Shaqaalaha cuntadu waa inay u soo sheegaan qofka maamulka haya haddii ay dareemayaan astaamaha xanuun ku faafa cuntada, laga helo, ama ay la joogeen dad qaba. Diiwaanka qoraalka ah ayaa ah aalada lagu talinaayo inay adeegsadaan inta badan xarumaha cuntada laakiin waxaa laga dooneyaa in xarumaha caafimaadku ay lahaadaan qorshaha la ogolaaday ee taabashada gacmaha qaawan lagu taabto cuntooyinka u diyaarsan in la cuno [Washington Administrative Code (WAC, Xeerka Maamulka Washington) 246-215-03300(5)(c)(i)]. Haddii loo baahan yahay, diiwaanka waa in la kaydiyo ugu yaraan 90 maalmood.

Galka xogta: Diiwaanka Xanuunka Shaqaalaha Cuntada

* **Shaqaaluhu waa inay u sheegaan maamulaha (OIC) astaamaha, xanuunka, ama la joogista qof qaba xanuunka cuntada ku faafa.**
* **Astaamaha**: Shuban, matag, dhuun xanuun qandho wata, juudaan, ama nabar dhaawac ah
* **Xanuunka laga Helay**: Salmonella, Shigella, Sunta Shiga ee keenaysa E. coli, fayraska cagaarshoowga A, norovirus
* **U dhawaanshaha/soogaarsiinta caabuqa:** Shaqaalaha u adeegaaya bulshooyinka aadka u nugul lana joogay dadka qaba xanuunka cuntada ku faafa ama meel uu ka dilaacay.
* **Shaqaalaha qaba xanuunka laga helay ama juudaanka AYAAN SHAQAYN KARIN ilaa ay ka fasaxdo waaxda caafimaadku.**

Shaqaalaha u adeegaaya bulshada aadka u nugul waa inay sidoo kale helaan oggolaansho si ay shaqada ugu laabtaan kadib marka ay joogeen meel uu ka dilaacay cudurka cuntada ku faafa.

* **Shaqaalaha qaba shubanka ama mataga AYAAN SHAQAYN KARIN ilaa ay joogaan UGU YARAAN 24 SAAC kadib marka xanuunku ka ba'o.**
* Shaqaalaha qaba dhuun xanuun qandho wata ama nabar dhaawac aan daboolnayn, oo furan ayaan dhaqi karin weelasha ama
cunto aan la daboolin.
* Shaqaalaha u adeegaaya bulshada aadna u nugul ayaan shaqayn karin ayagoo qaba dhuun xanuun qandho wata mana dhaqi karaan weelasha ama cuntada aan daboolnayn haddii ay joogeen meel uu ka dilaacay ama qof laga helay xanuunka ku faafa cuntada.
* **PIC ayaa laga dooneyaa inuu u sheego waaxda caafimaadka haddii shaqaale uu qabo:**

*Salmonella* ● *Shigella* ● Sunta Shiga ee dhalisa *E. coli* ● Fayraska Cagaarshoowga ● norovirus ● Juundaanka

* **PIC ayaa laga dooneyaa inuu u sheego waaxda caafimaadka haddii macmiil uu u sheego in xanuun jiri karo.**

**Macluumaadka xiriirka ee Waaxda Caafimaadka:**

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| **Warbixinta** **Taariikhda** | **Magaca Shaqaalaha**ama aqoonsiga qaaska ah si loo joogteeyo sirta | **Astaamaha Loo sheegay Maamulaha** | **Warbixinta loo Diro waaxda Caafimaadka** | **Faallooyinka** |
| Mataga\* | Shuban\* | Qandho | Kuwa kale | **Taariikhda iyo Waqtiga** | U sheeg waaxda caafimaadka xanuunka juundaanka, qofka laga helay, ee macmiilka\*\* ama soo laabashada kadib marka qofku joogay meel cudurka ka dilaacay\*\* |
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|  \* Shaqaalaha dareemaya matag iyo shuban markaas haya ayaan ku laaban karin shaqada ugu yaraan 24 saac kadib marka xanuunku ka ba'o. |
|  \*\* U sheeg waaxda caafimaadka haddii shaqaale qabo juudaan, laga helo cudurka cuntada ku faafa, ama haddii macmiil uu soo sheego xanuun. |
| \*\*\* Shaqaalaha cuntada ee uu ku dhaco xanuun ku faafa cuntada ee ka shaqeeya xarun u adeegta bulshooyin aad u nugul (sida xarumaha dadka waayeelka ah iyo iyo xarumaha kalkaalinta) waa inay ogolaansho siisaa waaxda caafimaafka kahor intaysan ka shaqayn cuntada furan ama nadiifin maacuunta. |

Shaqaalaha cuntadu waa inay u soo sheegaan qofka maamulka haya haddii ay dareemayaan astaamaha xanuun ku faafa cuntada, laga helo, ama ay la joogeen dad qaba. Diiwaanka qoraalka ah ayaa ah aalada lagu talinaayo inay adeegsadaan inta badan xarumaha cuntada laakiin waxaa laga dooneyaa in xarumaha caafimaadku ay lahaadaan qorshaha la ogolaaday ee taabashada gacmaha qaawan lagu taabto cuntooyinka u diyaarsan in la cuno [WAC 246-215-03300(5)(c)(i)]. Haddii loo baahan yahay, diiwaanka waa in la kaydiyo ugu yaraan 90 maalmood.

**Galka xogta: Diiwaanka Xanuunka Shaqaalaha**

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| **Warbixinta** **Taariikhda** | **Magaca Shaqaalaha**ama aqoonsiga qaaska ah si loo joogteeyo sirta | **Astaamaha Loo sheegay Maamulaha** | **Warbixinta loo Diro waaxda Caafimaadka** | **Faallooyinka** |
| Mataga\* | Shuban\* | Qandho | Kuwa kale | **Taariikhda iyo Waqtiga** | U sheeg waaxda caafimaadka xanuunka juundaanka, qofka laga helay, ee macmiilka\*\* ama soo laabashada kadib marka qofku joogay meel cudurka ka dilaacay\*\* |
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|  \* Shaqaalaha dareemaya matag iyo shuban markaas haya ayaan ku laaban karin shaqada ugu yaraan 24 saac kadib marka xanuunku ka ba'o. |
|  \*\* U sheeg waaxda caafimaadka haddii shaqaale qabo juudaan, laga helo cudurka cuntada ku faafa, ama haddii macmiil uu soo sheego xanuun. |
| \*\*\* Shaqaalaha cuntada ee uu ku dhaco xanuun ku faafa cuntada ee ka shaqeeya xarun u adeegta bulshooyin aad u nugul (sida xarumaha dadka waayeelka ah iyo iyo xarumaha kalkaalinta) waa inay ogolaansho siisaa waaxda caafimaafka kahor intaysan ka shaqayn cuntada furan ama nadiifin maacuunta. |

Si aad dukumiintigaan oo qaab kale ah u dalbato, wac 1-800-515-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711
(Washington Relay) ama iimeel u dir civil.rights@doh.wa.gov.