

# TILMAAMAHA BAADHITAANKA GURIGA LAGU SAMEEYO EE IHEALTH

February 2, 2022 3:09 PM SOMALI

## Waxaa muhiim ah in aad ogtahay kahor inta aadan bilaabin

- U akhri si taxaddar leh dhammaan tilmaamaha kahor inta aadan bilaabin.
- Waxaa jira tilmaamo la socda qalabka shaybaadhka. Eeg tilmaamahaasi si aad u hesho xog dheeri ah.
- Haddii aad ubaahato caawimo, wac Shaqaalahaaga Caafimaadka ee Bulshada.
- Marka si sax ah loo isticmaalo baadhitaankan wax dhib ah ma keenayo.
- Shaybaadhkaaga waxaa la isticmaali karaa kaliya hal mar. Ha isticmaalin mar labaad shaybaadhka.
- Gacmahaaga haku taaban caaradda iswaabka ama xagga hore ee kaadhka.
- Umaydh gacmahaaga si fiican ka hor iyo ka dib shaybaadhka.



## 1. Diyaarso walxaha

- Fur baakadka kana soo saar
  - » Kaadhka baarista ee ku jira jeebka
  - » Tuyuubka uu ku jiro dareeruhu (extraction buffer)
  - » Iswaabka oo ku jira waxa ku duuban
- Ku daa walxuhu sida ay u dhan yihiin iyagoo ku jira waxa ku duuban ilaa iyo inta loo baahanayo.
- Marka aad diyaar noqoto, kasoo saar kaadhka shaybaadhka jeebka. Dul dhig miis isku siman ama dusha kowntarka hortaada yaal.



Hal kaadh oo shaybaadhka COVID-19 ah ayaa ku jira jeebka



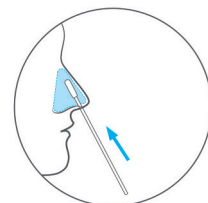
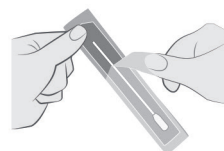
Hal tuyuub



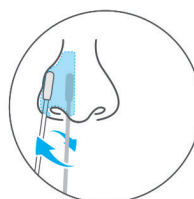
Hal iswaab

## 2. Qaadidda muunadda

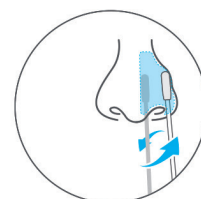
- Ka soo saar iswaabka waxa ku duuban. **Ka taxaddar oo ha taabanin caaradda.** Ha tuurin waxa ku duuban.
- Gali iswaabka mid kamid ah duleelka sanko. Si qoto dheer ha u gelinin, geli kaliya 1/2 inshi (1.5 cm) inji illaa 3/4 inshi (2 cm) inji.
- Ku cadaadi iswaabka gudaha duleelka sanko. Si tartiib ah oo wareeg ah iswaabka ugu xoq gudaha duleelka sankoaga.
  - » Si tartiib ah oo wareeg ah iswaabka ugu wareeji gudaha duleelka sankoaga **5 jeer ama in ka badan.**
  - » Waa inay ugu yaraan qaadataa **15 ilbidhiqsi.**
  - » Xaqiiji in aad si adag iswaabka ugu riixdo dhinacyada duleelka sankoaga.
- Isticmaal isla iswaabkaas kuna celi dhammaan tallaabooyinka adigoo ku samaynaya duleelka kale ee sanko.



Ilaa 3/4 inshi



Si tartiib ah ugu buraash garee 5x



Si tartiib ah ugu buraash garee 5x

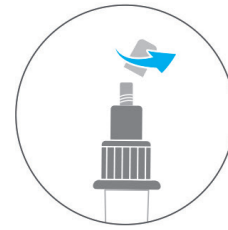
### 3. Taxliilinta muunadda

- Kor uqabo tuyuubka. Taabsii xagga hoose ee tuyuubka dusha miiska 2 illaa 3 jeer.
- Marooji daboolka weyn ee liimiga ah si aad ufurto quraarada. Ka taxaddar oo hadaadinin dareeraha.
- Geli caaradda iswaabka ee wata muunada tuyuubka **illaa ay ka taabanayso gunta tuyuubka.**
- Ku walaaq suufka dareeraha ku jira tuyuubka ugu yaraan **15 jeer.**
- Ku cadaadi dhinacyada tuyuubka iswaabka marka aad kasoo saarayso iswaabka tuyuubka. Tani waa inay sababto in woxoogaa dareera ahi ka tuujismo caarada iswaabka. Iswaabka waxa dib loogu celin karaa baakadkeegii hore waana la tuuri karaa.
- Dib ugu xidh daboolka liimiga ah quraarada.



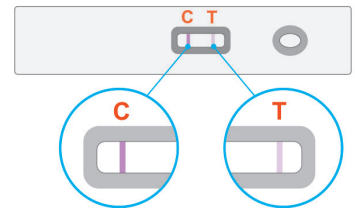
### 4. Ku dar muunadda oo sug

- Marooji daboolka yar ee cad ee tuyuubka illaa uu ka furmaayo.
- Dhanka kale urog tuyuubka kuna tuuji 3 dhibcood oo ah muunadda hoolka yar ee kaadhka shaybaadhka.
- Dib ugu xidh daboolka yar ee cad tuyuubka. Hoos dhig tuyuubka oo iswaabku ku jiro si aad u tuurto.
- Daa kaarku sidaa ha ahaado 15 daqiiqo. Ha taaban hana dhaqaajin.



### 5. Akhri natiijada

- Ka dib marka aad sugto 15 daqiiqo, waxa aad akhriyi kartaa natiijada baadhitaankaaga. Waa inaad akhrisadaa natiijada **inta udhaxaysa 15 daqiiqo iyo 30 daqiiqo** ka dib marka aad ku tuujiso dhibcaha kaadhka. Ha akhriyin natiijadaada **ka dib** marka ay 30 daqiiqo kasoo wareegtay.
- Natiijada baadhitaankaagu waa mid sheegaysa inaad **CUDURKA QABTO** haddii aad aragto laba xarriijimo, mid ka hoosaysa "C" iyo mid ka hoosaysa "T."
  - » **Si dhow u firi!** Xarriijinta ka hoosaysa "T" da waxa ay noqon kartaa **midaan aad umuuqan.** Xarriijin **kasta** oo aad ku hoos arki karto "T" da waxa uu macnihiisu yahay cudurka waad qabtaa.
  - » Fiiri tilmaamaha la socda baadhitaankaaga si aad u hesho sawirada dhabta ah ee natiijooyinka muujinaya in cudurka aad qabto.
- Natiijada baadhitaankaagu waa **INAAN LAGAA HELIN CUDURKA** haddii aad aragto kaliya hal xarriijin (waxa ay ka hoosayn doontaa "C" da).
- Baadhitaanku ma ahan mid shaqeyay haddii aad aragto mid kamid ah waxyaabaha hoose:
  - » In wax xarriijimo ah aysan jirin
  - » Xarriijin kali ah oo ka hoosaysa "T" da
- Haddii baadhitaankaagu uusan shaqayn, samee baadhitaan kale ama wac Shaqalahaaga Caafimaadka Bulshada.



### Next steps

- Akhri buugga yar ee "Waxa ay tahay inaad samayso haddii shaybaadhka cudurka lagaaga helo ama lagaaga waayo."
- Tuur qalabkaaga shaybaadhka.
- Gacmahaaga dhaq.

*Tilmaamahani waa kuwo la fudeydiyay. Fadlan dib u eeg tilmaamaha la socda qalabkaaga baadhitaanka si aad u hesho tilmaamo buuxa. Haddii aad qabto wax su'aalo ah, fadlan la tasho xirfadle caafimaad.*