

Gacaliye Waalid/Masuul:

Fadlan raac tilmaamahan si aad uga caawiso dhammaan ardayda inay caafimaad qabaan oo diyaar u ahaadaan inay wax bartaan.

Fadlan **ARDAY JIRAN HA U DIRIN DUGSIGA**. Bogga kale ee warqaddan ayaa ku siinaya tusaalooyin ku saabsan marka ay tahay in ardaygaagu aanu joogin dugsiga.

Haddii ardaygaagu buko, fadlan LA XIDHIIDH DUGSIGA.

Fadlan la xidhiidh bixiyahaaga daryeelka caafimaadka wixii ku saabsan **JIRRO KASTA OO HALIS AH** ama haddii aad ka welwelsan tahay caafimaadka ardaygaaga. Haddii aad u baahan tahay caawimaad si aad u hesho bixiye daryeel caafimaad, waxaad la xiriiri kartaa maamulka caafimaadka dadweynaha ee deegaanka.

Fadlan ogeysii dugsiga haddii ilmahaaga laga helo **CUDUR LA ISQAADSIIN KARO**, oo ay ku jiraan kuwan: *busbus, shuban ay keento E. coli ama Salmonella ama Shigella, cagaarshowga, jadeecada, qaamo-qashiirta, xiiq-dheerta, jadeecada, cudurka qaaxada, ama cudur kale sida la codsado*. Dugsigu wuxuu ilaalin doonaa macluumaadkaaga khaaska ah sida sharciga farayo. [OAR 333-019-0010; ORS 433.008.]







Fadlan ogeysii dugsiga haddii ardaygaagu u baahan yahay **DAAWOYIN** saacadaha lagu jiro dugsiga. Raac borotokoolka dugsiga ee daawaynta dugsiga. Haddii xanuunka ardaygaagu u baahan yahay antibiyootik, ardaygu waa inuu qaataa antibiyootiga ugu yaraan 24 saacadood kahor inta aanu ku soo laaban dugsiga, iyo in ka badan xaaladaha qaarkood. Dawooyinka antibiyootiga waxtar uma laha cudurrada fayraska.

Fadlan ogeysii dugsiga haddii ardaygaagu leeyahay **XAALAD HOOS TIMAAD AMA XAALAD CAAFIMAAD OO DABA-DHEER**. Waxaanu kaala shaqayn doonaa sidii aanu wax uga qaban lahayn xaaladda caafimaad si ardaygu wax u barto. Iyadoo ku xidhan oggolaansho, kalkaalisada dugsigu waxay kala tashan kartaa bixiyaha daryeelka caafimaadka ardayga xaaladda caafimaad iyo daawaynta lagama maarmaanka ah. Si aad ula xidhiidho kalkaalisada dugsiga ama xafiiska caafimaadka fadlan wac ama iimayl u dir.

Waxaanu rabnaa inaan taageerno ardaygaaga. Fadlan nala soo xiriir haddii aad wax su'aalo ah ama walaac ah qabtid.

FADLAN KU HAY MEEL KA BAXSAN DUGSIGA ARDAYDA LEH ASTAAMAHAN

Liiskani waa tilmaamo dugsi, maaha talo caafimaad. Fadlan kala xidhiidh bixiyahaaga daryeelka caafimaadka wixii walaac caafimaad ah.

ASTAAMAHA XANUUNKA	ARDAYGU WAA UU SOO NOQON KARAA KADIB...
 <p>Qandho: heerkul ah 100.4°F (38°C) ama ka badan</p>	<p>*Liiska hoose waxa uu sheegayaa wakhtiga ugu gaaban ee ay tahay in guriga la joogo.</p> <p>Ardaygu waxaa uu u baahan karaa inuu guriga sii joogo muddo badan jirrooyinka qaarkood.</p>
 <p>Jirro qufac oo cusub</p>	<p>* Astaamo ku hagaagaya 24 saac (qufac la'aan ama qufac si fiican loo xakameeyay).</p>
 <p>Neefsashada oo ku adkaata oo cusub</p>	<p>* Astaamo soo hagaagaya 24 saac (u neefsanaya si raaxo leh). Daryeel caafimaad oo degdeg ah ayaa loo baahan karaa.</p>
 <p>Shuban: 3 saxarro oo jilicsan ama biyo ah maalintii AMA aan awoodin inuu xakameyo saxarada</p>	<p>*Astaamo la'aan 24 saacadood AMA amar ka haysta dhakhtarka ilaa kalkaalisada dugsiga.</p>
 <p>Matag: hal ama laba jeer ka badan oo aan la sharrixi karin</p>	<p>*Astaamo la'aan 24 saacadood AMA amar ka haysta dhakhtarka ilaa kalkaalisada dugsiga.</p>
 <p>Madax xanuun leh qoor qalafsan iyo qandho</p>	<p>*Astaamo la'aan AMA haysta amar ka socda dhakhtarka oo u socda kalkaalisada dugsiga. Raac tilmaamaha qandhada ee sare. → Daryeel caafimaad oo degdeg ah ayaa loo baahan karaa.</p>
<p>Finan maqaarka ama nabarro furan</p>	<p>*Astaamo la'aan, oo macnaheedu yahay finanku way tageen AMA nabaradu waa engegeen ama waxaa lagu dabooli karaa gebi ahaanba faashad</p> <p>AMA amar ka haysta dhakhtarka ilaa kalkaalisada dugsiga.</p>
<p>Indho guduud ah oo leh dheecaan</p>	<p>*Astaamo la'aan, oo macnaheedu yahay casaankii iyo dheecaankii ayaa meesha ka baxay AMA amar ka haysta dhakhtarka ilaa kalkaalisada dugsiga.</p>
<p>Cagaarshow: Midab huruud ah oo ku samaysma indhaha ama maqaarka oo cusub</p>	<p>*Kadib markii dugsigu amar ka haysto dhakhtarka ama maamulka caafimaadka dadweynaha ee degaanka ilaa kalkaalisada dugsiga.</p>
<p>U dhaqmidda si ka duwan sabab la'aan: hurdo aan caadi ahayn, xanaaq, ama jahawareer.</p>	<p>*Astaamo la'aan, oo macnaheedu yahay ku soo noqoshada dhaqanka caadiga ah AMA amar ka haysta dhakhtarka ilaa kalkaalisada dugsiga.</p>
<p>Dhacdo caafimaad oo weyn, sida xanuun sii jiraya 2 usbuuc ama ka badan AMA sii joogid isbitaal, AMA Xaalad caafimaad oo u baahan daryeel ka badan ka shaqaalaha dugsiga ay si nabdoon u bixin karaan.</p>	<p>*Kadib markii dugsigu amar ka haysto dhakhtar ilaa kalkaalisada dugsiga IYO kadib markii la sameeyo tallaabooyin lagu ilaalinayo badbaadada ardayga. Fadlan la shaqee shaqaalaha dugsiga si aad wax uga qabato baahiyaha daryeelka-caafimaadka gaarka ah si uu ardaygu si badbaado leh ugu xaadiro.</p>