/foodborne/cctoolkit.pdf\)](http://www.health.state.mn.us/diseases/foodborne/cctoolkit.pdf)
2. [Liiska Cudurada ay tahay in Lasoo SHeego \(Reportable Diseases List\) \(Xeerka Minn. 4605.7040\) \(www.revisor.mn.gov/rules/4605.7040/\)](http://www.revisor.mn.gov/rules/4605.7040/)
3. [Xogta Bixiyaha Daryeelka Carruurta ee Xanuunka Shubanka Wata \(Child Care Provider Information on Diarrheal Illness\) \(www.health.state.mn.us/diseases/foodborne/daycare.html\)](http://www.health.state.mn.us/diseases/foodborne/daycare.html)
4. [Buug Tusmeedka Daryeelka Carruurta ee Ismaamulka Hennepin \(Hennepin County Child Care Manual\) \(www.hennepin.us/childcaremanual\)](http://www.hennepin.us/childcaremanual)

BOORARKA IYO BUUG TUSMEEDYADA

1. [Mataga, Shubanka, iyo Carruurta - Xog ku socota Bixiyaha Daryeelka Carruurta \(Vomiting, Diarrhea, and Children – Information for Child Care Providers\) \(www.health.state.mn.us/diseases/foodborne/dcfographic.pdf\)](http://www.health.state.mn.us/diseases/foodborne/dcfographic.pdf)
2. [Mataga, Shubanka, iyo Carruurta - Xog ku socota Waalidka \(Vomiting, Diarrhea, and Children – Information for Parents\) \(www.health.state.mn.us/diseases/foodborne/dcparentsposter.pdf\)](http://www.health.state.mn.us/diseases/foodborne/dcparentsposter.pdf)
3. [Ma jiro Wax la Yiraahdo Hargab Caloolleed \(There’s No Such Thing as the Stomach Flu\) \(www.health.state.mn.us/diseases/norovirus/nostomachflu.pdf\)](http://www.health.state.mn.us/diseases/norovirus/nostomachflu.pdf)
4. Buug tusmeedyada safarada lagu tago xarumaha xayawaannada ayaa loo dirayaa guriga kuwaasoo wata risiidyada ogolaanshaha:
 - [Ku baashaal beerta oo ilaali caafimaadka \(Have fun on the farm and stay healthy!\) \(https://umash.umn.edu/wp-content/uploads/2015/12/Stay-Healthy-on-the-Farm.pdf\)](https://umash.umn.edu/wp-content/uploads/2015/12/Stay-Healthy-on-the-Farm.pdf)
 - [Ilaalinta caafimaadka marka xoolaha lagu keeno \(Staying healthy when the farm comes to you\)! \(https://umash.umn.edu/wp-content/uploads/2019/02/When-the-farm-comes-to-you.pdf\)](https://umash.umn.edu/wp-content/uploads/2019/02/When-the-farm-comes-to-you.pdf)
5. [Ha Ilaawin inaad Farxalato \(Don’t Forget to Wash\) \(www.health.state.mn.us/people/handhygiene/wash/dontforget.pdf\)](http://www.health.state.mn.us/people/handhygiene/wash/dontforget.pdf)
6. [5 Qaab ee Ugu wayn ee Jeermisku Ku Faafo \(5 Common Ways Germs are Spread\) \(www.health.state.mn.us/people/handhygiene/why/5ways.pdf\)](http://www.health.state.mn.us/people/handhygiene/why/5ways.pdf)
7. [Nadiifinta Mataga \(Vomit Clean Up\) \(www.health.state.mn.us/diseases/foodborne/vomitposter.pdf\)](http://www.health.state.mn.us/diseases/foodborne/vomitposter.pdf)
8. [Goorma ayay Tahay inaan Farxasho \(When Should I Wash My Hands\)? \(www.health.state.mn.us/people/handhygiene/why/whenwash.pdf\)](http://www.health.state.mn.us/people/handhygiene/why/whenwash.pdf)