

Bulsho Aad u Nugul

Highly Susceptible Population

XAYIRAADAHA IYO XADIDAADAHA SI LOO DIFAACO SHAQSIYAADKA NUGUL

RESTRICTIONS AND LIMITATIONS TO PROTECT VULNERABLE INDIVIDUALS

Somali

Qeexitaanka

Bulsho aad u nugul waxaa laga wadaa shaqsiyaadka ay u dhowdahay in ka badan dadka kale ee caadiga ah inay qaadaan xanuunka ka dhasha cuntada sabab la xariirta inay yihiin:

- Dad difaacooda jirku daciif yahay
- Carruurta da'da dugsiga barbaarinta, ama dad waayeel ah

OO

- Ay cuntada kasoo qaataan xarun taasoo bixisa adeegyada sida:
 - Daryeelka waalidnimada
 - Daryeelka caafimaadka
 - Adeegyada Nafaqada
 - Adeegyada baxnaaninta (tusaale, xarunta waayeelka)

Xadidaaddo

Shaqooyinka soo socda **looma** ogola xarunta cuntada ee u adeegta bulshooyinka aadka u nugul:

- In gacmo qaawan lagu taabto cunto u diyaarsan in la cunno.
- Adeegsiga talo bixinta macmiilka ee waafaqsan heerkulada cunto karinta ee qasabka ah.

English

Definition

A highly susceptible population means persons who are more likely than others in the general population to experience foodborne disease because they are:

- Immunocompromised
- Preschool-age children, or older adults

AND

- They obtain food at a facility that provides services such as:
 - Custodial care
 - Health care
 - Nutritional services
 - Socialization services (e.g., senior center)

Restrictions

The following practices are **not** allowed in a food establishment that serves a highly susceptible population:

- Use of bare hand contact with ready-to-eat foods.
- Use of consumer advisories in lieu of required cooking temperatures.

- Adeegga ama iibinta cuntada soo socota oo u diyaarsan in la cuno:
 - Cuntada xoolaha ee ceeriinka ah sida kaluunka ceeriinka ah, kaluunka la maraqeeyay ee ceeriinka ah, kalluun qolfeedka molaskan (molluscan) oo ceeriin ah iyo tartare hilib jiir ah.
 - Cuntada xoolaha ee qayb ahaan la karshay sida kaluunka aan aadka loo karin, hilibka dhifka ah, ukunta aan aadka loo karin ee laga sameeyay ukunta ceeriinka ah, iyo meringue.
 - Baxaalka miro ceeriin ah
- U adeegsiga waqtiga qaab lagu xakameeyo caafimaadka bulshada ee ukunta ceeriinka ah.
- Dib u bixinta:
 - Cunto kasta oo lagasoo ceshay bukaan ama macaamiil ku jira karantiil, iskeli yeelid caafimaad, ama goob lagu keli yeelo dadka caabuqa qaba.
 - Baakadaha cuntada ka timaada bukaanka, macaamiisha, ama isticmaalayaasha kale ee ku jira goobta keli yeelida kahortaga ah.
- Service or sale of the following food in a ready-to-eat form:
 - Raw animal food such as raw fish, raw marinated fish, raw molluscan shellfish and steak tartare.
 - Partially cooked animal food such as lightly cooked fish, rare meat, soft-cooked eggs that are made from raw eggs, and meringue.
 - Raw seed sprouts.
- Use of time as public health control for raw eggs.
- Re-service of:
 - Any food from patients or clients who are under contact precautions in medical isolation, quarantine, or protective environment isolation.
 - Packages of food from patients, clients, or other consumers to patients in protective environmental isolation.

Xadiyadaha

Shuruudaha badqabka cuntada ayaa aad usii adag marka loo adeegaayo bulshooyinka aadka u nugul. Talaabooyinka xakamaynta waxtarka leh ee maadooyinka cuntada gaarka ah ayaa gacan ka gaysan kara yaraynta khatarta xanuun cuntada ka dhasha.

Cabitaanka Miraha

Cuntada horay loo baakadeeyay, cabitaanka aan la sifayn ama khamriga aan la sifayn ee ay ku jiraan cabitaanku laguma bixin karo ama laguma iibin karo goobta cuntada oo u adeegta bulshooyinka aadka u nugul.

Limitations

Food safety requirements are more stringent when serving highly susceptible populations. Effective control measures for specific food products may help reduce the risk for foodborne illness.

Juice

Prepackaged, unpasteurized juice or unpasteurized beverages containing juice cannot be served or sold in a food establishment that serves a highly susceptible population.

Cabitaanka, bulsho aad u nugul waxaa kamid ah carruurta da'da sagaal ama ka yar ee cuntada lagu siiyo dugsiga, xarunta daryeelka maalintii, ama meel bixisa daryeelka waalidnimada.

Ukunta

Ukunta ceeriinka ah ayaa loo adeegsan karaa in la siiyo macmiilka hal cunto haddii ukunta la isku daro, la kariyo lana cuno isla markaaba, sida ukun shiilan, doorsho, ama ukun la karshay. Ku kari ukunta ceeriinka ah heerkul dhan 145°F ama ka badan muddo 15 daqiiqo ah.

Ukunta ceeriinka ah waxaa loo adeegsan karaa cuntooyinka duban ee sida adag loo karshay sida doolshaha, mafinka, ama roodhiga haddii ukunta lagu daray maadooyinka cuntada waxyar kahor intaan la dubin.

Ukunta la sifeeyay ama maadooyinka ukunta waa in lagu badalaa ukunta ceeriinka ah:

- Maadooyinka cunto marka wax ka badan hal ukun la jabsho, la isku daro, aana la karin, la dubin, ama isla markaaba la isticmaalin
- Markaad diyaarinayso cunto ka kooban ukun aan la karin ama si fiican loo karin, sida:
 - Saladka Caesar
 - Maraqa Hollandaise ama Béarnaise
 - Maayoniis (Mayonnaise)
 - Jalaato ukun ka samaysan (Meringue)
 - Cabitaan ukun ka samaysan (Eggnog)
 - Jalaatada
 - Cabitaannada ukunta lagu daray

HACCP

Qorshaha Bar koontaroolka muhiimka ah ee Qiimaynta khatarta (HACCP) ee la ansixiyay ayaa qasab ku ah xarumaha cuntada ee u adeegga bulshooyinka nugul marka:

- Cabitaanka aan la baakadayn lagu diyaarsho xarunta si loo iibsho ama loo baxsho.

For juice, a highly susceptible population includes children age nine or less that receive food in a school, day care setting, or place that provides custodial care.

Eggs

Raw eggs may be used in one customer's serving at a single meal if the eggs are combined, cooked and served immediately, such as in an omelet, soufflé, or scrambled eggs. Cook raw eggs to 145°F or above for 15 seconds.

Raw eggs may be used in baked goods that are thoroughly cooked such as a cake, muffin, or bread if the eggs are combined as an ingredient immediately before baking.

Pasteurized eggs or egg products must be substituted for raw eggs:

- In recipes when more than one egg is broken, combined, and not cooked, baked, or used immediately
- When preparing food containing uncooked or lightly cooked egg, such as:
 - Caesar salad
 - Hollandaise or Béarnaise sauce
 - Mayonnaise
 - Meringue
 - Eggnog
 - Ice cream
 - Egg-fortified beverages

HACCP

An approved Hazard Analysis Critical Control Point (HACCP) plan is required in food establishments serving highly susceptible populations when:

- Unpackaged juice is prepared on site for sale or service.

- La diyaarinayo cuntada ay ku jiraan ukunta ceeriinka ah ee aan la sifayn ee la isku daray aana isla markaaba la isticmaalin.

La xariir kormeerahaaga si lagaaga caawiyo shuruudaha qorshaha HACCP ee xarunta cuntada ee u adeegta bulshooyinka aadka u nugul.

- Preparing food that includes raw unpasteurized eggs that are combined and not used immediately.

Contact your inspector for help with HACCP plan requirements for food establishments serving highly susceptible populations.

Macluumaadka (Resources)

Minnesota Department of Health Food Business Safety
(<http://www.health.state.mn.us/foodbizsafety>)

Minnesota Department of Health
Food, Pools, and Lodging Services
PO Box 64975
St. Paul, MN 55164-0975
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