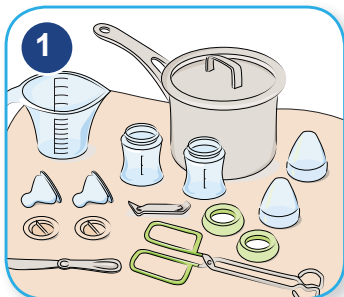
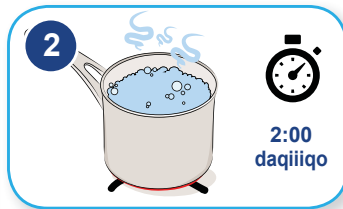


Caanaha budada ah ee caruurta ma ahan kuwo nadiif ah. Waxaa leeyihiin qatar bakteeriyo oo dheeraad ah marka aan si wanaagsan loo diyaarin. Wixii macluumaad ah oo kusaabsan qaadashada go'aan faahfaahsan oo ku adaan sida aad u quudin karto cunugaaga kala hadal daryeel bixiyahaaga caafimaadka ama kalkaalisada caafimaadka dadweynaha. Kafiiri Xaashida Tilmaanta #1 wixii kusaabsan macluumaadka muhiimka ah.



Dhac gacmahaaga kuna dhac saabuun iyo biyo.

Diyaarso dhamaan qalabka quudida (Fiiri Xaashida Tilmaanta #2).



### Dhowrista biyaha

Kululee biya muddo 2 daqiiqo ah. Fiiri Xaashida Tilmaanta #2 si aad oga aragtid biyaha badqabka leh ee la isticmaalo.

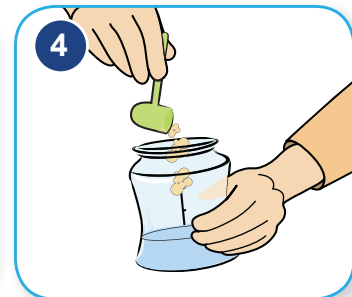
Kuqas caanaha biyo heerkooda yahay 70C ama kabadan (1 liitir oo biyo nadiif ah oo qabow qiyaastii 70C kadib 30 daqiiqo).

Caruurta leh caafimaadka, biyaha qaboow ee leh heerkulka guriga waa la isticmaali karaa haddii caanaha la isticmaalaayo isla markiiba.



Kafiiri caaga waqtiga ugu danbeeya ee la isticmaali karo.

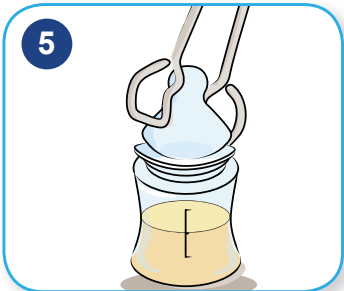
Kushub inta larabo oo ah biyo nadiifka ah dhalada nadiifka ah.



Isticmaal lambarka ku habboon ee qaado sida ku qoran tilmaamaha ku yaal kara.

Kubuuxi qaadada gudaha caaga adoo kabuuxinanaya caanaha budada ah. Hoos u dhigin baakada buddada. Sare u qaad Qaadada iyo mindida nadiif ka ah.

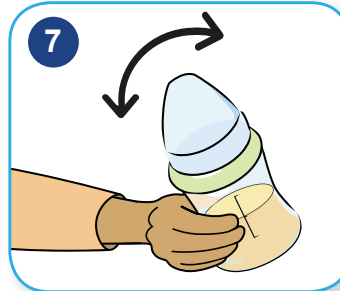
Kudar budada biyaha kulul ee nadiif ka ah.



Kor u qaad cirbada, caaga iyo daboolka adoo ka qaadaaya qalab nadiif ah kadibna gali dhalada.



Kudhuufi daboolka gacantaada.



Rux dhalada ilaa dhamaan buddada ay ku qasmayso.

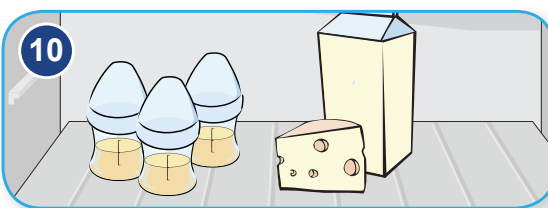


Isla markiiba ku qabooji dhalada qaboojiye, ama kufur biyo ama gali koonteenar ay kujiraan biyo qaboow. Marka heerkulkoodu yahay kan guriga ama jirka camal, sii cunugaaga.



Quudi cunugaaga si aad oga jawaabto calaamadaha gaajada (Firi Xaashida Tilmaanta #6).

Tuur caanaha uusan cunugaaga cabin kadib 2 saacadood.



Waa habka ugu badqabka wanaagsan inaad isticmaasho dhalo cusub. markasta oo aad cunugaaga quudinayso. haddii aad diyaarisay dhalo qandac ah/leh biyo kulul, kuqabooji masaasada isla markii galina biyo qaboow oo socda ama gali koonteenar leh biyo qaboow. Marka aad qaboojiso, gali talaagada isticmaalna 24 saacadood gudahood.

Macluumaadka kusaabsan sida iyo goorta aad quudinayso cunugaaga kafiiri:

- Boggaga 16-20 kujira buuga Caanaha Caruurta: Waxa aad Rabtid Inaad Ogaatid.
- Xaashida Tilmaanta #6.

Caanaha caruurta dib waa celin karaa.

Macluumaadka diib u celinta waxaa laga helayaa webseefta Caafimaadka Canada oo ah [www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php](http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php)

