

Kahortaga Cudurka ee ka dhaca Child Care and Early Learning Programs (Barnaamijyada Daryeelka Carruurta iyo Waxbarashada Dhallaanka): Liiska Hubinta ee Macaamiisha

Sida loo adeegsado liisnaan hubinta: Liisnaan hubinta ayaa ku siinaaya xeelado ay maamuleyaasha iyo macalimiinta barnaamijka waxbarashada dhallaanku u adeegsan karaan kahortaga iyo xakamaynta baahida cudurka. Waxaa ku qoran sababaynta (**Sabab?**), iyo sidoo kale talaabada la qaadaayo (**Maxay taha inaan sameeyo?**) ee xeelad kasta. Qaar badan oo kamid ah xeeladaha ayaa ku talinaaya adeegsiga agabka taageerada, kuwaasoo lga heli karo webseedkeena: kingcounty.gov/childcare. **Waxaa ku anfici karta inaad daabato agabka ku jira lifaaqyada hoose s aad u hesho marka aad u baahan tahay.** Si aad xog badan uga ogaato cudurka iyo sida loo faafiyo, fadlan akhri xogta dheeriga ah eeku jirta dhammaadka liiska hubinta.

La Soco Calaamadaha Xanuunka

Maxay tani muhiim u tahay? Hadba inta aad xili hore aqoonsato dadka xanuunsan, ayaad xili hore u diri kartaa guriga. Tan ayaa kahortagaysa in jeermisyadu ku faafaan fasalka.

Maxay tahay inaan sameeyo?

- Raadi calaamadaha cudurka marka ilmuhu yimaado iyo maalinta oo dhan. Calaamadaha cudurka waxaa ku jiri kara daaman xawiif ah, neefsi degdeg ah ama dhibaataada neefsigu (ayagoo aan dhawaan samayn jimicsi jireed), u muuqda mid ka tabar daran sida caadiga ah, ama in ilmuhu nugul yahay ama ooyaayo in ka badan sidii caadiga ahayd.
- Raac tilmaamaha ku qoran [Buuq tusmeedka heerkul cabiraha](#) haddii shaqaaluhu u baahdaan inay cabiraan heerkulka ilmaha.
- U sheeg maamulahaaga oo raac siyaasada cudurka ee barnaamijkaaga haddii ilmuhu leeyahay astaamaha cudur.

Dhaq Gacmaha

Maxay tani muhiim u tahay? Farxalka ayaa jidhka ka saaraaya jeermisyada saaran gacmaha kuwaasoo laga yaabo inay taabteen wax jeermisku saaran yayay.

Maxay tahay inaan sameeyo?

- Raac tilmaamaha farxalka ee ku qoran [Washington Administrative Code \(WAC, Xeerka Maamulka Washington\) 110-300-0200](#).
- Xaqiiji inay goobta yaalaan saabuun, biyo, iyo tiish ama nadiifiyaha galmaha ee aalkolada ka samaysan (ugu yaraan 60% aalkolo tahay). Agabkaan waa inay sidoo kale yaalaan banaanka.

- Marka aad ilmaha u adeegsanayso nadiifiyaasha gacmaha:
 - Gacmuhu waa inaysan si muuqata u ahayn wasaq. Wasaqda waa in meesha laga saaraa adoo adeegsanaaya biyo tuubo ka socda.
 - [Foomka ogolaanshaha gacmo nadiifiyaha](#) waa inuu buuxshaa waalidka/masuulka ilmuhu sanad kasta kahor inta aan la adeegsan. (Turjumaada ayaa laga heli karaa kingcounty.gov/childcare qaybta “Health forms and care plans (Foomamka caafimaadka iyo qorsheyaasha daryeelka”).)
 - Waa in aan marna loo adeegsan carruurta kayar 2 sano jir.

Dabool Qufacyada iyo Hindhisoooyinka

Sabab? Fayrasyo badan, sida hargabka iyo Fayraska neef mareenka ee syncytial (RSV), ayaa ku noolaan kara faniinada neefta ee ka yimaada qufacyada, hindhisoooyinka, duufka sanka, iyo calyada (cayga). **Daboolista qufacyada iyo hindhisoooyinka ayaa ka difaacaaya faniinadaan inay ku dul dhacaan dusha meelaha ama inay galaan afka, sanka, iyo indhaha qofka.**

Maxay tahay inaan sameeyo?

- Bar ilmaha sida loogu qufaco looguna hindhsio suxuladooda, maaha gacmahooda.
- Bar ilmaha inay ka jeestaan dadka haddii ay u baahan yihiin inay qufacaan ama hindhisaan.
- Gacmaha dhaq mar walba.
- Iska tuur tiishka la isticmaalay oo farxalo kadib marka aad sanka tirtiro.

Nadiifi, Sifee oo Jeermiska ka Dil

Sabab? Jeermisyo badan ayaa ku noolaan kara dusha meelaha iyo walxaha. Tusaale, Norovirus (kaasoo sababa matag iyo shuban) ayaa ku noolaan kara dusha meesha asbuucyo! **Adoo adeegsanaaya qaabka 3 Talaabo ee nadiifinta, biyo raacinta, iyo adeegsiga sifeeye ama jeermis ka dilista walxaha iyo dusha meelaha ayaa yareynaysa ama dilaysa jeermisyada si aysan u faafin dadkana ugu ridin cudur.**

Maxay tahay inaan sameeyo?

- Raac [Qaabka 3 Talaabo ah](#) (Nadiifi, Biyo Raaci, oo Sifee ama Jeermiska Ka dil) oo soo dhaji boorar xasuusinaaya talaabooyinka. (Turjumaada ayaa laga heli karaa kingcounty.gov/childcare qaybta “Cleaning and bleach (Nadiifinta iyo warankiilada”).)
- Hel ogolaanshaha Ruqsad bixiyaha Department of Children, Youth, and Families (DCYF, Waaxda Carruurta, Dhallinyarada, iyo Qoysaska) kahor inta aadan adeegsan maado sifeeye ama jeermis dile ah oo aan ahayn warankiilada. Kani waa shardi ku qoran WAC.
- Raac jadlwaka [nadiifinta ee barnaamijkaaga](#). (Turjumaada ayaa laga heli karaa

kingcounty.gov/childcare qaybta “Cleaning and bleach (Nadiifinta iyo warankiilada)”.)

- Geli boonbaleyaal kasta oo uu taabta ama la gashay afka ilmaha qasac si loo nadiifiyo loogana dilo jeermiska hadhoow. **Boonbaleyaasha afka la gashtay waa inaan marna ilmuhu wadaagin.**

Kor U qaad Tayada Hawada Gudaha

Sabab? Qaar kamid ah jeermisyada ayaa hawada dhex jooga soona raaci kara neefta, sida fayrasyada sababa jadeecada, busbuska, iyo COVID-19. Marka aad kor u qaado tayada hawada gudaha, hawo cusub oo dheeraad ah ayaa soo garaysa qolalka kadibna hoos u dhigaysa cadadka fayraska ku jira hawada.

Maxay tahay inaan sameeyo?

- Wax ka badel nidaamka Hawo Kululeeyaha iyo Hawo Qaboojiyaha (HVAC) si aad ugu fududahayso hawada banaanka inay soo gasho gudaha barnaamijka.
- Iskuday inaad ku adeegsato hawo sifeeyaha la qaadi karo ee HEPA gudaha qolalka.
- Adeegso marwaxadaha badqabka u leh ilmaha kuwaasoo babinaaya dadka hawada dibada u saaraaya.
- Haddii musqushu leedahay marwaxad, ha shidnaato maalinta oo dhan.
- Sii wakhtiga banaanka oo dheeri ah; ha furnaadaan daawadaha iyo albaabadu si ay hawadu ugu dhex wareegto inta ilmuhu ka maqan yihiin qolka.
- Fur daqadaha iyo albaabada – haddii ay amaan tahay inaad sidaas sameeyso – marka ilmuhu joogaan.
- Booqo [Kor u qaadista tayada hawada gudaha - King County, Washington](#) si aad u hesho xog dheeri ah.

Yaree Faafinta Jeermisyada Marka aad Nadiifinayso Xafaayadaha iyo Aagbka Musqulaha

Sabab? Qaar kamid ah jeermisyada ku faafa saxarada (xaarka), sida cudurka Gacmaha, Cagaha, iyo afka ama Norovirus, ayaa si lama filaan ah u geli kara meesha ama noqon kara mid hawada raaca kadibna ku dhul degi kara walxaha ama dusha meelaha. Yareynta agabka yaala aaga xafaayad badelida, farxalashada, iyo xaqiijinta in dusha meel kasta ama wax kasta oo yaala aaga badelida si fudud loo nadiifiyo loogana dilo jeermiska ayaa hoos u dhigaysa jeermisyada ku faafa saxarada (xaarka).

Maxay tahay inaan sameeyo?

- Xaqiiji in qof kasta uu farxasho kadib marka uu isticmaalo musqusha.
- Raac habraaca [Sida Loo Badelo Xafaayada](#) . (Waxaa lagu heli karaa [Isbaanish](#).)
 - Daryeel bixiyaashu waa inay farxashaan sadex jeer oo kaladuwan inta ay ilmaha xafaayada ka badelayaan.

- Ilmuhu waa inay gacmahooda ku dhaqaan saabuun iyo biyo marka xafaayada laga badelo.
- Ka fogee agab kasta oo aan la isticmaalin inta xafaayada laga badelaayo (tusaale, meelaha la saaro kareennada xafaayada, bonbaleyaasha, ama moobillada) aaga xafaayad badelida.
- Adeegso Qaabka 3 Talaabo ah si aad u nadiifiso, u biyo raaciso, jeermiskana uga disho dusha meelaha xafaayada looga badelo ilmaha ama musqusha.
- Haddii aad adeegsanayso musqul aan falaashmayn, sida kursiga tababarka musqusha:
 - xaqiiji inay ka samaysan tahay agabka si fudud loo nadiifin karo oo jeermiska looga dili karo.
 - kursiga iyo aaga u dhow waa in la nadiifiyaa, la biyo raaciyaa, jeermiskana laga dilaa isticmaal kasta kadib.
 - [bogo WAC 110-300-0220](#) si aad u hesho faahfaahin dheeri ah oo ku aadan nadiifinta agabka tababarka musqusha.

Yaree Faafinta Jeermisyada Marka Aad Cadayanayso

Sabab? Sabab la xiriirta in jeermisyo badan ku noolaan karaan calyada, waa muhiim in la qaado talaabooyin looga hortagaayo faafida jeermisyada ku jira hal cadey oo galaaya cady kale ama ka faafaya hal ilmo kuna faafaya ilmo kale marka ay cadayanayaan.

Maxay tahay inaan sameeyo?

- Raac [habraaca lagu taliyay ee cadayashada \(shaxda ku qoran\)](#).
- Ku xaree cadayada:
 - meel hawo furan leh oo buraashku kor u jeedo si ay qalalaan.
 - meela aysan awoodin inay isku dul da'aan.
 - meelo la calaamadiyay, oo u gaarah oo amid ah rkada la gasho, ayagoo aan taabanayn buraashyada kale ama booska buraashka ilmaha kale.

Yaree Jeermiska Inta aad Hurudo

Sabab? Sabab la xiriirta in jeermisyo badan ay ku faafi karaan hawada - ilmuhuna aysan daboolin qufacyadooda iyo hindhisoyinkooda inta ay hurdaan – kala fogaynta ilmaha hurda ayaa ka caawinaysa yareynta faafinta jeermisyada.

Maxay tahay inaan sameeyo?

- Kala fogee sali kasta ama sijaayada ilmuhu ku seexdaan ugu yaraan 18 inji gees kasta..
- Ilmaha u seexi qaab isku dabo taxan ama ay cagaha isku jeedinayaan si aad u kordhiso badka u dhexeeya wajiyada ilmaha hurda..

- Dhig sariiraha ilmaha meelo ay u dhexayso ugu yaraan 30 inji mid kasta, ama, haddii boosku ciriiri yahay, waxaad u dhigi kartaa qaab ay dabada isku hayaan adoo u dhexaysiinaaya wax adag sida Plexiglas.
- Eeg [jadwalka nadaafada ee barnaamijkaaga](#) si aad u hesho xog dheeri ah oo ku aadan nadiifinta qalabka iyo gogosha hurdada.

Xog badan oo ku Saabsan Cudurada iyo Sida ay U Faafaan

Cudurada Faafa - cudurada iskaga kala gudba dadka dhexdooda - waxaa keliya lagu faafin karaa haddii sadex waxyaabood ay jiraan: jeermis, qof ay u badan tahay inuu qaado jeermiska ama inuu ku xanuunsado haddii uu ku dhaco jeermisku jidhkiisa, iyo qaab uu jeermisku ku gaaro qofka. Barnaamijyada daryeelka carruurta iyo waxbarashada Dhallaanka ayaa leh dhammaan sadexda sifaba, laakiin liiskan hubintu wuxuu diirada saarayaa inuu kaa caawiyo yareyntooda.

Jeermisyada looga hadlay liiska hubinta waa fayrasyada, bakteeriyada, fungaska, iyo jidh gallada laga yaabo inay sababaan cudur.

Waxaa jira sababo badan oo **qof uu ku noqon karo mid u nugul in jeermisku haleelo**. Xarunta daryeelka carruurta, ilmaha ayaa aad iskugu dhow waxayna u badan tahay inay walxaha afka gashtaan, kuwaasoo labaduba u sahlayaan in jeermisyadu galaan jidhkooda. Farxal la'aanta (ama in aan si fiican loo farxalan) ayaa kordhinaysa suuragalnimada in jeermisku uu galo jidhka qofka. Dhaawacyada furan ama meelaha jidhka go'an ee aan la daboolin ayaa sidoo kale kordhinaaya khatarta waayo waxay u sahlayaan jeermisyada inay galaan jidhka qofka.

Marka jeermisyadu ka tagaan qof ayna galaan jidka qof kale, waxaa la yiraahdaa **isku gudbin**. Waxaa jira sadex nooc oo cudurka la iskugu gudbiyo kuwaasoo ku badan daryeelka carruurta, ayna ku jiraan:

- **Iskugu gudbinta faniinada afka** – Tan ayaa dhacda marka qof qaba fayrasyada neef mareenka qaarkood ama caaburyada bakteeriyada uu faniinnada afka oo ka dhasha qufacyadiisa, hindhisooinkiisa, calyadiisa, ama dheecaanka ka yimaada sanku ku siidaayo hawada, ku dhacaan dusha meelaha, ama si toos ah u galaan jilicsanta indhaha, sanku, ama afka ee qof kale. Faniinadaan ka yimaada afka ayaa sida fayraska ama bakteeriyada, laakiin badanaa ma gaaraan bad ka fog 3 ilaa 6 fiid waayo waa kuwo balaaran oo culus. Qof kale ayuu jeermisku geli karaa jidhkiisa haddii faniinadu toos ugu dhacaan jilicsantiisa (indhaha, sanku, ama afka), ama uu taabto dusha meel ama wax ay faniinadu ku dhaceen kadibna uu isla gacantaas ku taabto indhihiisa, sankiisa, ama afkiisa. Tusaaleyaasha cudurada ku faafi kara iskugu gudbinta faniinnada waa:
 - *Bordetella pertussis* bacterium (qufaca jixdheerta) (waxaa looga hortagi karaa talaalka Diphtheria, Tetanus, and acellular Pertussis (DTap, Gawracatada, Teetanada, iyo xiiq-dheerta) ama talaalka Tetanus, Diphtheria, and acellular Pertussis (Tdap, gawracatada, teetanada, iyo xiiq-dheerta)
 - Fayraska Hargabka (waxaa looga hortagi karaa talaalka hargabka)
 - Fayraska neef mareenka ee syncytial (RSV)
 - Fayraska COVID-19 (darnaantiisa ayaa lagu yareyn karaa talaalka COVID-19)
 - Cudurka gacmaha, cagaha, iyo afka (HFMD)
 - Norovirus
 - Fayraska Qaamo-Qashiirka – (waxaa looga hortagi karaa talaalka Measles,

Mumps, and Rubella (MMR, Jadeecada, Qaanshiirka, iyo Rubella)

- **Iskugu gudbinta Neefta** – Tan ayaa dhacda marka qofka qaba fayraska ama bakteeriyada uu neefsado, hadlo, heeso, qufaco, ama hindhiso kadibna uu faniinada yar ee fayras ku siidaayo hawada. Sabab la xiriirta in faniinadaan ay yihiin kuwo aad u yar oo fudud, waxay ku nagaadaan hawada waxayna hawada ku jiri karaan saaco badan. Qof kale ayaa qaadi kara jeermisyadaan oo galaaya jidhkiisa marka uu jido neefta ay soo raaceen faniinadaan hawada ku jira.
 - Tusaaleyaasha cudurada ku faafi kara iskugu gudbinta neeftu waa:
 - *Myobacterium tuberculosis* bacterium (xanuunka Qaaxada)
 - Fayraska Rubeola (jadeecada) – (waxaa looga hortagi karaa talaalka Measles, Mumps, and Rubella (MMR, Jadeecada, Qaanshiirka, iyo Rubella)
 - Fayraska SARS-CoV-2 (COVID-19) (darnaantiisa ayaa lagu yareyn karaa talaalka COVID-19)
 - Fayraska Varicella-zoster (busbuska) (waxaa looga hortagi karaa talaalka (varicella) busbuska)
- **Iskugu Gudbinta Taabashada** – Tan ayaa dhacda marka fangaska, bakteeriyada, fayraska, iyo jidhgalka ka yimaada qof ay galaan jidhka qofka kale. Waxay ku dhici karaan labo qaab.
 - **Toos** – Haddii qofku taabto finankiisa uu jeermisku saaran yahay, (tusaale, finanka biyuhu galeen ee busbuska ama finanka impetigo), kadibna uu taabto qof kale, jeermisyadiisa ayaa galaaya jidhka qofka kale marka ay taabtaa dhaawaca aan la daboolin, nabarada, ama dilaaca maqaarka. Iskugu gudbinta tooska ah ee taabashada ayaa sidoo kale ka dhalan kara cayaanka jidhka gala, sida injirta ama isnadaamiska, haddii maqaarka laba qof toos isku taabtaan muddo ku filan in cayayaanku ay kasoo gurguurtaan qof oo galaan qofka kale.
 - **Aan toos ahayn** – Marka fayras, bakteeriyo, ama fangas uu taabto gacmaha, dusha meelaha, ama waxyaabaha, tan waxaa loo yaqaanaa **ku sumoobid**. Haddii qof kale uu taabto gacmaha, waxyaabaha, ama dusha meelaha fayrasku saaran yahay, uusana farxalan (ama uusan si fiican u dhaqin gacmihiisa) kadibna uu taabto afkiisa, indhihiisa, ama sankiisa ama meel ka banaan maqaarka sida nabar aan la daboolin, jeermisyada ayaa geli kara jidhka qofka kana dhigaaya mid xanuunsan.
 - **Iskugu gudbinta Saxarada Afka Gasha** – Kani waa tusaalaha gaarka ah ee isku gudbinta aan tooska ahayn. Iskugu gudbinta saxarada afka gasha ayaa dhacda marka bakteeriyada ama fayraska ku jira saxarada (xaarka) hal qof uu galo afka uuna liqo qof kale. Tan ayaa dhacda marka qof qaba xanuun ka dhasha jeermisyada ku jira saxarada (xaarka) uusan si fiican u farxalan si uu jeermisyada uga saaro gacmaha kadib marka uu galo musqusha, kadibna uu jeermisyada ku faafiyo waxyaabaha ama cuntada.

Qof kale ayaa cudurka qaadi kara asagoo midkood cunaaya cuntada jeermisku galay, ama taabanaaya shay jeermisku saaran yahay, uusana dhaqin gacmihiisa, kadibna gacmihiisa ku taabanaaya afkiisa.

- Tusaaleyaasha cudurka ee lagu faafiyo istaabshada waa:
 - Caabuqyada Impetigo iyo MRSA ee ka dhasha bakteeriyada Staphylococcus iyo Streptococcus
 - Cudurka gacmaha, cagaha, iyo afka (HFMD)
 - Norovirus
 - Fayraska SARS-CoV-2 (COVID-19) (waxaa looga hortagi karaa talaal)
 - Fayraska Varicella-zoster (busbuska) (waxaa looga hortagi karaa talaalka (varicella) busbuska)
 - Rotavirus (waxaa looga hortagi karaa talaal)

Cudurada qaar ayaa ku faafa qaabab badan (tusaale, COVID-19 ayaa ku faafi kara faniinada, hawada, iyo is taabshada). Adoo adeegsanaaya keliya hal xeelad, sida nadiifinta dusha meelaha, xanuun sidoo kale ku faafi kara iskugu gudbinta neefta, ayaan kugu filnayn si aad meesha uga saarto jeermiska. Si aad qaab waxtar leh u yareyso jeermisyada, uga hortagto faafitaanka jeermisyada, aadna uga hortagto cudurka, waa muhiim inaad adeegsato xeeladaha kaladuwan.

Sidee ayuu qaabka 3 Talaabo ah U Shaqeeyaa si looga Hortago Cudurka?

1. **Nadiifi** – Nadiifinta ayaa lagu sameeyaa saabuun, biyo iyo xoqid. Talaabadaan ayaa meesha ka saaraysa wasaqda dusha meelaha waxayna ka saaraysaa inta badan noocyada jeermisyada khatarta ah ee sababa cudurada.
2. **Biyo raaci** – Daawooyinka sifeynta iyo jeermis dileyaasha ayaan waxba tarayn haddii saabuun ay meesha ku harto kadib marka aad dhaqdo. Saabuunta ayaa u baahan in la biyo raaciyo adoo adeegsanaaya biyo nadiif ah si sifeeyaasha iyo jeermis dileyaashu ay shaqadooda u qabsadaan.
3. **Sifee** – In kasta oo hal yool yahay in jeermiska meesha laga saaro jeermisyada si aysan u faafin, sidoo kale ma doonayno in kiimikooyin daran ay galaan jidhka ilmaha. Cadadka warankiilada ku jirta sifeeyaasha ayaa loo arkaa mid amaan u ah in loo adeegsado agabka ilmuhu afka gasho kale (cinjirka ilmuhu nuugo io boonbaleyaasha) ama dusha meelaha cuntadu taaban karto (sida saxuunta iyo maacuunta cuntada).
Sifeeyaasha ayaa yareeya tirada jeermisyada ku haray dusha meelaha kadib marka la dhaqo si ay u yaraadaan jeermisyada faafinaaya caabuqa ee sababaaya cudurka.

Ama

3. **Jeermiska dil** – Qaar amid ah jeermisyada ku nool saxarada (xaarka), dhiiga, iyo dheecaannada kale ee jidhka ayaa sababi kara cudur ama xanuun daran. Yoolku waa

in la dilo jeermisyadaan, maaha in keliya la yareeyo. Sabab la xiriirta in jeermis dileyaashu ay dilaan jeermisyada ku haray dusha meelaha kadib marka la dhaqo, waxaa la mariyaa dusha meelaha uu saaran yahay jeermiska sababa xanuunka daran (musqulaha iyo aagaga ilmaha xayaada ooga badelo). Sidoo kale waxaa loo adeegsadaa nadiifinta dheecaannada jidhka, dhiiga, ama agabka kale ee caabuqa faafin kara (OPIM).

Tixraacyada

American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools, 6th Edition

Centers for Disease Control and Prevention. Website.

<https://www.cdc.gov/infectioncontrol/spread/index.html>

National Resource Center for Health and Safety in Child Care and Early Learning.

Website. <https://nrckids.org/CFOC/TOC>