



## 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 36.8°C and 37.3°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 gegeyiyaan 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 dambeysay)
- » **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.