

Shaqaalaha Ka shaqeeya Hilibka iyo Shimbiraha la Dhaqdo

Waxyaabaha aad sameyn karto markaad joogto goobta shaqada iyo guriga si aad uga hortagto COVID-19

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

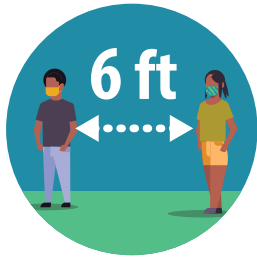


GURIGA JOOG haddii aad bukto.

- Intii aad kartid, joog qol gaar ah oo ka gaar ah dadka kale ee gurigaaga jooga.
- Kala hadal dhakhtarkaaga iyo kormeerahaaga [goorta aad ku noqon karto shaqada](#).

Astaamaha la rabo in loo fiirsado:

- Xummad
- Qufac
- Neefta oo kugu yaraato ama neefsashada oo kugu adag
- Qarqaryo
- Murqo xanuun
- Luminta dhadhanka ama urta oo kugu cusub
- Cune xanuun



Iskuday inaad ka fogaato 6 fuud dadka kale markaad joogto shaqada iyo meel fagaare ah.

- Ka fogow inaad u dhawaato dadka kale ee ku jira qolalka dhar beddelashada, meelaha nasashada, hoolalka, iyo meelaha laga soo galo iyo meelaha laga baxo.
- Ka fogow dadka kale marka aad hadlayso.
- Ha la wadaagin cabitaannada ama cuntada dadka kula-shaqeeya.

Marka aad dadwaynaha dhex joogto, ku xiro marada wejiga daboosho **sankaaga iyo afkaaga.**



- U xiro daboolkaaga si uu ku daboolayo sanka iyo afka, laakiin raaxo leh, adigoo ku xirayo dhinacyada wajigaaga.
- Markaad iska bixinayso daboolkaaga, ha isku deyin inaad taabato indhahaaga, sankaaga, ama afkaaga, ka dibna dhaq gacmahaaga isla markaaba.
- Dhaq ama beddel daboolka wajiga ka dib isticmaalka.
- Beddel daboolka wajiga markuu qoyan yahay ama wasakh yahay.
- Isku day inaad ka fogaato 6 fuud dadka kale xiitaa haddii aad xiran tahay maro wajiga daboosho.
- Sii wad inaad xirato qalabka ilaalinta shaqsiyadeed (PPE) ee looga baahan yahay shaqadaada caadiga ah.



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



Ha taaban indhahaaga, sankaa, ama afkaaga:

- Haddii aysan gacmaha dhaqnayn
- Intaad xiran tahay galoofyada
- Marka aad hagaajinayso ama aad iska bixinayso daboolka wajigaaga ama muraayadaha baadqabka

Ku dhaq gacmahaaga in badan saabuun iyo biyo ugu yaraan 20 ilbiriqsi ama isticmaal gacmo-nadiifiye aalkolo ka samaysan oo ugu yaraan 60% aalkolo ah:



- Ka hor iyo ka dib wareega shaqada iyo biririfyada
- Ka dib markaad diifsato, qufacdo, ama hindhisto
- Ka dib markaad isticmaasho musqusha
- Cunida kahor
- Diyaarinta cuntada kahor iyo kadib
- Kadib markaad xirato, taabato, ama aad iska bixiso daboolaha wajiga



Dabool qufacaaga iyo hindhisadaada.

- Ku dabool afkaaga iyo sankaa tiish ama laabka suxulkaaga.
- Ku tuur tiishka la isticmaalay qashin-qubka.
- Dhaq gacmahaaga ama isticmaal gacmo-nadiifiye isla marka aad hindhisto ama aad qufacdo.