

# WASAARADDA CAAFIMAADKA BAASABOORKA CAAFIMAADKA ILMAHA

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BAASABOORKA CAAFIMAADKA ILMAHA



**Baasaboorkan Caafimaadka oo ay tahay in waaliddiinta, kuwa ka mas'ulka ah carruurta iyo kuwa bixiya daryeelka caafimaadka u adeegsadaan la-socoshada iyo kor u qaadidda caafimaadka, korriimada iyo hormarka ilmaha. Kani waa diiwaan muhiim ah oo lagu qoro caafimaadka, korriimada iyo hormarka ilmaha.**



**Buug-yarahan waxaa ku jira talooyin la xiriira quudinta iyo daryeelka ilmaha da'aadda kala duwan: maaddaama inta uu sii korayo ay baahidiisu isla-beddesho.**

**Sidaas darteed, meel ammaan ah ku xafid, soona qaad mar kasta oo ilmuhu booqanayo:**

- **Xarun caafimaad (haddii uu ilmuhu caafimaad qabo ama uu xanuun daraaddii loo geynayo)**
- **Dhakhtar ama daryeel caafimaad bixiye**
- **Waaxda cusbitaalka bukaan-socodka iyo bukaan-jiifka ama waaxda xaaladda degdegga**
- **Ballan kale oo caafimaad**
- **Sii qaado KAARKA marka kasta oo aad safreyso**

## **AQOONSIGA ILMAHA**

Magaca ilmaha iyo magaca awoowaha:.....

Magaca Xarunta Caafimaadka.....

Jinsiga: Lab:  Dheddig:  Taariikhda Dhalashada (maalinta/bisha/sanadka):.....

Lambarka Diiwaangelinta.....

Magaca hooyada/qofka mas'ulka ka ah iyo magaca awoowaha:.....

Magaca aabbaha/qofka mas'ulka ka ah iyo magaca awoowaha.....

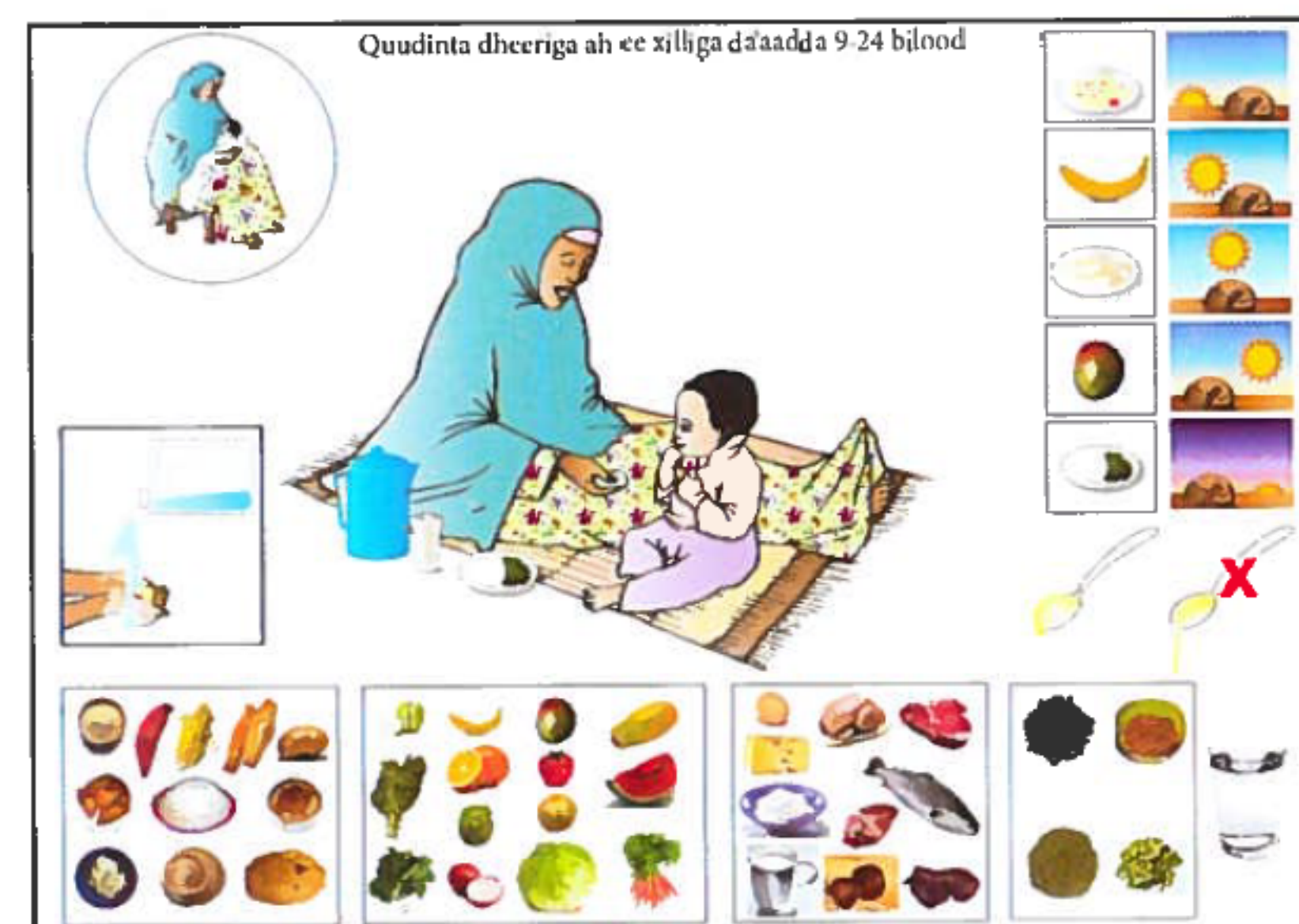
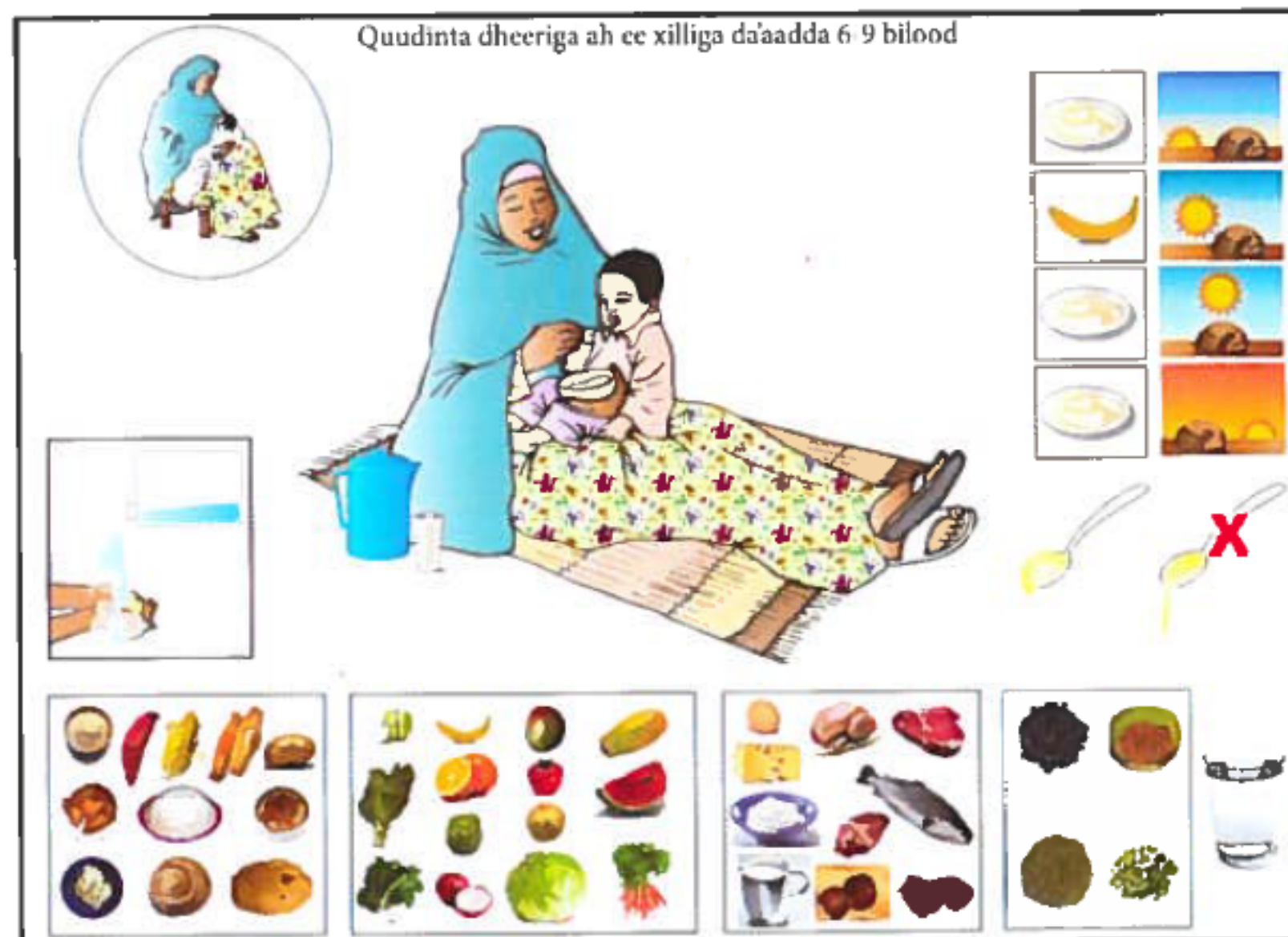
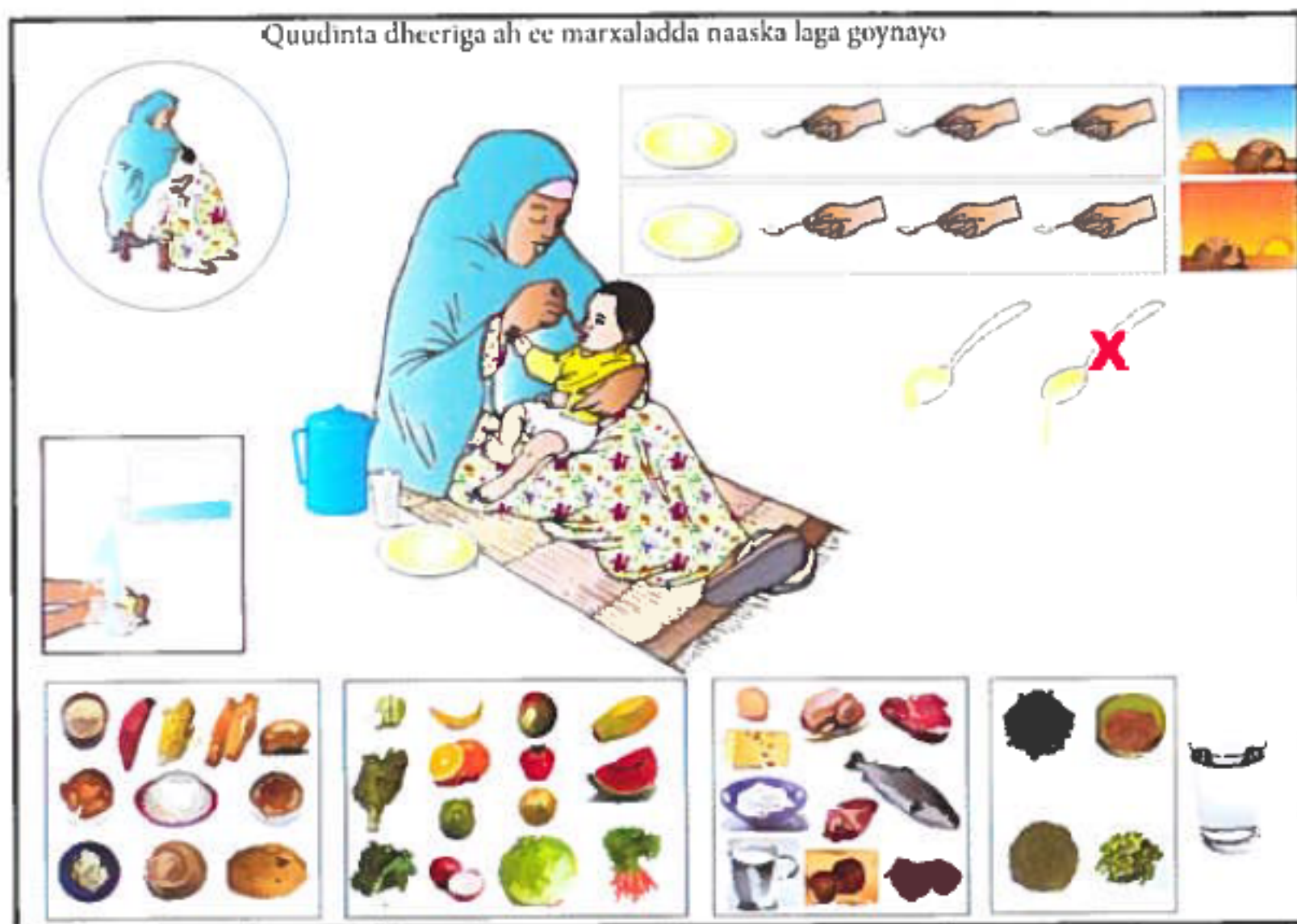
Tuulada: .....

District:.....

Degmada:.....

Carruurta 6-24 bilood jirka ah waa in loo sii wadaa caanaha naaska laakiin waxa ay u baahan yihiin cunto dheeraad ah si loo daboolo baahidooda tamareed. Cuntada dhammaystirka ah waa inay buuxisaa shuruudahan:

1. **Inta jeer iyo Qiyaasta la siinayo:** Waa in marar badan la siiyaa cunto yar.
2. **Taabashada/Dunta Cuntada:** Carruurta yari waxa ay u baahan yihiin cuntooyin yara adag ama kuwo adag.
3. **Kala-duwanaanta:** Ku quudi carruurta cuntooyin kala-duwan si aad u hubiso inay helayaan nafaqo ku filan.
4. **Quudin firfircoon:** Si firfircoon ugu dhiirrigeli carruurta yari inay wax cunaan.
5. **Nadaafadda:** Carruurta yari waxa ay u nugul yihiin cudurrada faafa. Waa in mar kasta gacmaha lagu dhaqaa saabuun ama danbas



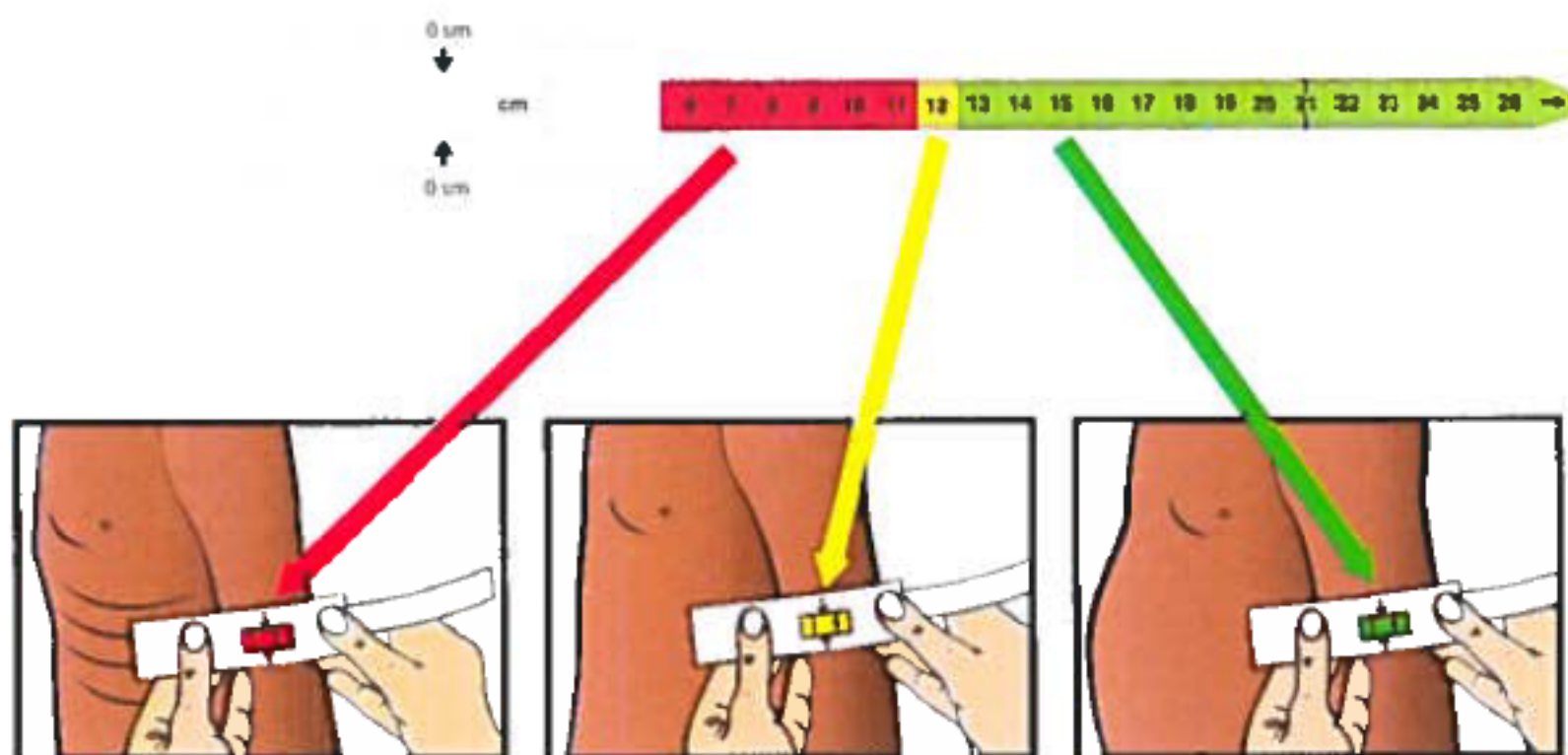
## TALLAALKA

Da'da	Tallaalka	Taariikhda la-siinayo (maalinta/bisha/sanadka)	Taariikhda la-siiyey (maalinta/bisha/sanadka)	Waxaa siiyey (magaciisa iyo magaca awoowaha)	Lambarka
Ilmaha dhashey	BCG				
	Dabeysha 0				
6 toddobaad	Dabeysha 1, DTP - HepB - Hib1				
10 toddobaad	Dabeysha 2, DPT - Hep B - Hib2				
14 toddobaad	Dabeysha 3, IPV DPT - Hep B - Hib3				
9 bilood	Jadeeco				

Marka uu ilmuhu u soo laabto tallaalka, shaqaalaha caafimaadka ayaa laga doonayaa inay xaqiijiyaan in carruurta joogta meelaha cudurrada ay ku badan yihiin ay heleen maro-kaneecooyin lagu daweeeyey cayayaan dile.

**TUSAHA CABBIRKA WAREEGGA BARTAMAHA GARABKA KORE (MUAC) oo sm ah iyo da'da ilmaha:**

6 Bilood	7 Bilood	8 Bilood	9 Bilood	10 Bilood	11 Bilood	12 Bilood	13 Bilood
14 Bilood	15 Bilood	16 Bilood	17 Bilood	18 Bilood	19 Bilood	20 Bilood	21 Bilood
22 Bilood	23 Bilood	24 Bilood	27 Bilood	30 Bilood	33 Bilood	36 Bilood	39 Bilood
33 Bilood	36 Bilood	39 Bilood	42 Bilood	45 Bilood	48 Bilood	51 Bilood	54 Bilood



Bil walba ayaa la cabbirayaa ilaa laga gaaro 24 bilood, ka dib 3 biloodba mar ilaa da'da 5 sano jirka laga gaaro).

QIYAAS- QAADKA MUAC:

**Ka yar 11.5 sentimitir = nafaqo-xumo ba'an:** U gudbi ama ku qaabil barnaamijka nafaqeynta

**11.5 sentimitir - 12.4 sm = nafaqo-xumo dhexdhexaad:**

U gudbi ama ku qaabil barnaamijka nafaqeynta

**12.5 sentimitir iyo ka badan = nafaqayn caadi ah**

U gudbi carruurta nafaqo-xumada ba'an hayso iyo kuwa dhexdhexaadka ah baartitaan dheeri ah.

**IS-BEDDELLADA KOBCINTA**

IS-BEDDELLADA KOBCIDDA	DA'DA UU GAARAY	XADKA CAADIGA AH
Dadka u dhoollacaddeeya		4-6 toddobaad
Madaxa ceshan kara		1-3 bilood
U soo jeesanaya jihada ay		2-3 bilood
Gacanta u soo taagaya qalab		2-3 bilood
Fariista		5-9 bilood
Istaaga		7-13 bilood
Socda		12-18 bilood
Hadla		9-24 bilood



U gudbi baaritaan haddii is-beddellada kobocu ay ka dib maraan da'dii caadi ahaan ay gaari lahaayeen ee kor lagugu siiyey.

Sidoo kale u gudbi baaritaan haddii uu maqalkooda, hadalkooda iyo af-barashooda ay soo daahaan.

## DAREERAHA LAGU TALIYEEY IN LA SIIYO MARKA UU ILMUHU XANUUNSAN YAHAY

Ilma kasta oo xanuunsan	Ilmo shubmaya
Marar intii hore ka badan oo waqti ahaan ka dheer sii naaska mar kasta oo aad quudineyso. Sii wad siinta dareere dheeri ilaa shubanku ka joogsado	Sii dareerahaan dheeriga ah, inta ugu badan ee uu ka qaadan karo: <ul style="list-style-type: none"> <li>• Milanka ORS</li> <li>• Cunto dareere ku jiro, sida maraqa, cabbitaannada caano- fadhiga</li> <li>• Biyo nadiif ah</li> <li>• Caanaha naaska</li> </ul>
Kordhi siinta dareeraha. Sii maraq, cabbitaan ama biyo nadiif ah	

### Ilmaha yar:



### Carruuta weyn:



## ZINC DHEERI AH (KINIINI 20 MG)

Dhammaan bukaannada ku dhacay shuban waa in zinc dheeri ah loo siiyaa sida ugu dhaqsiyaha badan ee suuragalka ah marka uu shubanka uu bilaabmo.

### Qiyaasta laga qaato daawada shubanka ee zinc:

Da'da (bilood)	QIYAASTA - mg	QIYAASTA - kiniini	Inta maalmood
2-6 Bilood	10mg/Maalintii	hal kiniini nuskiisa maalintii	10-14 maalmood
ka weyn 6 bilood	20mg/Maalintii	1 kiniini	10-14 maalmood

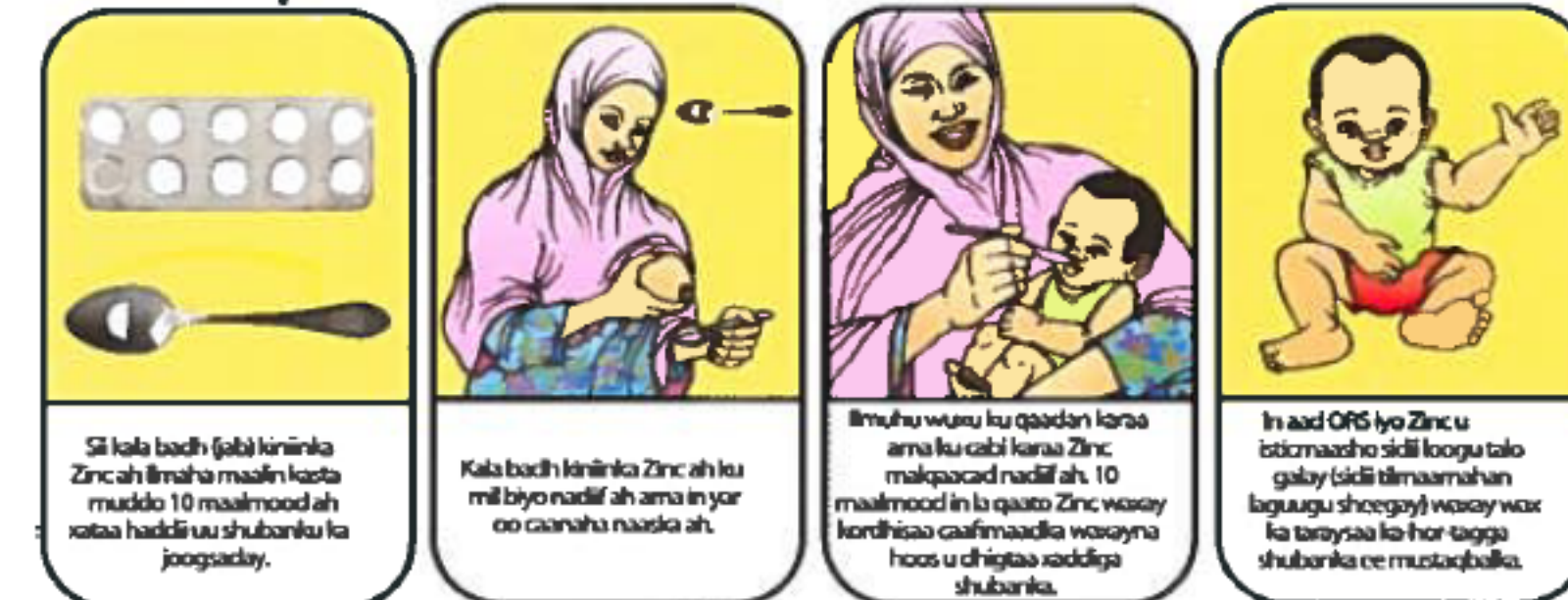
### Daawada Zinc oo loo bixiyo shubanka:

(Da'da (bilood)	QIYAASTA mg	QIYAASTA kiniini	Tirada maalmaha loo qorey daawada	ORS ma lasiiyey Haa/Maya	Taariikhda loo qoray	Waxaa siiyey (magaciisa iyo magaca awoowaha)

- Siinta zinc dheeriga ah waa in loo sii wadaa ilaa 14 maalmood, xataa haddii uu shubanka joogasado.

### TUS HOOYADA SIDA LOO SIIYO ZINC DHEERIGA AH:

#### Ilmaha yar:



#### Carruuta weyn:

