Qofka maamulaaya ama haysta oggolaanshaha waa inuu xaqiijiyaa in dhammaan shaqaalaha ka shaqeynaaya cuntada aan daboolnayn, qalabka cuntada ama maacuunta, ama meelaha cuntadu taabaneyso ay haystaan Washington Food Worker Card (FWC, Kaarka Shaqaalaha Cuntada) ee WashingtonKaarka Shaqaalaha Cuntada ee Gobalka Washington 14 maalmood gudahood marka ay shaqada galaan. FWC waa inay bixisaa waaxda caafimaadka ee maxaliga ah. FWC waa in lagusoo bandhigaa, lagu buuxiyaa goobta, ama haddii kale diyaar u ahaadaa kormeer xili kasta. Nuqullada oonleenka ah waa la aqbali akraa.

Galka xogta: Food Worker Card iyo Tababarka Shaqaalaha Cuntada

Loo shaqeeyaashu waa inay siiyaan tababarka badqabka cuntada shaqaalaha cuntada ee aan haysan FWC **kahor** intaan shaqaaluhu shaqada bilaabin. Cadaynta tababarka waa in lagu hayaa diiwaanka.

U adeegso dukumiintigaan inay kuu noqoto tusmo ku aadan mawduucyada tababarka iyo cadaynta tababarka shaqaalaha cusub ee aan haysan FWC kahor intaysan shaqo gelin. Kala shaqee [waaxda caafimaadka ee deegaankaaga](https://doh.wa.gov/community-and-environment/food/local-food-safety-contacts) ([www.doh.wa.gov/localhealth](http://www.doh.wa.gov/localhealth)) si aad u hesho xog dheeraad ah ama ilaha tilmaamaha tababarka.

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| **Qeybta 1-aad: Xogta Xarunta Cuntada iyo Shaqaalaha** | | | | | | |
| **Magaca Xarunta** | | | | | **Taariikhda Shaqaalaysiinta** | |
| **Magaca Tababaraha** | | | **Darajada / Shaqada** | | | |
| **Magaca Shaqaalaha** | | | **Darajada / Shaqada** | | | |
| **Qeybta 2-aad: Taariikhaha Dhicitaanka kaarka FWC iyo Kordhinta Muddada Cusbooneysiinta** | | | | | | |
| **Kaarka Shaqaalaha Cuntada** | | | | **Shaqeynaaya** | | **Lifaaqyada** |
| **Saxiixa** | | Xog badan ka ogoow [www.doh.wa.gov/foodworkercard](http://www.doh.wa.gov/foodworkercard) | | 2 sano | Tababarka Food Worker Card: [www.foodworkercard.wa.gov](http://www.foodworkercard.wa.gov) | |
| **Cusbooneysiinta** | | 60 maalmood gudahood kahor intaan kaarka hadda dhicin | | 3 sano |
| 60 maalmood gudahood kahor intaan kaarka hadda dhicin ***iyo*** 4 saacadood oo tababar dheeraad ah oo uu maray 2 sano ee lasoo dhaafay gudahood | | 5 sano | Tababarka badqabka cuntada ee dheeri ah oo la aqoonsan yahay: www.doh.wa.gov/AdditionalFoodSafetyTraining | |
| * FWC ayaa wali loo baahan yahay haddii shaqaale uu haysto tababar dheeraad ah * La xariir [waaxda caafimaadka ee deegaankaaga](https://doh.wa.gov/community-and-environment/food/local-food-safety-contacts) si aad u hubiso inaad u qalanto kaar 5 sano ah | | | | | Buuga tusmada Kaarka Shaqaalaha Cuntada: [www.foodworkercard.wa.gov/fwcmanual](http://www.foodworkercard.wa.gov/fwcmanual) | |
| **Qeybta 3-aad: Shardi Dhaafyada FWC** | | | | | | |
| Qaar kamid ah shaqaalaha cuntada ayaan laga doonayn inay haystaan FWC. La xiriir waaxda caafimaadka ee deegaankaaga si aad u hesho xog dheeraad ah. | | | | | | |
| **Nooca Xarunta iyo Shuruudaha Shardi dhaafka**   * **Caawiyaasha Ardayda K-12 (kuwa dawlada iyo kuwa gaarka loo leeyahay):** Marka ay ka caawiyaan xarunta shaqooyinka fudud, ee kormeerka cuntada * **Xarumaha Cuntada ee Ku meel gaarka ah:** Keliya qofka maamulka haya ayaa laga doonayaa FWC * **Shaqaalaha Guriga Qoyska ee Dadka Waawayn ah:** Haddii ay buuxiyaan shardi dhaafka tababarka sanadka ah ee ku cad WAC 388-112A | | | | | | |
| **Qeybta 4-aad: Liiska Tababarka Shaqaalaha** | | | | | | |
| Akhri sababaha soo socda ee muhiimka ah ee xanuunka cuntada ku faafa adoo kaashanaaya shaqaalaha kahor intaysan ka shaqeyn cuntada.  Balaari mawduucyada tababarka si loogusoo daro shaqooyinka gaarka ah ee lagu adeegsado xarunta. | | | | | | |
|  | **Caafimaadka Shaqaalaha**   * Sharax nidaamyada iyo baaritaannada ay qasabka tahay in loo soo **sheego** maamulaha: * Astaamaha: shuban, matag, dhuun xanuun qandho wata, indho caseeye, dhaawacyo sii hulaaqa * Xanuunka laga Helay: *Salmonella*, *Shigella*, *E. coli* (“STEC”), Cagaarshoowga A, norovirus * Cida u nugul: shaqaalaha xanuunka khatarta ugu jira *iyo* shaqada goobta u adeegaysa bulshada aadka ugu nugul (HSP) * Sharax marka shaqaalaha cuntada ay qasab tahay in **laga saaro** shaqada goobta cuntada: * Shuban iyo matag: Shaqaalaha cuntada ayaan ku laaban karin shaqada ilaa ugu yaraan laga joogo 24 saac kadib marka xanuunku ka ba'ay. * Indho-caseeyaha: Shaqaalaha cuntada ayaan soo laaban karin ilaa ay ogolaato waaxda caafimaadka. * Xanuunka laga Helay ee cuntada ku faafa: Shaqaalaha cuntada ayaan soo laaban karin ilaa ay ogolaato waaxda caafimaadka. * Dhuun xanuun qandho wata (haddii ay ka shaqaynayaan xarunta u adeegta bulshooyinka aadka u nugul): Shaqaalaha cuntada ayaa ku laaban shaqada marka xanuunku uu ka bogsoodo. * Caabuqa hore ee Qandhada Tiifoowga wata (*Salmonella* Typhi) oo ku dhacay 3 bilood ee lasoo dhaafay. * Sharax marka shaqaalaha cuntada ay qasab tahay in **loo diido** ka shaqaynta cuntada aan daboolnayn ama maacuunta nadiifta ah/aan duubnayn: * Dhuun xanuun qandho wata: Shaqaalaha cuntada ayaa ku laaban shaqada si buuxda marka xanuunka uu ka bogsoodo. * Dhaawac furan ama malax leh oo ku yaala gacanta ama cumaacunta oo aan la dabooli karin. * Hindhiso, qufac, ama duufka sanka oo joogto ah. | | | | | |

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|  | **Nadaafada Shaqaalaha**   * Si wanaagsan waa inaad u farxalataa adoo adeegsanaaya saabuun, biyo qandac ah, iyo tiishka halka mar la isticmaalo * Tus dhammaan goobaha loogu talagalay farxalka * Sharax marka ay qasab tahay in qofku farxasho, sida: * Isla markaba kahor intuusan cuntada diyaarin * Kahor intuusan gashan gacmo gashi si uu uga shaqeeyo cuntada bisil * Kadib markuu musqusha galo * Kadib marka uu ka shaqeeyo cuntooyinka xoolaha ee ceeriin sida hilibka, doorada, kaluunka, iyo ukunta * Kadib markuu taabto timaha ama wajiga * Kadib markuu qufaco, hindhiso, wax cuno, wax cabo, ama sigaar cabo * Kadib markuu soo daadiyo qashinka, dhaco weelasha wasaqda ah, aa shaqooyinka kale ee wasaqayn kara gacmaha ama galoofiska. * Tus gacmo gashiga saxda ah iyo isticmaalka maacuunta si looga hortago in gacanta oo qaawan lagu taabto cuntada bisil * Tus ama u qeex noocyada cuntooyinka bisil ee yaala xarunta cuntada | |
|  | **Heerkullada Cuntada ee Amaanka ah**   * Tus isticmaalka saxda ah ee aalada heerkulka cabirta * U sharax heerkullada ay tahay in cuntada lagu hayo: * Qaboow ku haynta cuntada: 41°F (5°C) ama kahoos * Kulayl ku haynta cuntada: 135°F (57.2°C) ma ka badan * U sharax heerkullada kama danbaysta ah ee cuntada lagu hayo ee cuntooyinka gaarka ah: * 135°F (57.2°C): cuntooyinka dib loo kariyo ee ganacsiga ee baakadaysan (hotdog, cuntada qasacadaysan) si kulayl loogu hayo * 145°F (62.7°C): ukunta degdeg ah loo isticmaalaayo, cuntada badda, hilibka lo'da, khaansiirka * 158°F (70°C): haambeegarka, sooseejka, ukunta si kulayl loogu hayo * 165°F (73.8°C): hilibka doorada (digaaga, tarkiga, qooleeyda) kaseroolka, cuntooyinka xoolaha ee lagu karshay mikrooweefka, cuntada hanbada ah ee dib loo karshay si kulayl loogu hayo * U sharax nidaamka taariikhaynta ee laga adeegsado xarunta cuntada * Tus barafaynta saxda ah ee lagu adeegsado goobta * Tus habraacyada qaboojinta saxda ah ee goobta lagu adeegsado | |
|  | **Kahortaga Sumaynta cuntada**   * Kala hadal oo tushabraacyada diyaarinta iyo kaydinta cuntada ceeriin ee xoolaha: * Kala fogaynta hilibka ceeriin iyo cuntada bisil * Qalabka nadiifinta iyo sifaynta ee loo adeegsado cuntada xoolaha ee ceeriin * Kaydinta si waafaqsan heerkullada karinta * Tus qaababka saxda ah ee dhaqista cuntada | |
|  | **Nadiifinta iyo Jeermis dilista**   * Tus isku darka dareeraha jeermiska dila iyo tijaabinta isku darka * Sharax marka ay tahay in jeermis dile loo adeegsado goobaha cuntada la dhigo * Tus habraacyada saxda ah ee weelal dhaqista | |
|  | **Mawduucyada badqabka ee la xiriira shaqo ama goob gaar ah**   * Hanaanka soo sheegida cabashooyinka ama dhaawacyada * Galka xogta qorshaha nadiifinta shubanka iyo mataga * Habraacyada soo sheegida alerjiga iyo xakamaynta * Shaqada qalabka, ayna ku jiraan shuruudaha badqabka: * Waxkale: | |
| **Qeybta 5-aad: Saxiixa** | | |
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| Saxiixa Tababaraha Taariikhda | | Saxiixa Shaqaalaha Cusub Taariikhda |
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Si aad u codsato dukumiintigaan oo qaab kale ah, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimeelka [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

Galka xogta: Food Worker Card iyo Tababarka Shaqaalaha Cuntada