Haddii finanku ay jiraan wax ka badan saddex maalmood ama ay ka sii darayaan, ilmahaaga u gee dhakhtarka. Gacmahaaga markasta ku dhaq saabuun ka dib marka aad beddeshid xafaayadda si aad uga hortagtid fidinta jeermiga.

U-QUBEYNTA/ U-MAYDHISTA ILMAHAAGA

MARNA ilmahaaga oo kaligii ah ha ka tagin. Haddii aad rabtid inaad ka baxdid qolka musqusha, ilmaha ku duub tuwaal/ shukumaan oo sii qaado ilmaha. Ka dib qubeynta, isla markiiba ilmahaaga ku duub tuwaal/shukumaan, adiga oo u hubsanaya inaad dabooshid madaxa.

LA-CIYAARISTA ILMAHAAGA

Ilmahaaga oo aad la ciyaartid waxay noqon kartaa mid leh maaweelo isla markaana waxay u fiican tahay korniinka maskaxda ilmahaaga. Xiitaa haddii ilmahaagu wali si weyn uga yar yahay inuu fahmo waxa aad sameynaysid waxa haddana ilmaha u muhiim ah inuu barto sida isgaadhsiin loo yeesho. Halkan waxa ku yaala dhawr waxqabad oo aad qaban kartid si aad gargaar uga geysatid korniinka bulsho ee ilmahaaga.

- Xeji ilmahaaga intii suurogal ah oo dhan oo u muuji jaceylkaaga.
- Wax u akhri ilmahaaga ugu yaraan 6 saacadood todobaadkii.
- U hees ilmahaaga.
- La hadal ilmahaaga.

Si aad u heshid war dheeraad ah oo ku jira internetka oo ku saabsan caafimaadka ilmaha, fadlan booqo:

www.cdc.gov/women/kids/index

www.momandbaby.org

www.kidshealth.org

• • •

Qoraalkan yar waxa lagu soo saaray gargaar ah war iyo illo oo laga helay:

Centers for Disease Control

National Center for Education in Maternal and Child Health

Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka (Department of Health and Human Services Office of Refugee Settlement).

WARKA LA-XIDHIIDHISTA:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Teleefon: 202 • 347 • 3507
Faakis: 202 • 347 • 7177
www.refugees.org

Ilmahaaga Yar Oo Caafimaad Yeesha

Keeping your Baby Healthy (Somali)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

www.refugees.org

Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

DARYEELISTA ILMAHAAGA YAR

Adiga oo arka ilmahaaga yar ama nuunuugaaga oo soo koroya oo wax baranaya waxay waalidka u noqon kartaa wakhti xiiso badan. Waxa jira hawlo aad qaban kartid si aad ilmahaaga yar uga gargaaritd inuu koro jidh ahaan iyo niyad ahaan. Qoraalkan yari waxa uu kaa gargaarayaa inuu ilmahaagu noqdo mid faraxsan oo ku caafimaad qaba gurigaaga cusub ee Maraykanka.

DHAKHTARKA ILMAHAAGA

Waalidka iyo dhakhaatiirku waa iskaashato wada-jir uga shaqeynaya in ilmuhu yeesho caafimaad. Waalidku iyaga ayaa ilmahooda yar ka yaqaana cid kasta sababta oo ah waxay wakhtigooda inta badan la qaataan ilmahooda. Dhakhtarka ilmahaagu waxa uu yaqaana caafimaadka, korniinka iyo nafaqada.

QUUDINTA ILMAHAAGA

Caanaha naasku waa il muhiim ah oo ilmahaaga yar uu ka heli karo quud waana ay ka nafaqo badan tahay caanaha lo'da, ama caanaha budada ah. Ilmahaaga yar nuuji naaska mudada ugu badan ee suurogalka ah. Ilmahaaga yar sii cunto adag kaliya marka uu jiro 6 bilood oo da' ah. U hubso in ilmahaaga yari uu helo cagaar iyo khudaar badan. Ka ilaali malabka, juuska, iyo caanaha lo'da ilaa ilmahaagu ka gaadho da'da hal sanno.

BOOQASHADA DHAKHTARKA ILMAHAAGA

Dawrka sannadood ee ugu horeeya noloshooda, ilmuhu dhakhso ayay u koraan oo u hormaraan. Dhakhaatiirta iyo kalkaaliyeyaasha Maraykanku waxay rabi doonaan inay ilmahaaga yar arkaan marrar badan. Badanaa marka ilmahaagu jiro laba maalmood, hal bil, laba bilood, afar bilood, lix bilood, sagaal bilood, iyo hal sanno.

Booqashooyinku si weyn bay muhiim u yihiin sababta oo ah waxay dhakhtarka siiyaan fursad uu ku eego oo uu ku hubsado in ilmahaagu caafimaad qabo oo si fiican u koroyo. Dhakhtarka ilmahaagu waxa uu fiirin doonaa indhaha iyo dhegaha ilmahagaa, waxana uu siin doonaa talaalo.

Gudaha Maraykanka, waxay dhakhaatiirtu ku taliyeen in ilmahaaga la siiyo talaalada soo socda:

- cagaarshow/joonis nooca B,
- Gawracato, teetano iyo kix/xiiq-dheer (DtaP),

- PCV (talaalka nuumookokal)
- hib (talaalka ifilada)
- dabeysha,
- Jadeeco, jadeeco jarmal iyo qaabow-qashiir/teeriyo-tanbuur (MMR)
- cagaarshow/joonis nooca A (hep A) iyo
- busbus.

Dhakhtarka ilmahaaga ayaa ku siin doona liiska talaalada ilmahaagu u baahan doono, iyo goorta la rabo in la siiyo.

KA-HORTAGGA FINANKA XAFAAYADDA (DAYBARKA)

Ilmaha loo xidho xafaayad ama qoyaan-celis badanaa waxay yeeshaan finan. Si looga hortago oo loo bogsiiyo finanka xafaayadda, waa inaad dhawr talo xusuusnaatid:

- Ka beddel xafaayadda wakhti kasta oo ay qoyaan.
- Isticmaal labeen xafaayad si aad u bogsiisid finanka. Raadi mid leh 'zinc oxide', ama labeenta A&D.
- Ilmahaaga ka dhaaf xafaayadda qayb ka mid ah maalinta.
- Haddii finan uu ilmahaagu ku yeesho lugta iyo sinnaha, beddel nooca xafaayadda ee aad isticmaalaysid.
- Marmarka qaarkood finanku waxay yimaadaan marka ilmahaagu uu xajiin ama alerji ku noqdo nooc cunto oo cusub. Jooji cuntooyinka cusub si aad u ogaatid in finanku iska tagayaan.