



HAGAHA WAALIDKA

ISBUUCA UGU HOREEYA EE NOLOSHA

nuunahaaga dhawaan dhashay ma fiicanyahay?

Nuune hadda dhashay oo caafimaad qaba waa inuu leeyahay bishimo casaan ah iyo carrab casaan ah. Sidoo kale waa in teembarajarka (temperature) ka kilkiishiisa uu udhaxeya 36.5°C and 37.2°C (sida adiga camal). Waa inay si caadi ah u kaadiyaan oo ay u saxaroodaan (xaar) xoogaa yar kabacdi.

Nuune hadda dhashay oo caafimaad qaba:

- » had iyo jeer waa in la quudiyaa oo caano la siiyaa (8 ilaa 12 jeer 24 tii saac kasta)
- » si aamusnaan leh ayeey u feejigan yihiin markay soo jeedaan oo way dareemaan codkaaga ama dhawaaqa agtooda ka yeeraya
- » Waxay u neefsadaan si wax yar ka dhakhsi badan neeftaada isla markaasna mararka qaar hakad gaaban leh
- » way ku ogeysiinayaan markay dhib dareemayaan oo ay u baahan yihiin caawinaad marka midabkoodu isbeddelo, ama ay ooyaan, is gegeyaa ama gariiraan.

nuunahaaga dhawaan dhashay ma fiicanyahay?

Haddii nuunahaagu:

- » uu joojiyo neefsashada ama uu noqdo buluug
- » uu yeesho suuxdin / gariir / qalal (bigbigta ama dhaqaaqa indhaha, afka, gacmaha ama lugaha)
- » Aan la toosin karin
- » uusan la socon qeylada dheer, iftiinka dhalaalaya ee ku ifaya indhihiisa ama qanjaruufo jilicsan oo gacanta ah.

Ficil

Isbitaalka

Isla markiiba la socodsii umulisadaada ama dhakhtarkaaga oo riix batoonka u-wacashada caawinta

Guriga

wac taleefanka **000**

Isbuuca ugu horeeya ee noloshu

Haddii ilmahaagu:

- » aan la quudin wax ka badan 6 saacadood
- » Aan laga badalin xafaayad qoyan iyo / ama wasakh ah
- » maqaarka oo huruud/jaale u ekaada
- » **dhaqdhaqaaqa indhaha, afka, cududda ama lugta** oo u muuqda sidii qof naxsan oo kale ama mar mar dhaq dhaqaaqaya
- » **jiirka**, madaxa, luqunta, gacmaha iyo lugaha oo u muuqda kuwo jilicsan
- » **neefsashada** ee mid deg deg ah waxayna sameynayaan sawaxan qaylo leh
- » Mid aan caadi aheyn **ooyinta** (tusaale. daciif ah, cod-dheer, taahid ama oohin xanuun leh)
- » Dhiig haddii uu ku jiro **saxarada**
- » **maqaarka** umuuqda mid aad u cad ama huruud isu beddelay
- » **caloosha** (caloosha) ama salka xabadka waxay la jiidanaysaa neef kasta
- » **matagid** wax badan (in ka badan kala badh quudinta la quudiyay seddex dii jeer ee u dambeesay)
- » **mataga** ma cadda, caano ama midab huruud/jaale cad

**Gaar ahaan
24 saacadood
ee dhalmaada
kabacdi ah**

Cad	Caano	Jaale kistoo cad	Mustard/ jaale camal	Cagaar	Cagaar	Cagaar	Cagaar	Dhiig
-----	-------	------------------	----------------------	--------	--------	--------	--------	-------

AMA

- » adigaisu sheegay ama dareemay in wax khaldan yihiin

Ficil

Isbitaalka

U sheeg umulisadaada ama dhakhtarkaaga

Guriga

- » Khadka hooyada dhallaanka & Caafimaadka Carruurta Telefoonka 13 22 29
- » 24 saac Kalkaalisada-la-wacan-karo Wac 1300 60 60 24
- » U tag dhakhtarkaaga deegaanka (GP)
- » Tag Waaxda Gurmadka Degdegga ah ee Isbitaalka
- » Haddii arintu deg deg tahay wac **000**

* Fadlan ogow: Marka ka arkeysid shaashadda iyo / ama marka aad soo dejisato (downloaded) oo la daabaco, midabada shaxdu way kala duwanaa karaan iyadoo ku xiran hadba qalabkaaga.