



# Siyaabaha Ilmaha Caafimaad Loogu Ilaaliyo

Halka la tago si loo helo dayeelka ilmahaagu u baahan yahay.

Warsidaha Bulshada

2012

Waxa jira meelo badan oo bixiya adeegyo daryeel caafimaad ... rugta, daryeelka degdegga ah, qolka gurmada, iyo cusbitaalka. Goob daryeel oo kastaa waxay leedahay adeegyo gaara oo bixin karto. Sidaas darteed, waa muhiim inaad ogaado adeegyada mid kastaa bixiyo. Waxan soo socdaa wuxuu kaa caawin doonaa inaad go'aansato goorta iyo halka daryeel laga helo.

## GOOBTA DARYEELKA

### RUGTA DARYEELKA AASAASIGA AH

Rugta daryeelka aasaasiga waa halka aad tagto si aad u hesho caafimaadkaaga aasaasiga ah iyo adeegyo daryeel kahortagid. Haddii loo baahdo, bixiyahaaga daryeelku wuxuu kuugu jihayn karaa khabiirka daryeel ee habboon si wakhtiyaysan.

- Dhakhtarka Qoyska
- Dhakhtarka Gudaha
- Dhakhtarka Carruurta
- Kaaliye Dhakhtar
- Kalkaaliso Xirfadle ah
- Kalkaalisada Carruurta oo Xirfadle ah
- OB/GYN

### XARUNTA DARYEELKA DEGDEGGA AH

Marka rugtaadu xidhan tahay, waxaad tagi kartaa xarunta daryeelka degdegga ah xaaladaha u baahan daawayn dhakhso ah si aad uga joojiso sii xumaansho. Xarumaha xaaladaha degdegga ah badankoodu way furan yihiin marka rugtaadu xidhan tahay . . . xilliyada galabtii, dhammaadka toddobaadka, iyo ciidaha qaar. Xaalad degdeg ahi halis uma aha sida xaalad gurmada ah.

### QOLKA XAALADDA GURMADKA

Qolka xaaladda gurmada waa halka aad u tagto xaaladaha u baahan daawayn hadda ah . . . markaad aaminsantahay in aad u baahan tahay daryeel degdeg ah, daryeel degdeg ah la'aantiina, ay keeni karto:

- dhaawac jidheed ama maskaxeed oo halisa,
- sii socoshada xanuun daran,
- dhaawac halisa oo soo gaadha shaqada, xubnaha ama qaybaha jidhka; amase dhimasho.
- foosha iyo dhalmadu marmarka qaar waxay noqon karaan xaalad gurmada.

### XASUUSIYE

Haddaanad garanayn nooca daryeelka aad u baahan tahay, wac khadka kalkaalisada qorshehaaga caafimaad ... kalkaalisooyinku waxay u joogaan inay ku caawiyaan 24 saacadood maalintii, toddoba maalmood toddobaadkii. Wac adeegga macmiilka qorshehaaga caafimaad haddaanad garanayn lambarka khada kalkaalisada.

### XAALADHA GURMADKA QAAR, WAXAAD U BAAHA KARTAA INAAD WACDO 911

Carruurta waxay u baahan tahay daryeel kahortagid ah oo kabadan ka dadka waawayn - waxaan dhahnaa Baadhista Ilmaha iyo Dhallinyarta. Waa mid kamida waxyaabaha ugu fudud ee aad samayn karto si aad u habsato in ilmahaagu uu u caafimaad qabo siduu noqon karo ... u qaadista ilmahaaga rugta si uu u helo daryeel kahortag oo joogto ah. Carruurta waa inay maraan baadhitaanadan muhiimka ah da'ahan soo socda:

- |   |                                    |                                    |                                 |                                  |                                  |                                  |
|---|------------------------------------|------------------------------------|---------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Dhalasho - 1 bil | <input type="checkbox"/> 6 bilood  | <input type="checkbox"/> 15 bilood | <input type="checkbox"/> 3 sano | <input type="checkbox"/> 6 sano  | <input type="checkbox"/> 12 sano | <input type="checkbox"/> 18 sano |
| <input type="checkbox"/> 2 bilood         | <input type="checkbox"/> 9 bilood  | <input type="checkbox"/> 18 bilood | <input type="checkbox"/> 4 sano | <input type="checkbox"/> 8 sano  | <input type="checkbox"/> 14 sano | <input type="checkbox"/> 20 sano |
| <input type="checkbox"/> 4 bilood         | <input type="checkbox"/> 12 bilood | <input type="checkbox"/> 24 bilood | <input type="checkbox"/> 5 sano | <input type="checkbox"/> 10 sano | <input type="checkbox"/> 16 sano |                                  |

### WAXA KUU KEENAY Metro Action Group Baadhista Ilmaha & Dhallinyarta

Horumarinta caafimaadka carruurta iyo dhallinyarta da'aha dhalashada ilaa 21 kuwaasoo mutaystay barnaamijka Minnesota Child and Teen Checkups.

### QORSHEYAASHA CAAFIMAADKA EE AY BIXINAYAAN XUBNAHA BARNAAMIJKA DARYEELKA CAAFIMAADKA MINNESOTA

Blue Plus 651-662-5545	HealthPartners 952-967-7998	Medica 952-992-2322	UCare 612-676-3200
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### SHAQAALHA BAADHISTA ILMAHA & DHALLINYARTA DEGMADA

Anoka 763-422-6932	Carver 952-361-1329	Dakota 952-891-7500	Hennepin 612-348-5131	Ramsey 651-266-2420	Scott 952-496-8420	Washington 651-430-6750
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## ADEEGYADA LA BIXIYO

### DARYEELKA KAHORTAGGA & ADEEGYO KALE

Rugaha daryeelka aasaasiga ahi waxay bixiyaan daryeel kahortag, baadhitaanno, iyo daryeel xanuunnada & dhaawacyada fudud.

#### DARYEEL KAHORTAG:

- baadhis jidheed
- tallaalo
- baadhitaanada ledh
- cilmiga caafimaadka
- tijaabada aragga
- tijaabada maqalka

#### ADEEGYADA KALE:

- cadaadiska dhiiga
- xiiqda
- dhago xanuunka
- cabudh
- astaamaha hargabka

### XAALADHA QAAR U BAAHAN KARA DARYEEL DEGDEGA

- xumadaha badankooda
- dhago xanuunka,
- cune xanuun, duriyo & qufacyo
- infakshano sahlan
- gubashada sahlan, sarrriinka ama qaniinyada
- lafaha jaban & murqacashada
- astaamaha hargabka
- finanka maqaarka

### XAALADHA QAAR U BAAHAN DARYEEL GURMAD

- xumadaha sare
- dhiig bax aan joogsanayn
- laab xanuun
- dhib xagga neefsiga ah
- miyir beel
- dhaawac wayn, sida dak-harka madaxa
- Suuxdin
- sida qufacid ama matagid dhiig
- matag daran ama joogto ah
- ka fikirka iswaxyeelaynta ama waxyeelaynta kuwa kale

