

Xarumaha Ka-shaqaynta Hilibka iyo Shimbiraha la Dhaqdo:

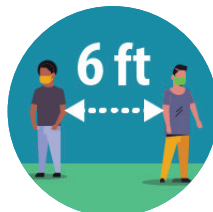
Istaraatiijiyadaha Muhiimka ah ee Shaqaalaha looga Ilaalinayo Infekshinka COVID-19

Nooca la heli karo: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/meat-poultry-processing-workers-employers.html>

Loo-shaqeeyayaashu waa inay ka baaraan goobta shaqadooda waxyaabaha kordhin kara halista faafinta COVID-19. Samee qorshe caafimaad iyo baadqab adigoo adeegsanaya hagida ka hortagga ee soo socota. Ula xiriir si joogto ah saraakiisha [gobolka](#) iyo/ama [deegaanka](#) ee caafimaadka dadweynaha iyo xirfadlayaasha baadqabka goobta shaqada iyo xirfadlayaasha caafimaadka si aad u hesho macluumaad muhiim ah iyo macluumaadkii ugu dambeeyay ee cudurka COVID-19 ee ka jira deegaankaaga.

- **Shaqaalaha ha kala fogaadaan ugu yaraan 6 fuud ilaa intii macquul ah (dhiirrigeli kala fogaanshaha dadka).**

Adeegso waxyaabo jir ahaan u dhaxeen karo dadka ama kala qaybin, yaree shaqaalaynta, ama wax ka beddel goobaha shaqada, hab-raacyada shaqada, si aad u kordhiso masaafada u dhaxeysa shaqaalaha. Kordhi goobaha la iska diiwaangeliyo marko la soo geliyo ama laga baxayo shaqada, kala fogee kuraasta qolalka nasashada, oo banaanka ka samee teendhooyinka nasashada.



- **Ku dhiiri geli shaqaalaha buka inay guriga joogaan.**

Samee siyaasado u oggolaanaya shaqaalaha buka inay guriga joogaan iyagoo aan luminayn dhiirrigelinada. Xaqiiji in shaqaaluhu ka warqabaan ayna fahamsan yihiin siyaasadahan. La shaqee xirfadlayaasha daawaynta goobta shaqada si aad u sameeyo siyaasado loogu talagalay shaqaalaha laga yaabo inay halis dheeri ah ugu jiraan COVID-19.



- **Kordhi xiliyada nadiifinta iyo jeermis-dilida**

- **oo hubi in ay hawo ku filan ka jirto meelaha la wadaago. [Nadiifi kana dil jeermiska](#)**

aaladaha ama qalabyada kale ugu yaraan mar kasta oo shaqaalaha ay ku kala wareegayaan goobaha shaqada. Dhammaadka shaqo-wareeg kasta ama marar badan ka-dil jeermiska sagxadaha badanaa la taabto ee ku yaalo goobaha shaqada, qolalka nasashada, basaska hor iyo gadaal u socdo ama basaska yaryar haddi la isticmaalo. Dib u habee ama meesha ka saar marawaxadyada si looga hortago in hawadu ka soo baxdo hal shaqaale ay si toos ah u gaarto mid kale. Haddii marawaxadyada laga saaro meesha, loo-shaqeeyayaashu waa inay qaadaan tillaabooyin looga hortagayo [khataraha kuleylka](#).



- **Ku dhiiri geli shaqaalaha inay ku dhaqmaan kala fogaanshaha dadka.**

Habee wakhtiyada nasashada iyo waqtiyada imaatinka iyo bixida Dhig xusuusin la arki karo (xariijimaha iyo calaamadaha dhulka lagu sameeyo) halka ay shaqaaluhu isugu imaan karaan, oo ay ku jiraan aagagga shaqada, aaggaga nasashada, qolalka kabadhka, hoolalka ama dariiqyada, iyo aaggaga laga soo galo iyo kuwa laga baxo. Ku dhiirrigeli shaqaalaha inay ka fogaadaan wadaaga baabuurta markay imaanayaan iyo markay ka baxayaan shaqada. Haddii baabuur wadaaga ay lagama maarmaan tahay, sida ugu macquulsan u xaddid tirada dadka raacayo halkii baabuur. Tani waxay u baahan kartaa adeegsiga baabuur badan. Ku dhiirrigeli shaqaalaha ku jira basaska yaryar ee la wadaago ama booska baabuurta [inay xirtaan maro daboosha wajiga](#).

- **Ka baar shaqaalaha astaamaha COVID-19 ee suuragalka ah ka hor inta aysan soo galin goobta shaqada.**

Hab-raacyada baaritaanka kala tasho saraakiisha caafimaadka ee gobolka iyo deegaanka iyo xirfadlayaasha daaweynta goobta shaqada. U dir guriga shaqaalaha leh astaamaha islamarkaaba, kuna dhiirrigeli inay is-takooraan (haddii ay suurogal tahay), lana xiriir daryeel caafimaad bixiye. Sii shaqaalaha macluumaadka ku saabsan goorta ay ku noqon karaan shaqada.



- **Dhiirrigeli nadaafadda gacmaha oo habboon.**

Xaqiiji dadku inay helaan biyo socda, saabuun, tuwaallada waraaqaha ah ee la isku qallajiyo, iyo gasacadaha qashinka lagu tuuro (gasacadaha qashinka lagu tuuro ee aan la taaban haddii la heli karo). Shaqaalaha [ha dhaqdaan gacmaha](#) ugu yaraan 20 ilbiriqsi. Ka samee goobaha gacmo dhaqashada ama gacmo-nadiifiyayaasha dhowr meelood. Keen gacmo-nadiifiye aalkolo ku salaysan oo ugu yaraan ka kooban 60% aalkolo.



- **Bar kuna tababar shaqaalaha iyo kormeerayaasha sida ay u yarayn karaan faafida COVID-19.**

Kahadal mowduucyada [ay ka mid yihiin joogida guriga markuu qofku jiran yahay, kala fogaanshaha dadka](#), sida loo xirto [maro daboosha wajiga](#), iyo nadaafadda gacmaha [oo habboon](#). Ku bixi agabyada qaabka ugu fudud ee la fahmi karo iyo luqadaha ku habboon. CDC [waxay leedahay waraaqo daabacan](#) oo la soo dejiisan karo.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)