

Dhib ma kaa haysataa in cunuggaagu uu daawadiisa qaato?

# TALOOYIN WAX KATARAYA DAAWO SIINTA CARUURTA

## CARUURTU DAAWO QAADASHADA WAY KU WANAAGSANAAN KARAAN HADII AY BARTAAN.

Haddii la isticmaalo caqli, waardin & dadka ilmahaaya waxay daawo qaadashada ilmahooda kadhigii karaan mid u fudud iyaga iyo caruurtaba.

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

## WAXII TALO AH OO DHEERI 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 ilaalso inay daawada ka hortagaan.
- Iisticmaal 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 qasim daawada dhalada cunuggaaga, waayo hadii aanu cunuggu dhalada dhamayn, 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 ILMAHASOCODBARADKAHIYOILMAHAYAR-YAR

U ogolow in cunuggu daawada dareerah 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 sanka 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 kaabsolkal kala bixin kartid – daawooyinka qaarkood waxaa macquul ah inaysan wax tarin ama ay caloosha waxyelaan hadii la jajabiyo ama qubka laga qaado.

Kucaawi inuu kaniiniga kudajiyo 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 dhaafsto, iska dhaaf qaadashada halkaa mar, cunuggana sii daawada waqtiga la joogo oo kaliya. Daawadii labada waqtii 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 ufican, 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 ilmahahana u jeclaysiinayso inuu daawada qaato!

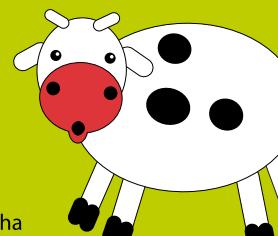
## HADII CUNUGGUNE CBAYSTOD HADHANKADA AWADA:

- 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.

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

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

Cunuggaaga ku amaan inuu daawada si wanaagsan uqaato.



## DAAWADA DAREERAHA AH

Iisticmaal koobka daawada lasocda ama cabir si aad u ogaato qiyasta daawada laqaadanayo – ha iisticmaalin qaadada cunnada maadaama aanay lahayn cabir sax ah. Waaad farmashiyaha ka heli kartaa cabir daawada dareeraha ah loo iisticmaalo.

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



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Afsoomaali