

Farriimaha Warbaahinta Bulshada ee loogu talagalay Badbaadada Cuntada

Facebook iyo warbaahinta bulshada ee kale

- Ka daawo cajaladaha fiidiyowga ee badbaadada cuntada & baro sida looga hortaggo cuntada lagu sumoobo. <https://www.youtube.com/user/USDAFoodSafety>
- 6 qof ee Maraykan ahba 1 ayaa cuntada ku sumooba sanad kasta. Sidee baad uga hortagtaa cuntada lagu sumoobo? Fiiri tallaabooyinkaaga: Wax nadiifinta, wax kala soocida, wax karinta & qaboojinta <https://www.foodsafety.gov>
- Qoyskaaga ka dhig kuwa ka badbaada cuntada lagu sumoobo: Xusuusnow in aad nadiifiso, kala soocdo, kariso & qaboojiso. Ogow waxyaalo dheeraad ah oo ku saabsan afarta tallaabo ee badbaadada cuntada: <http://www.youtube.com/playlist?p=PL1FB7B9DA0B767F87>
- Fiiri channel-ka USDAFoodSafety ee YouTube si aad u ogaato sida caawimaad looga geysto ka hortagga cuntada lagu sumoobo. <http://www.youtube.com/playlist?p=PL1FB7B9DA0B767F87>
- Ma hubtid miyaa sida loo helo cuntada dib loo soo celiyo 'recalls'? Booqo [Foodsafety.gov](http://www.foodsafety.gov). Inta aad halkaasi ku jirtid, fiiri tallaabooyinkaada badbaadada cuntada si aad u ogaatid siyaabaha looga hortaggo cuntada lagu sumoobo.
- Ma ogayd in meelaha jikada dushooda, maacuunta & gacmaha lagu dhaqo biyo saabuun leh inta cuntada la diyaarinayo ay caawimaad ka geysan karto cuntada lagu sumoobo? Talooyin waxtar leh ka baro [Foodsafety.gov](http://www.foodsafety.gov).
- Ma ogayd in ka saarida hilibkaaga, digaagaaga & cuntadaada badda laga soocayo cuntada diyaarka-u ah-in la cuno inta la diyaarinayo ay caawimaad ka geysan karto in cuntada lagu sumoobo? Qoyskaaga ka dhig mid badbaado qaba. Tallaabooyinkaaga ka fiiri [Foodsafety.gov](http://www.foodsafety.gov).
- Ma isticmaashaa qalabka lagu cabirro 'thermometers' cuntada? Waa in aad isticmaasho. Cilmi-baaris ayaa muujisay in taasi tahay sida kaliya ee loo ogaado in cuntada si buuxda loo kariyay. Caawimaad ka geysa ka hortagga in cuntada lagu sumoobo. Tallaabooyinkaaga ka fiiri [Foodsafety.gov](http://www.foodsafety.gov).
- Waxaad mar kasta waqti la qaadataa saaxiibadaa. Xusuusnow in aad cuntadaada si dhakhso ah u qaboojiso sidoo kale & waxaanad caawimaad ka geysan kartaa in cuntada lagu sumoobo. Tallaabooyinkaada badbaadada cuntada ka fiiri [Foodsafety.gov](http://www.foodsafety.gov).
- Caawimaad ka geysa ka hortagga in cuntada lagu sumoobo: Xusuusnow in aad nadiifiso, kala soocdo, kariso isla markaana qaboojiso. Fiiri channel-ka

USDAFoodSafety ee YouTube si aad u ogaato waxyaabo dheeraad ah:
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- Feejignaada dadka ku takhasusay wax karinta! Qoyskaaga ka dhig kuwa badbaada xagaagan adiga oo isticmaalaya qalabka lagu cabirro ‘thermometers’ cuntada si aad u xaqiijiso in aad cuntada si buuxda u kariso. Wixii macluumaad dheeraad ah ee u saabsan talooyinka badbaadada cuntada ee la isticmaalayo xilligan wax la kariyo, fiiri Foodsafety.gov.
- Ma garanaysaa sida caawimaada looga geysto hortagga in cuntada lagu sumoobo? Tallaabooyinkaaga ka fiiri Foodsafety.gov.

Twitter

- 6 qof ee Maraykan ahba 1 ayaa qaada #FoodPoisoning (cuntada lagu sumoobo) sanad kasta. Caawimaad ka geysto ka hortagga in cuntada lagu sumoobo, fiiri tallaabooyinkaaga: Wax nadiifinta, wax kala soocida, wax karinta iyo qaboojinta. @Foodsafety.gov
- Feejignaada dadka ku takhasusay wax karinta! Qoyskaaga ka dhig kuwa badbaada xagaagan & isticmaal qalabka lagu cabirro ‘thermometers’ cuntada. Talooyin dheeraad oo ku saabsan badbaadada cuntada ka hel @Foodsafety.gov.
- Ka hortag #FoodPoisoning (cuntada lagu sumoobo) si aad qoyskaaga uga dhigto kuwo badbaado qaba. Tallaabooyinkaaga ka fiiri @Foodsafety.gov.
- Happy Thanksgiving! Wax ma karinaysaa maanta? Waad *heshay* tani! Halkani waxaa ku qoran dib u eegis <https://www.cdc.gov/features/turkeytime/index.html>
- “Happy Birthday” — hees ilaa 2 wakhti si aad u ogaato in aad si buuxda u dhaqday gacmahaaga. Talooyin dheeraad ah oo ku saabsan sida looga hortaggo #FoodPoisoning (cuntada lagu sumoobo), booqo @Foodsafety.gov.
- Hilibka cayriin ka sooc cuntooyinka kale. Isticmaal alwaaxa wax lagu jarjaro ‘cutting boards’ oo gooni ah si aad uga hortagto #FoodPoisoning (cuntada lagu sumoobo). Tallaabooyinkaaga ka fiiri @Foodsafety.gov.
- Midabka & dareenka uu leeyahay oo kaliya kuma sheegi doono haddii cuntadaada bislaatay. Isticmaal qalabka lagu cabirro ‘thermometers’ cuntada si aad u xaqiijiso. Tallaabooyinkaaga ka fiiri @Foodsafety.gov.
- Sidee u dhakhso badan ka dib marka cunto la cuno oo soo hartay ay tahay in aad qaboojiyaha ku rido? Sida si badbaado leh loogu qaboojiyo ka ogow @Foodsafety.gov.