

KA HOR TAGA DHAAWACA IYO BADBAADA

Tallooyinka ee qoysaska ee ka yimid National Center ee Early Childhood health iyo Wellness

Ka hortaga dhaawaca iyo badbaadada ilmahaaga yaryar:

- Hubi in ay ilmaha haystaan meel badbaado leh oo ay ku barbaaraan kuna waxbartaan
- Ka difaacida ilmaha qatarta
- Bar ilmaha waxa la sameeyo si loo ahaado muwa badbaado hela

Maxay u tahay mid muhiim ah?

Ilmuhu waxay jecelyihiin in ay wax sahmiyaan laakiin waxay u baahanyihiin:

- Meel nabad ah oo ay ku ciyaaraan
- Dad waawayn oo fiirsada dhagaystana sidaa darted waxay ka hortagi karaan dhaawaca ka hor intaysan dhicin
- Fursado loogu tababarto xirfado cusub ee badbaado

Markii ilmuhu ay yihiin nabad, waxay u badan tahay in ay:

- Ahaadaan kuwo ka madax banana dhaawac
- Diirada saara waxbarashada
- Sahmiya xaalado cusub ayaga oo qaba kalsooni



Waxyaalaha aad samayn karto si aad u caawiso ilmahaaga

- Guriga marka la joogo
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 - Ku hay dhamaan daawooyinka, nadiifinta iyo waxyaalaha qatarta ah meel ka fog ilmaha
 - Isticmaal quful armaajo iyo daboolo godadka korantada
 - Isticmaal albaabada amaanka ah jaranjarada korkeeda
 - Isticmaal sariiro dhinacyada laga dhajiyay inta aad isticmaali lahayd kuwa leh dhinacyo furan.
 - Ka fogay sariiraha daaqaadaha iyo koorarka indhaha lahayn.
 - Waa qaabka ugu fiican ee aad dusha uga saain daaqaadan, haddii ay suurta gal tahay, haddii aysan ahayn ku xig xariga meel sare oo aysan ilmuhu gaari carin.
- Dhig ilma sariirta jifka si dhabar dhabar ah shukumaan la'aan, barkin, ama xafaayad.
- Ka fogay ilmaha cuntada kulul iyo dareeraha.
- U wareeji gacanka faynuusta dhinaca gadaale ee faynuusta.
- Ku hagaaji kuluileeyahaaga inta ugu badan 120 digrii ama ka yar.
- Ka fogay ilmaha kululeeyaha ama dabka.
- Yeelo gambaleelka qiiqa dabaq walba. Badala batariyada xiliga gu'ga iyo dayrtaba.
- Hel dareemaha hawada karboon mono oksayd, haddii aadan haysan mid.
- Hubi goobta dabka ee degaankaaga si aad u aragto in ay kugu caawin karaan inaad hesho gambaleelka qiiqa ama dareemaha karboon mono oksayd.
- Waydii dhaqtarka caruurtaada wax ku saabsan

WAA MAXAY BADBAADADA IYO KA HORTAGA DHAAWACA?

Wayaalaha aad samayn karto in aad caawiso ilmahaaga

cuntooyinka ama waxyaalaha yaryar ee sababi kara caburka.

- Samay oo ku tababaro qoorsho baxsi
- Banaanka:
 - Isticmaal shaashada cadceeda
 - Bar ilmahaaga in laga joogo wadooyinka banaanka.
 - Raadi garoon ciyaar oo dusha ka jilacsan intii aad wasaq ama caws meel leh aad raadin lahayd.
 - Ka Daawo ilmahaaga meel u dhaw garoonka ciyaarta.
 - Ka bixi sawirada dharkiisa.
 - U gaabi una dhuuji xargaha kabaha.
 - Amaanka biyaha
 - Ogaw ilmuhu in ay ku maanshoobi karaan xig walba oo biyo ah oo dabooli kara afkiisa iyo sankiisa.
 - Jog meel gacan ka gaarto ilmahaaga haddii uu ku dhex jiro guddaha ama meel u dhaw biyaha.
 - Baro dabaasha oona u qaad ilmahaaga casharo dabaal oo si xirfadaysan loo kormeero.
 - Isticmaal deed afar jeesood ah oo albaabo la qabsado leh meesha lagu dabaasho.
- Baro dib u soo celinta wadnaha (CPR) around pools.
- Learn cardiopulmonary resuscitation (CPR).
- Gaariga iyo amaanka gaariga xamuulka ah.
 - Dooro kursi gaari kaas oo ku haboon da'da ilmahaaga, dheerarka iyo miisaankiisa.
 - Dooro kursi la eg gaarigaaga dhexdiisa ama xamuulka oona isticmaal waqti waliba.
 - Waydii Head Start –kaaga meesha aad aadi karto bulshadaada gudaheeda si aad u barato sida loo rakibo kursiga amaanka ee gaariga ilmahaaga.
 - Hubi ilmaha ka yar 13 sano in fadhiistaan kuraasta dambe.
 - Waligaa ha uga tagin ilmahaaga gaari dhexdiisa ayada oonan qof wayn la joogin.
 - Bar ilmaha in baaruurtu ay marnaba ahayn meel amaan ah oo lagu ciyaaro. Xataa haddii daaqaaduhu ay furanyihiin, ilmaha yaryara waxay noqon karaan kuwa saa'id u kuliulaada toban daqiiqo gudahood.



NATIONAL CENTER ON
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