

# Daryeelka ilmaha iyo

## Caafimaadka Carruurta

XAASHIDA MACLUUMAADKA EE WAALIDIINTA



### Jirada Daryeelka ilmaha – Hargabka Guud

Hargabka guud waxaa keena fayraska ku dhasha sanko, cunaha iyo marinada soo gala sanko. Hargabyada badankood waxay dhacaan xilliga qaboobaha. Carruurta yaryar waxaa ku dhici kara 8 – 10 hargab sanadiiba. Ma jirto baahi loo qabo in aad guriga ku hayso ilmahaaga, haddii aan ilmahaagu dhibaataysnayn una baahnayn taxadar joogto ah. Haddii ilmahaagu iska fiican yahay, waxay iska wadan karaan xararkaadkooda maalmeed, kuwaas oo ay ku jirto ku cayaarida banaanka. Si kasta ha ahaatee, marka ilmahaagu qabo hargab, xaqiiji inuu hello nasasho iyo hurdo badan.

#### Ka hortegida hargabyada: Waxa waalidku samayn karo

- Gacan dhiqido waa habka ugu muhiimsan si hoos loogu dhigo fiditaanka hargabka. Dhaq gacmahaaga ka dib markaad:
  - qufacdo, hindhisto ama aad sankoaga tirtirto
  - aad taabato qof qaba infakshanka habka-neefisiga
  - markaad tirtirto ilmahaaga sankiisa, ilmahaaga gacantiisana dhaq iyagana.
- Bar ilmahaaga inay ku daboolaan sankooda iyo afkooda tiishiyuu markay hindhisaan ama qufacaan isla markiina ku ridaan tiishiyuuga biinka qashinka.
- Xaqiiji in ilmahaagu qaatay dhamaan talaalada loo baahan yahay. In kasta oo aanay hargab kaa xafidayn hadana waxaa laga yabaa inay kaa xafidaan dhibaatooyin kaleeto, sida bakteeriyada infakshanka dhegaha iyo sanbabada.
- Isku day inaad ka ilaaliso ilmahaaga inuu la wadaago tooyis carruur qabta hargab, khaasatan haddii ilmahaagu jecel yahay inuu afkiisa wax geliyo.
- Haddii ay suurtagal tahay, ku hay carruurta ka yar saddex bilood meel ka durugsan qofka hargabka qaba.

#### Hargab keliya miyaa?

- Hargabku maaha duray (flu); calmaadaha hargabka waxaa ku jiri kara duuf sanko ka imanaya ama sanko oo xirma, hindhiso, qufac ama cuna xanuun yar.
- Carruurta qaarkeed ayaa laga yaabaa in aanay cuntada rabin, madax xanuun leeyihiin ama aad u daalan yihiin.
- Hargabku wuxuu marmarka qaarkood u keena ilmaha xumad aan badanaa aad u sarayn (ka yar 38.5°C).
- Hargabku wuxuu badanaa qaataa asbuuc laakiin wuxuu socon karaa in ka badan laba asbuuc.

#### Ma noqon karaa wax aad uga khatarsan?

- Fayrasyada ku dhaca habka-neefisiga oo keena hargabka carruurta koran iyo dadka waaweyn waxay keeni karaan xannuuna aad u daran markay ku dhacaan ilma aad u yar ama kurray ah.
- Sharqanta qufaca oo isbedesha, xabeeb, qiix, ama dhibaato kasta oo la xiriirta neefisiga waxay muujin kartaa jiro aad u weyn.
- Fayraska infuluwansadu wuxuu (flu) dhaliyaa xumad aad u saraysa, qufac iyo jir xanuun, wuxuuna ugu dhacaa dadka si ka degdeg badan hargabka, wuxuuna ka dhigaa qofka mid aad u jiran. Halka ilmaha hargabka qabaa iska cayaaro oo firfircoon yahay hawlihiisa maalmeedna iska wato, ilmaha qaba duraygu waxay jecel yihiin inay sariirta iska saarnaadaan.

Haddii aad wax welwel ah ka qabto ilmahaaga caafimaadkiisa, raadi talo dhakhtar.

***Xaashidaan Xaqiiqada Waalidka waxaa lagu helli karaa luqada badan waxaana lagala soo bixi karaa websaytka Early Childhood Connections website [www.econnections.com.au](http://www.econnections.com.au)***

DA'DAALKA

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