



## Dhammaan aasaasida cuntada waa inay:

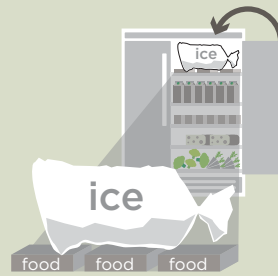
### 1 Jooji Shaqooyinka

- Tani waxay la micna tahay: ma jirto diyaarinta cuntada ama adeega
- Waqtiga diiwaanka ee dabka tago



### 2 Inta ay korontada maqantahay

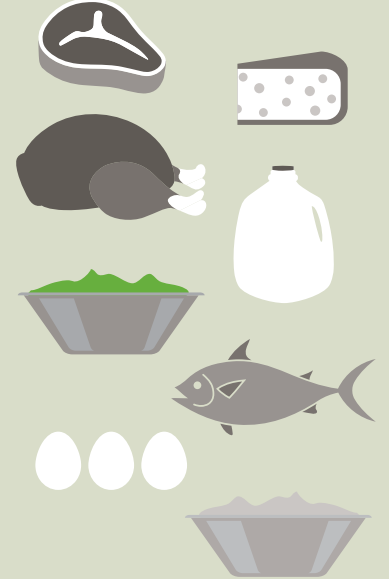
- fiiri Heer kuleelka PHF
  - **PHF oo la mid ah mise ka yar 41 F** waqtiga uu korontada duntay: qabooji
  - **PHF u daxeeya 42F-135F** waqtiga uu korontada baxday: Iska tuur
- Dhig bacahabarafka ee qaboojiyayaasha/farantijeerada
- Xir albaabada qaboojiyaha iyo farantijeerka



**PHF waxaa ku jiro:** cuntooyinka buritiinka ku sareeyo (hilibka, digaaga, kaluunka, ukunta, waxyaabaha caanaha laga sameeyo, jiiska); bariiska la kariyay, digirta, baradhada, baastada iyo qudaarta; baradhada/ansalaatada baastada; kastadhka/macmacaanka iskana jar caleenta cagaarka ah.

### 3 Kadib markuu Dabka Soo laabta

- Marki ay korontodo so noqoto, iska firi qeybta qaboojiyaha ona iska tuur PHF kasta ka koreyso 41°F ama jadwalka isticmaalhoose ee tilmaamaha ee cuntada badbaadada u ah in la dhowro ama la bixiyo. Haddii ay waqtiga aanan la garaneynin, iska tuur.
- **Hubi shaqada:**
  - ✓ Farantijeerka/qaboojiyaha
  - ✓ Biyo kulul iyo qabow ee la cabi karo
  - ✓ Nidaamyada qabashada cuntada kulul
  - ✓ Nidaamyada aariyo bixinta
  - ✓ Qalabka karinta
- Cuntada la qaboojiyay ee adkaatay waa la keydin karaa



## Heer kululka Cuntada Qabooban iyo Tilmaamaha Waqtiga Haynta

Waqtiga	42° illaa 45° F	46° illaa 55° F	56° F ama ka sareeyso
0 ilaa 4 saacadood	Badbaado ah in la iibiyo	Islamarkaasba qabow u ah 41° F	Dib ugu kululey illaa 165° F
4 ilaa 12 saacadood	Badbaado ah in la iibiyo	Islamarkaasba qabow u ah 41° F	PHF lama iibin karo, lama tuuri karo cuntada
12+ saacad	Islamarkaasba qabow u ah 41° F	PHF lama iibin karo, lama tuuri karo cuntada	PHF lama iibin karo, lama tuuri karo cuntada

Xiriirka Caafimaadka Bulshada ee su'aalo walba iyo ansixinta dib u furida: **206-263-9566**

*Fiiri dhinaca kale ee sharaxaadaha tilmaamaha.*

# TILMAAMAHA SHARAXAN EE NIDAAMKYADA DABKA TAGO

Dhammaan aasaasida cuntada waa inay sameysaa sida xigto ee dhacdada dabka tago  
WacCaafimaadka Dadweynaha wax su'ala ama ogonlaasha kusaabsan: 206-263-9566

**Cuntada Halisaha Imaankaro (PHF):** waxaa ku jiro : cuntooyinka buritiinka ku sareeyo (hilibka, digaaga, kaluunka, ukunta, waxyaabaha caanaha laga sameeyo, jiiska); bariiska la kariyay, digirta, baradhada, baastada iyoqudaarta; baradhada/ansalaatada baastada; kastadhka/macmacaanka iskana jar caleenta cagaaran; macuunta la siman.

## 1 Jooji Shaqooyinka

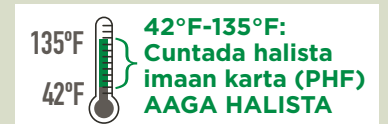
Inta lagu jiro dabka tago aasaasida waa in la xiraa.  
Qor waqtiga dabka tago.



Jooji dhammaan diyaarinta cuntada

## 2 Intuu korontada maqantahay

- Fiiri Heer kuleelka PHF
  - PHF oo la mid ah mise ka yar 41 Fwaqtiga uu korontada ay baxdo: qabooji
  - PHF u daxeeya 42F -135F waqtiga uu korontada au baxdo: Iska tuur
- Dhig bacahabarafka ee qaboojiyaha. farantijeerada. Barafka looma isticmaali kara meel xiran. Albaabaha farantijeerada iyo qaboojiyahawaa in ay xernaadan mar kastaba.
- Haynta cuntada kulul – Haku meeleynta cuntada kulul farantijeerada ama qaboojiyaha. Iska tuur dhammaan PHF ka hooseeyo 135Fkadib 4 saacad. Haddii davka soo laabto kadib 4 saac, dib ugu kululey cuntada illaa 165F.



## 3 Kadib markuu Dabka Soo laabta

*Raac tilmaamahaan ka hor inta aadan dib u furin aasaasid. Soo wac Caafimaadka Bulshada ee ansixinta iyo su'aalaha: 206-263-9566.*

**Qabashada iyo tuurida PHF** – Isticmaal saacada cabirka casriga oo nadiifi si aad u aqoonsatid PHF ka sareeyo 41°F. La tasho jadwalka bogga ka soo horjeedo tilmaamaha ee sida loo qabto iy goorta la tuurayo PHF. Haddii waqtiga aanan la garaneyn, tuur. Haddii aad ka shakiso, banaanka ku tuur!

**Cuntada qabow** – Haddii cuntada adkaato oo aysan jirin wax cadeyn ah ee tuurista, sida oohinta, dhaawacyada, hoos u dhaca jirka, ama waxyeelada weelka , cuntada waala hayn karaa. Haddii kale, iska tuur.

*Hubi nidaamyada xigo:*



**Aariyo siinta** – farsamadav aariyo siinta waa inay shaqeysaa ka hor howlaha karinta way bilaaban kartaa



**Haynta kulul** – qalabka haynta kulul waxay haysaa 135°F ama ka sareeyso



**Qaboojinta** – qaboojiyaha waxay haystaan heer kululka ee 41°F ama ka hooseeyso



**Biyaha** – biyaha kulul ee tuubada ka soo baxo waa ugu yaraan 100°F



## BADBAADO AHOW!

**HA ISTICMAALIN: Dhuxusha, Alwaaxa, ama Qalabka Karinta Gaaska ama Ganareetarka Lagu qaadi karo gudaha!**

