

Usbuuca ugu horeeya ee nolosha

Hagaha waalidka



the women's
the royal women's hospital

Ilmahaaga dhawaan dhashay miyuu fiican yahay?

Dhallaan caafimaad qaba:

- wuxuu leeyahay bushimo casaan ah iyo carrab casaan ah
- heerkulka kilkishooda waa inta u dhaxaysa 36.8°C iyo 37.3°C, taas oo la mid ah kaaga
- waxay u kaadiyaan (kaadi) oo ayna u saxaroodaan (xaaraan) si joogto ah.
- marar badan ayuu wax quutaa, 8 ilaa 12 jeer 24-kii saacadood
- si deggan ayuu u foojignaadaa marka uu soo jeedo wuuna ka falceliyaa dhawaaqyada iyo codadka
- neefsashadooda xoogaa yar way ka boobsiis badan tahay taada hakad yar ayaana ku jira
- waxay muujiyaan calaamado marka ay dhibtoonayaan oo ay u baahan yihiin caawimo, sida beddelka midabka, oohinta, ruxrux ama gariir.

Ilmahaaga dhawaan dhashay ma xanuunsan yahay?

Haddii ilmahaagu:

- uu neefsashada joojiyo ama buluug isu beddelo
- uu leeyahay qalal, jareys ama gariir oo indhaha, afka, gacmaha ama lugaha ah
- aanan hurdada laga toosin karin
- uusan dareemeyn sanqadh dheer, iftiin dhalaalaya oo indhahooda ka kor ifaya ama qajaruufo yar oo gacanta laga qanjaruufay.

Ficilka

Isbitaalka

Isla markiiba usheeg umulisadaada ama dhakhtarkaaga, ama taabo badhanka wacitaanka caawinta

Guriga

Taleefanka **000**

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Haddii ilmahaagu:

- uu leeyahay maqaar jaalle ah 24-ka saac ee ugu horeeya dhalashada kadib
- uusan waxba quudan in ka badan 6 saacadood ka dib 24 saacadood ee hore
- uusan ugu yaraan 1 mar kaadin uusan saxaroon 24-ka saac ee ugu horeysa
- uu leeyahay dhaqdhaqaaq gariir camal oo indho, af, gacan ama lugaha ah
- uu u muuqdo in jidhka, madaxa, qoorta, gacmaha iyo lugaha iyo daciif yihiin
- uu si boobsiis ah u neefsanaayo uuna sameynayo shanqadh guux ah
- uu u oohnayo si aan caadi ahayn - sida daciifnimo, qaylo sare, oohin xanuun badan
- ay saxaradoodu dhiig leedahay
- uu maqaarkiisu cadaado ama huruud isu bedelo
- calooshooda (caloosha) ama gunta laabta ayaa is gasha marka ay neefsanayaan
- uu wax badan matagayo - in ka badan kala bar wixii uu quutay 3dii quudin ee ugu dambeeyay.
- uusan matagu eheen mid cad, caano ama jaalle huruud ah ahayn

Cadaan	Caano	Jaale Huruud Ah	Mustard	Cagaar	Cagaar	Cagaar	Cagaar	Dhiig
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AMA

- waxaad dareemaysaa inay wax khaldan yihiin

Ficilka

Isbitaalka

U sheeg umulisadaada ama dhakhtarkaaga.

Guriga

- Khadka Hooyada iyo Dhallaanka oo 24-saac ah Taleefanka 13 22 29
- 24-saac Kalkaaliso-la-wici-karo Taleefanka 1300 60 60 24
- U tag dhakhtarkaaga deegaankaaga (GP)
- Aad Waaxda Gurmada Degdegga ah ee Isbitaalka
- Haddii ay xaaladu degdeg tahay, wac **000**

Fadlan ogow: Marka lagu daawado shaashadda iyo/ama la soo dejiyo oo la daabaco, midabada jaantusku way kala duwanaa karaan waxayna ku xiran tahay goobaha qalabkaaga.

Reference: Morley CJ, Thornton AJ, Cole TJ, Hewson PH, Fowler MA. Baby Check: a scoring system to grade the severity of acute systemic illness in babies under 6 months old. Arch Dis Child. 1991 Jan;66(1):100-5. doi: 10.1136/adc.66.1.100.