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North West Adeegyada Hooyada (dhalmada)

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Adeegyada dhalmada iyo Isbitaaladu way furan yihiin wakhti kasta oo waad imankartaa. Waxaan halkan u joognaa inaan ku garab galno oo ku caawino.

Fadlan wac umulisadaada haddii aad dareento mid ka mid ah astaamahan:

- Isbadal ku yimaada dhaca dhaqdhaqaaqa ilmaha
- Dhiigbax ama dhiig aad isku aragto
- Xanuun xagga calooshaada ah
- Qufac cusub oo isdaba-joog ah
- Xummad ama qadh-qadhyo
- Neefta oo kugu yaraata markaad nasanayso ama aad jiifto
- Dareenkaaga dhadhanka / urta oo aad weydo.

Wac 999 haddii aad dareento inaad aad u xanuunsan tahay ama aad qabto xanuun daran oo xabadka ah.

Ku kalsoonow dareenkaaga: Wac umulisadaada ama qaybta dhalmada u qaabilsan haddii aad walwalsan tahay.

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Waa kuwan dhawr arrimood oo aan rabno inaad ogaato:

- Adeegyada dhallaanka / hooyada iyo isbitaallada way furan yihiin waana ammaan oo adeeg ayaa loo soo doonan karaa.
- Ha ka waaban/joogsan inaad wacdo umulisadaada ama kooxda dhalmada haddii ay dhib jirto
- Haddii aad ka walwalsan tahay ladnaanta shucuurtaada fadlan wac umulisadaada, kooxda dhalmadaada ama dhakhtarkaaga (GP)
- Qaado 20 mikrogram oo fiitamiin D ah maalin kasta
- Hubso inaad qaadatay tallaalkaaga Hargabka (Durayga).
- La hadal umulisadaada ama kooxda dhalmada u qaabilsan si aad u codsato turjumaan haddii aad u baahatid

Ku kalsoonow dareenkaaga: Wac umulisadaada ama qaybta dhalmada u qaabilsan haddii aad walwalsan tahay.

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Ha ka waaban inaad wacdo umulisadaada haddii:

- Waxaad ka baaqatay ballan oo waxaad u baahan tahay inaad ballan kale qabsato
- Waxaad qabtaa wax su'aalo ah oo ku saabsan daryeelkaaga ama ballamahaaga
- Ma garanaysid goorta ballantaada xigta ay tahay
- Waxaad leedahay astaamaha Covid-19

Ku kalsoonow dareenkaaga: Wac umulisadaada ama qaybta dhalmada u qaabilsan haddii aad walwalsan tahay.

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Haddii aad u maleyneyso inaad foolaneyso, xitaa haddii aadan gaadhin wakhtiga, iyo in kale ama aad la kulantid mid ka mid ah kuwan soo socda:

- Qabashada Foosha waxay noqoneysaa mid joogto ah oo xanuun leh
- Dheecaan xuubab ah ama dareere kaa socda (biyaha oo jaba(dilaaca))
- Aad dareemeyso isbeddel dhanka dhaqdhaqaaqa ilmaha
- Aad wax dhiig ah qabto

La xiriir umulisadaada ama qaybta hooyonimada adiga oo aan daahin

Ku kalsoonow dareenkaaga: Wac umulisadaada ama qaybta dhalmada u qaabilsan haddii aad walwalsan tahay.

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Calaamadaha inaad foolaneyso:

- Qabashada Foosha waxay noqoneysaa mid joogto ah oo xanuun leh
- Dhabar xanuun
- Dheecaan xuubab ah ama dareere kaa socda (biyaha oo dilaaca)

Haddii aad u maleyneyso iney fooli ku hayso, xitaa haddii aadan gaadhin wakhtigaaga, si dagdag ah ula xidhiidh umulisadaada ama qeybta dhalmada haddii:

- Aad rabto talo
- Ay ku hayso qabashada foosha oo adag 5tii daqiiqaba mar
- Dhiig kaa yimaado
- Aad qabtid wax dareere ah oo daadanaya ama aad u malaynayso inay biyuhu ka dilaaceen
- Aad u maleyneyso in fooshaadu ay tahay mid aad u xoogan oo aad dareemeyso inaad u baahan tahay xanuun baabiye badan
- Aad dareemeyso isbeddel dhanka dhaqdhaqaaqa ilmaha

Wac 999 haddii aad dareento inaad aad u xanuunsan tahay ama aad qabto xanuun daran oo xabadka ah.

Ku kalsoonow dareenkaaga: Wac umulisadaada ama qaybta dhalmada u qaabilsan haddii aad walwalsan tahay.

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Adeegyada dhalmada iyo Isbitaaladu way furan yihiin wakhti kasta oo waad imankartaa. Waxaan halkan u joognaa inaan ku garab galno oo ku caawino.

Dhiig-karka Uurleyda/Umusha waa xaalad ku dhacda dumarka qaarkood xilliga uurka ama wax yar ka dib markay ilmahoodu dhashaan.

La xidhiidh umulisadaada haddii aad isku aragto:

- Madax xanuun daran oo aan xanuun baab'iyaha fudud waxba ka taraynin
- Dhibaatooyinka xagga aragga, sida aragga oo tashwiish (mugdi) kaagalo ama ku dhalaala indhaha hortiisa
- Xanuun daran oo ka hooseeya feeraha
- Lalabbo ama matagid
- Laab-jeex aan ku baabi'in dawooyinka gaaska loo qaato.
- Barar degdeg ah oo ku soo kordha wajiga, gacmaha ama cagaha (tusaale. Haddii saacaddaadu ama fargaladadu si lama filaan ah ku le'ekaan waayayaan.)

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Adeegyada dhalmada iyo Isbitaaladu way furan yihiin wakhti kasta oo waad imankartaa. Waxaan halkan u joognaa inaan ku garab galno oo ku caawino.

Ilmahaagu wuxuu ubaahanyahay Fitamiin D inuu si caadi ah u barbaaro adigana faaiido. Badan muhiim ah ayuu kuu leeyahay.

Waa inaad qaadataa ugu yaraan 20 microgram oo fiitamiin D ah maalin kasta markaad uur leedahay ama aad naas nuujinaysid (weydii farmasigaaga ama dhakhtarkaaga (GP) talo bixin)

Tani waxay si gaar ah muhiim u tahay haddii aad:

- Tahay qof madow
- Caadi ahaan xidhato dhar daboolaya maqaarkaaga dibedda badankiis
- Waqtigaaga intiisa badan ku qaadato guriga gudihiisa
- Tahay qof Miisaan/Culayskiisu waynyahay

Waxaad ka iibsan kartaa Vitamin D Farmasiyada iyo dukaamada waaweyn ama waxaad xaq u lahaan kartaa fiitamiin D-ga oo bilaash ah – Umulisadaada kala hadal Qorshaha Bilowga Caafimaadka leh ama wixii talo dheeraad ah.

Ku kalsoonow dareenkaaga: Wac umulisadaada ama qaybta dhalmada u qaabilsan haddii aad walwalsan tahay.

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Xayiraadaha/bandooga COVID-19 ka ayaa sababay inaan waqti badan ku qaadanno guryaha. Maadama guryaha loo arko inay amni yihiin waqtigan.

Si kastaba ha noqotee, qof walbaa kuma dareemo ammaan gurigiisa.

Waa kuwan waxyaabaha qaar ee aan dooneyno inaad ogaato:

- Badbaadadaada waxaa saameyn ku yeelan kara jacayl la'aan / ixtiraam la'aan iyo taageero la'aan ama taabasho la'aan ama go'doomin.
- Badbaadadaadu waxay noqon kartaa xaddidaadda helitaanka lacagtaada ama dhaqaalahaaga
- Waxay sidoo kale noqon kartaa qof ku taabanaya ama ku dhaawacaya adiga oo aan rabin

TANI SAX MAAHA.

Umulisadaada kala hadal arintaan si kalsooni leh oo ka hel talo ku saabsan taageerada aad heli karto.

Ku kalsoonow dareenkaaga: Wac umulisadaada ama qaybta dhalmada u qaabilsan haddii aad walwalsan tahay.

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COVID-19 ku waxa uu keenay isbeddelo ku yimaada nolosheena oodhan.

Xaddidnaanta joogtada ah iyo isbeddellada ayaa noqon kara kuwo daal badan oo wiiqiya awoodaada.

Tani waxay saameyn ku yeelan kartaa niyadda. Si ay kaaga caawiso maaraynteeda waxaad.

- Hagaajin kartaa cuntadaada - isku day inaad miro iyo khudrad ku darsato cunno kasta iyo inaad ku haysatid 3 midab oo dabiici ah saxan kasta
- Iskuday inaad lugeeysid 30 daqiiqo maalin kasta banaanka / gudaha
- Samee maalin kasta wax kaa dhiga farxaan (Heesid, sawirid, wicitaan saaxiib ama xubin qoyska ka mid ah)
- Isku day inaad yeelato waxqabadyo habaysan oo joogto ah maalin walba oo seexo maadaama ay tani muhiim u tahay ladnaanta shucuurtaada
- Kahor intaadan seexan ka fikir hal shay oo sababay inaad dhoola cadeyso maalinkaa.

Waa caadi in aad caadi dareemi weydo.

Waxaad si qarsoodi ah ugala hadli kartaa umulisadaada ama dhakhtarkaaga (GP)

Ku kalsoonow dareenkaaga: Wac umulisadaada ama qaybta dhalmada u qaabilsan haddii aad walwalsan tahay.

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Ka warhaynta caafimaadkaagu waa muhiim – uurku waxaa laga yaaba in uu noqdo waqti adag oo cidlo ah, gaar ahaan inta lagu jiro COVID-19 ka.

- Xilliga uurka iyo wixii ka dambeeya, dumar badan ayaa la kulma niyad xumo, walaac ama xitaa fikirro murugo leh. Tani waxay sidoo kale saameyn ku yeelan kartaa xidhiidhka aad la leedahay ilmahaaga. Kaligaa ma tihid – Taageero/caawimaad ayaad heli kartaa.
- Cunuggaaga oo aad la xidhiidhto waxay la mid tahay quudinta ilmahaaga. La hadalka iyo ka fikirida ilmahaaga waxay ka caawinaysaa koritaanka maskaxdooda. waxaa jira adeegyo kaa caawinaya arrintan.
- Aabbayaasha iyo lamaanayaasha sidoo kale waxay la kulmi karaan niyad xumo iyo shucuur adag - tani waxay s aameyn ku yeelan kartaa caafimaadka qoyska oo dhan. Taageero ayaa loo heli karaa dhammaan waalidiinta. Ha ka baqin inaad umulisadaada u sheegto sida aad dareemeyso.

Waxay kaa caawin karaan inay kuu tilmaamaan taageerada aad u baahan karto xagga caafimaadkaaga shucuureed iyo caafimaad qabkaaga guudba.

Ku kalsoonow dareenkaaga: Wac umulisadaada ama qaybta dhalmada u qaabilsan haddii aad walwalsan tahay.