

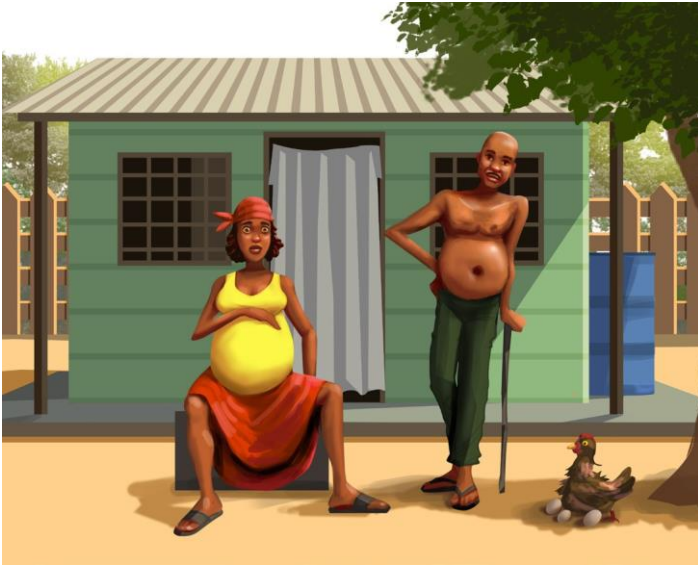
Hanyoyin Dakile Yaduwar **Aflatoxins** a Gonaki, Lokacin Girbi da Kuma Amincin Abinci a Gida



Tare da
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Menene aflatoxins?

Aflatoxins wasu sunadarai ne na halitta da ake samu cikin abinci wanda kwayoyin halitta dangin *Gansai* Suka gurbata. Cudanya da aflatoxins na da dangantaka da lafiyar dan adam ta hanyoyi da dama.



Alamu da ke da dangantaka da cudanya da aflatoxins

- **Rashin lafiya da raunin garkuwar jiki:**

Aflatoxins yana haddasa Rashin lafiya cikin sauki kuma akan dauki tsawon lokaci kafin a warke.

- **Hadarin aflatoxins kafin haihuwa:**

Mata masu ciki da ke cin abincin da ya gurbata da aflatoxin zasu iya yada wa jirajiran su matsalar.

- **Rashin cin gaba:**

Aflatoxins yakan dakile girman yara idan suka sha a nono ko a abinci.

- **Ciwon Hanta:**

Aflatoxins na haddasa ciwon hanta kuma yana da dangantaka da sauran ciwon daji.

- **Mace-mace:**

Yawan aflatoxins a cikin abinci zai iya haddasa mutuwar jama'a da dama.

Yaya za'a iya sarrafa aflatoxins?

Manoma da masu safarar abinci zasu iya dakile yaduwar aflatoxins ta hanyoyi kamar haka



- **Iri da kayan gona:**

A nema iri da kuma kayan gonar da suka dace da yanayin kasar, domin damuwar amfanin gona.

- **Amfani da dabarun noma mafi dacewa:**

Sarafa kwari, bada tazarar wajen shuka, yin amfani da Kwanan wata wajen shuka, da kuma amfani da Aflasafe domin dakile yaduwar aflatoxin.

- **Girbi:**

Yi hanzarin shanya hatsi domin rage damshi, a kuma sa wurin ajiya ta wajen amfani da buhu rashin iska na musamman (PICS).

- **Tace Iri:**

A tsice lalataccen (rubabbe, mai bababci kala, shefe, fasassu) iri a watsar da su.

- **Ajiya bayan girbi:**

Yi amfani da busasshen wuri mai iska domin jigilar hatsi (wato wuri mai isashiya iska, da damshi kasa da kashi 15%).

- **Sarafa da dakile kwari:**

Kula da inda muna zauna da sapta domin kwaro da takarce.

Yaya za'a iya dakile yaduwar aflatoxins a gidaje?

Masu dawainiyar gida su rika amfani da hanyoyin da suka dace wajen karfafa da tabbatar da zabi mafi dacewa domin dakile yaduwar aflatoxins.



- **Saya da hikima:**

A nemo ingantattu kayan noma wuraren da suka dace, wuraren da ake amfani da Aflasafe wajen kare lafiyar amfanin gona.

- **Canjin abinci:**

A rika canza irin abincin da a ke ci a gida, da yadda za'a rage cin abincin da ke dauke da aflatoxin.

- **A watsar da hatsin da ya lalace:**

A tsince da kuma watsar da shefen hashi. Kada mutane ko dabbobi su ci shefen hatsi.

- **Habaka karfin garkuwar jiki:**

Tabbatar da inganci garkuwar jiki ta wajen cin ingantaccen abinci, shan maganin vitamins da rigakafin ciwon hanta B.

- **Ingantacceyar ajiye:**

A ajiye busasshen hatsi, abinci da kayan abinci yadda ya kamata a tsaptatacce kuma busassahe wuri. A yi amfani da musamman buhu rashin iska (PICS) idan mai yiwuwa ne.

Domin karin bayani a kan wannan horaswa na kokari dakile yaduwar aflatoxin, neme mu a:

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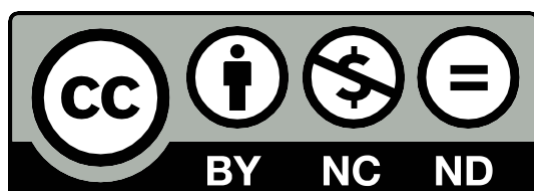
Cigaba da wallafawa

Wadan da suka dauki nauyi wallafa walla manuwa sune
**Deutsche Gesellschaft für Internationale
Zusammenarbeit (GIZ).**

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Ambato mafi dacewa:

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