

Dhib ma kaa haysataa in cunuggaagu uu daawadiisa qaato?

TALOOPYIN WAX KATARAYA DAAWO SIINTA CARUURTA

CARUURTU DAAWO QAADASHADA WAY KU WANAAGSANAAN KARAAN HADIÍ AY BARTAAN.

Haddii la isticmaalo caqli, waaridka & dadka ilmaha haya waxay daawo qaadashada ilmahooda kadhigi karaan mid u fudud iyaga iyo caruurta.

- Ahow mid isku kalsoon, naxariis leh oo ku adkaysta daawo qaadashada.
- Cunuggu ha ogaado marka aad diyaarka u tahay inaad daawadooda siiso.

WAXÍ TALO AH OO DHEERÍ AH

wac Healthline oo lacag la'aan ah 0800 611 116 ama
Plunketline oo lacag la'aan ah 0800 933 922

DAAWO SIINTA CARUURTA DHASHAY

- Ilmahaaga si fudud ugu duub shukuman ama maro si aad gacmahooda uga ilaaliso inay daawada ka hortagaan.
- Isticmaal qaadaha daawada dareeraha ah, daawadana ku daadi dhinacyada daanka, maadaama aanay halkaa ku oolin dareemayaasha dhadhanka. Inta badan ilmahu way liqaan daawada hadii lagu shubo carab kooda gadaashiisa.
- Ha ku qasin daawada dhalada cunuggaaga, waayo hadii aanu cunuggu dhalada dhamaynin, ilmahu maqaadanayo daawadii loogu talagalay. In daawada lagu qaso caano ama caanaha naaska oo yar waa caadi – sidoo kale waydii dhakhtarkaaga ama farmashiyaha.
- Qoortooda hoos ahaan u salaax si aad uga caawiso liqitaanka hadii loo baahdo.

DAAWOSIINTA ILMAHASOCODBARADKA AH IYO ILMAHAYAR-YAR

U ogolow in cunuggu daawada dareeraha ah tuubo (dhuun) kaga dhuuqo qaadada ama koobka uu jecel yahay. Ha hilmaanin inaad biyo ama cabitaan tuubada sii raaciso si aanay daawadu dhexda ufariisan.

DHIBCAHA INDHAHA

Cunugga dhabtaada jeego-jeego ugu seexi isagoo indhaha iskuhaya - dhibcahii loo qoray uga dhibci geeska isha ee sankaa xigga, marka ilmahu indhaha kala furana goojadu waxay isha ugu fidaysaa si wanaagsan!

KANIINI/KAABSOL

Waydii farmashiyahaaga inaad kaniiniga kala jabin kartid ama in aad kaabsolka kala bixin kartid – daawooyinka qaarkood waxaa macquul ah inaysan wax tarin ama ay caloosha waxyeelaan hadii la jajabiyo ama qubka laga qaado.

Kucaawi inuu kaniiniga kudajiyoo qaado yar oo buuxda oo biyo tufaax ah, jalaato ama ciir (yoghurt).

Xataa haddii ay diidaan, daawada waa inay uqaataan sidii laguugu sheegay.

- Adigoo dagan ku adkee inuu cunuggu daawada qaato - laakiin waligaa daawada haku qasbin cunugga. Haduu diido, nus-saacad kadib mar kale iskuday.
- Hadii ilmahu daawo qaadashadu dhaafto, iska dhaaf qaadashada halkaa mar, cunuggana sii daawada waqtiga la joogo oo kaliya. Daawadii labada waqti hal mar hasiin.
- U micnee cunuggaaga inuu daawada ku caafimaadayo – daawadana ha uga dhigin mid laga cabsado.
- Adeegso Cilmi Nafsi – usheeg cunuggaaga inay daawadu tahay mid aad ufiican, sadex ama laba jeer (inta dhakhtarku qoray) oo kaliya in aad maalintii ogoshahay inay qaataan, in kabadana in aadan ogolayn – waxaa yaab leh sida ay figradani ushaqaynayso ilmahaana u jeclaysiinayso inuu daawada qaato!

HADIÍ CUNUGGUNE CBAYSTODHADHANKADA AWADA:

- Sii "dhadhan qaade" oo ah shay ilmahu jecel yahay marka ay daawada qaataan, sida shukulaato biyo ah, cabitaan sida biyaha tufaaxa iyo liinta ama caanaha naaska.
- Cunugga ha dhuuqo cad yar oo baraf ah si dareenka carabku uyaraado kahor inta aadan daawada qaadan.
- Cunuggaagu sinkiisa ha qabto si loo yareeyo dereenka dhadhanka.

Caruurta qaarkeed waxay daawada dareeraha ah ka jecel yahiin inay kaniini ama kaabsol qaataan – dhakhtarkaaga ama farmashiyahaaga usheeg hadii cunuggaagu sidan jecel yahay.

Isku day in aad cunuggaaga doorasho siiso hadii ay suurto gal tahay – tusaale ahaan hadii ay jecel yahiin in loo qubeeyo kahor ama kadib marka ay daawada qaataan, sidoo kale cabitaanka ay jecel yahiin inay cabaan marka ay daawada cabaan iwm.

Cunuggaaga ku amaan inuu daawada si wanaagsan uqaato.

DAAWADA DAREERAHA AH

Isticmaal koobka daawada lasocda ama cabir si aad u ogaato qiyaasta daawada laqaadanayo – ha isticmaalin qaadada cunnada maadaama aanay lahayn cabir sax ah. Waxaad farmashiyaha ka heli kartaa cabir daawada dareeraha ah loo isticmaalo.

Aad ayay muhiim utahay inay ilmahu daawada sidii loogu qoray uqaataan. Dhakhtarka usheeg hadii dhibaato kaa haysato inuu cunuggaagu daawada sidii loogu talagalay.

