



Dhammaan aasaasida cuntada waa inay:

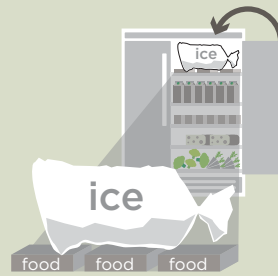
1 Jooji Shaqooyinka

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



2 Inta ay korontada maqantahay

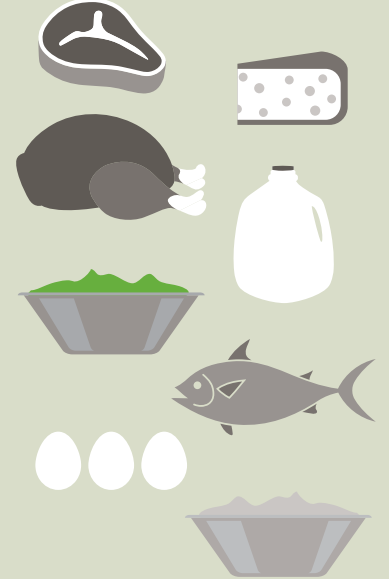
- fiiri Heer kuleelka PHF
 - **PHF oo la mid ah mise ka yar 41 F** waqtiga uu korontada duntay: qabooji
 - **PHF u daxeeya 42F-135F** waqtiga uu korontada baxday: Iska tuur
- Dhig bacahabarafka ee qaboojiyayaasha/farantijeerada
- Xir albaabada qaboojiyaha iyo farantijeerka



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

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.



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

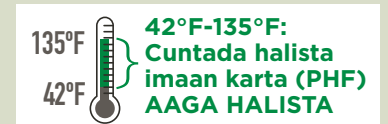
Inta lagu jiro dabka tago aasaasida waa in la xiraa.
Qor waqtiga dabka tago.



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 meeleyn 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!

