

Tilmaamaha COVID-19 Marka La Ibsanayo Waxyaabaha Muhiimka ah

COVID-19 waa cudur neef mareenka ku dhaca oo uu sababo coronavirus cusub. Fayrasku wuxuu ku faafaa taabashada dhaw ee dhibcaha neefsashada ee qof qaba COVID-19. Dadka qaar ayaa iyagoon ogayn faafin cudurka intaan [astaamahoodu](#) muuqan. Kuwa kale malaha astaamo, laakiin wali waa la is qaadsiiyaa.

Wixii macluumaad dheeraad ah ee ku saabsan COVID-19, booqo www.toronto.ca/COVID19.

Talooyinka soo socda ayaa kaa caawin kara inaad iska ilaaliso naftaada, kana hortagto faafitaanka COVID-19 markaad wax iibsaneysa. Sidoo kale, tixgeli inaad soo dejiso [app-ka Digniinta COVID](#) si toos ah lagugu ogeysiin karo haddii aad xiriir dhow la leedahay qof ku faafinaya COVID-19.

Guriga joog haddii aad jiran tahay

- Ha bixin marka aad jiran tahay ama haddii aad iskarantiilayso.
- Yaree la xiriirka xubnaha qoyska.
- Booqo [boggeena internetka](#) si aad u ogaato waxa la sameeyo haddii aad leedahay astaamaha COVID-19 ama aad soo gaadhay.

Xaddid tirada safarada wax iibsiga

- Ka dalbo alaabada khadka tooska ah, haddii ay suurogal tahay.
- Yaree tirada safarada raashinka, daawooyinka iyo waxyaabaha kale ee muhiimka ah, illaa hal mar asbuucii.
- La soco waxyaabaha muhiimka ah ee aad guriga ku haysato. Isku day inaad hal abuur yeelato oo aad isticmaasho waxa aad haysato ka hor intaadan go'aansan inaad baxdo (tusaale ahaan isku day cuntada cusub).
- U soo bandhig waxyaabaha lagama maarmaanka u ah soo qaadista dariska, gaar ahaan xubnaha bulshada ee nugul.
- Qorshee intaadan bixin:out:
 - Samee liistada waxyaabaha aad u baahan tahay si aad u xaddiddo waqtiga ku lumay booqashadaada.
 - libso wax kugu filan hal ilaa laba toddobaad markiiba, iibsashada intaa ka badan waxay ku abuuri kartaa culeys silsiladaha wax soo saarka waxayna keeni kartaa gabaabsi ku meel gaar ah.
 - Isku day inaad ku wada dukaameysato hal meel.
 - Hubi websaydhada dukaamada ama wac hore si aad u ogaato goorta ugu fiican ee booqashada ay tahay (yacni saacadaha ka baxsan shaqada) iyo si aad u ogaato saacadaha gaarka ah ee waayeelka iyo shakhsiyaadka nugul.
 - U oggolow waqti dheeri ah. Dukaamada ayaa xaddidi kara tirada dadka soo galaya markiiba, waxaana laga yaabaa inay saf ku yeeshaan bannaanka hore ee laga soo galo.

Dib loo eegay Ogost 26, 2020

- Samir yeelo oo ula dhaqan shaqaalaha bakhaarka iyo macaamiisha kale si naxariis iyo ixtiraam leh.respect.

Isticmaalada wax iibsiga badbaadsan

- Ku dhaqanka kala fogaanshaha:
 - Iska yaree dadka tirada badan adiga oo aan soo raacin dad saa'id ah marka aad wax ka iibsanaayo.
 - Qoysasku waa inay u qoondeeyaan hal qof inuu sameeyo dukaameysiga, haddii ay suurogal tahay.
 - Ka fogee laba mitir (lix fuudh) dadka kale:
 - Raac astaamaha fogeynta jirka iyo aaladaha muuqaalka (tusaale, calaamadaha, calaamadaha dhulka) meeshii lagu siiyay
 - Ka fogow marinnada badan.
 - Ixtiraam u muuji kuwa kale ee hortaada ah adigoo u oggolaanaya inay dhammaystiraan xulashada alaabtooda ka hor intaadan hore u socon.
 - Haddii ay tahay inaad weydiiso xubin ka mid ah shaqaalaha su'aal, xusuusnow inaad ka fogaato fogaantaada.
 - Ha buux dhaafin xarunta qasnajiga, oo ka fogee qofka kaa horeeya.
 - Sug ilaa qofka kaa horreeya ka dhammeeyo ururinta alaabtiisa ka hor inta aanad rarkaaga ka dejin saldhigga khasnajiga.
 - Ka salaam dadka kale fogaan adigoo madax ruxaya ama gacanta u haadinaya.
- Ku tababbara nadaafadda gacmaha iyo astaamaha neefsashada:ractice
 - [Ku dhaq gacmahaaga](#) saabuun iyo biyo ugu yaraan 15 ilbidhiqsi.
 - Haddii saabuun iyo biyo aan la heli karin, isticmaal gacmo nadiifiye aalkolo leh, haddii gacmahaagu si muuqata u nijaasayn.
 - Haddii ay suurogal tahay, qaado gacmo nadiifiye oo isticmaal kahor intaadan gelin iyo isla marka aad dukaanka ka baxdid.
 - [Ku dabool qufacaaga](#) ama ku hindhis softi. Isla markiiba ku tuur warqada qashinka oo gacmahaaga dhaq. Haddii aadan haysan waraaq, ku hindhis ama ku qufac xusuladaada.
 - Ka fogow taabashada wajigaaga.
 - Isticmaal tirtiraha jeermiska dilaa:
 - Haddii lagu siiyo dukaanka, tirtir gaadhiga ama gacmaha dambiisha isla markaana iska tirtir tirtirka isla markiiba.
 - Haddii ay suurogal tahay, soo qaado masaxaada jeermiskaaga.
- Isticmaal badbaadada cuntada guud markaad wax iibsaneysid:
 - Ka fogow taabashada waxyaabaha aadan iibsan doonin.
 - Muuqaal ahaan fiiri miraha, khudradda iyo walxaha kale xulashada ka hor si aad u hubiso inay cusub yihiin.
 - Cuntada qasacadaysan waa inay ahaato mid aan lahayn ilko, miridhku iyo burooyin.
 - Xirmooyinka waa inay ahaadaan kuwo aan xirneyn wax jeexjeexan ama jeex jeexan.

Dib loo eegay Ogost 26, 2020

- Ka fogow inaad soo iibsato waxyaabo badan oo cunto ah oo aan horay loogu sii shubin (tusaale nacnac, laws).
- Adeegso lacag-bixin aan lala xiriirin markasta oo ay suurta gal tahay.
- Waligaa ha uga tagin cuntada gaariga kulul maxaa yeelay heerkulka diiran wuxuu kaa caawin karaa bakteeriyada inay koraan.
- Haddii boorsooyinka dib loo isticmaali karo la oggol yahay, boorsada ku soo rid raashinkaaga si loo yareeyo taabashada dadka kale.
- Nadiifi oo jeermiska ka nadiifi sagxadaha gaarigaaga haddii aad taabatid ka hor intaadan gacmahaaga dhaqin / nadiifin (tusaale, isteerinka, qalabka albaabka, dialsiga).

Galoofyada

- Gloofisyadu ma beddelayaan nadaafadda gacmaha ee saxda ah, lagumana talin markii aad wax iibsaneysid.
- Haddii aad doorato inaad xirato galoofyo, waxaa muhiim ah inaad beddesho / ka saarto markay wasakh yihiin iyo ka dib marka ay dukaanka ka baxaan.
- Ka fogow taabashada wejigaaga markaad gasho gacmo gashi.
- Ku tuur galoofisyada qolka qashinka isla marka aad qaadatid.
- Dhaq gacmahaaga iyo / ama fayodhowr isla markiiba ka dib markaad ka saarto galoofisyada.gloves.

Maaskiga wejiga iyo daboolidda

- Waa inaad xirataa maaskaro ama wejiga daboola marka aad ku jirto goobaha dadweynaha ee gudaha ah sida dukaamada, sida ku xusan [sharciga](#) cusub ee Magaalada Toronto. Waxyaabaha ka reebban qaarkood ayaa khuseeya, oo ay ku jiraan carruurta ka yar da'da laba sano, iyo dadka qaba xaaladaha caafimaad ee ka dhigaya xirashada maaskaro adag. Baro [sida saxda ah ee loo isticmaalo loona tuuro waji maskigaa](#).

Meel dhigidda cuntadaada

- Wash # Gacmahaaga ku dhaq saabuun iyo biyo isla marka aad ku soo noqotid gurigaaga, adoo taabanaya raashinka, boorsooyinka, baakadaha cuntada / weelasha oo aad dhigatid cuntada.
- Ku maydh miraha iyo khudradda cusub, biyo qabow socda.
- Qabooji ama qabooji cuntooyinka kharribi kara si dhakhso leh.
- Nadiifi oo jeermiska dusha ka dib markaad kala baxdo alaabtaada (tusaale ahaan miisaska).
- Nadiifi oo maydh bacaha cuntada dib loo isticmaali karo ka hor isticmaal kasta.

Adeegsiga adeegyada gudbinta cuntada

- Cunnada waa in la keenaa oo la helaa iyadoo lala xiriirinayo ugu yar ama aan lala xiriirin.
- Cunto ugu sii diyaarso kaarka deynta markii aad taleefan ku dalbaneyso, ama khadka tooska ah.
- Gaarsiinta waa inay ahaato mid xiriir la'aan:

Dib loo eegay Ogost 26, 2020

- Dalabyadaada waa in la galiyaa albaabkaaga hore ama meel cayiman.
- Joogtee laba mitir (lix fuudh) markaad heleyso dhalmada.
- Hubi waxyaabaha soo socda markaad hesho raashin gaarsiinta:
 - Cunnada waa in lagu keenaa sida ugu dhakhsaha badan ee suurtoogalka ah si loo hubiyo in lagu helo heerkulka saxda ah: "cuntada kulul" waa inay ahaato mid kulul oo "cuntada qabow" ay ahaato mid qabow.
 - Xirmada cuntada waa inay ahaataa mid xiran oo xiran si looga hortago daadinta iyo ilaalinta cuntada inta lagu jiro safarka.
 - Baakadaha cuntada waa in lagu calaamadeeyaa.
 - Hubi calaamadaha ufiican (tusaale).
 - Haddii shaki ku jiro, tuur, ama la xiriir dukaanka aad cuntada ka soo iibsatay.
- Kadib marka aad hesho alaabada la geeyo, u wareeji cuntada saxan isla markaana iska tuur baakada.
- Ku dhaq gacmahaaga saabuun iyo biyo ka dib taabashada bacaha / baakadaha la soo baxayo iyo ka hor cuntada.

Hawlaha guud ee badbaadada cuntada ee guriga

- Ka-hortagga faddarada iskutallaabta:
 - Ka dhig miraha, khudaarta iyo diyaarka u ah cunista cuntooyinka ka duwan hilibka cayriin.
 - Dhaq gacmahaaga kahor iyo kadib taabashada ama diyaarinta cuntada..
- Cunto kariye / kululee cuntada si sax ah si looga fogaado jirrooyinka ka dhasha cuntada.
- Adeegso heerkulbeegga baaritaanka si aad u hubiso in cuntada loo kariyey si ku habboon heerkulka gudaha.
 - Karinta iyo kuleylka cunnooyinka lagu taliyay heerkulka gudaha ee lo'da, digaagga, doofaarka waa inay dilaan fayraska sababa COVID-19..
- Booqo [boggeena internetka](#) si aad wax badan uga ogaato badbaadada cuntada ee guriga.

Helitaanka Cuntada

- Waayeelka iyo dadka deegaanka ee nugul ee go'doominta ku jira, dareemaya jirro ama u baahan caawimaad si ay u helaan cunno, waxay wici karaan [211 caawimaad](#).
- Booqo boggeena internetka si aad u hesho macluumaad dheeraad ah oo ku saabsan xeeladaha helitaanka cuntada iyo adeegyada gaarsiinta.

Macluumaad dheeraad ah

Wixii macluumaad dheeraad ah, booqo degelkeenna oo ah www.toronto.ca/COVID19 ama naga soo wac 416-338-7600.

Tixraac

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Dib loo eegay Ogost 26, 2020

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http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_food_premise_guidance.pdf