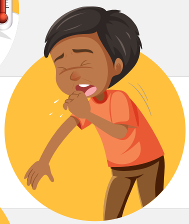
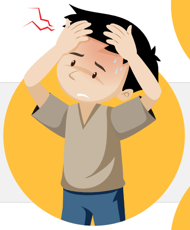
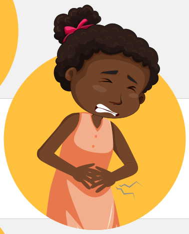
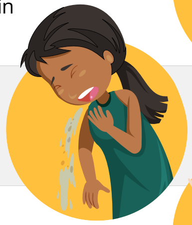
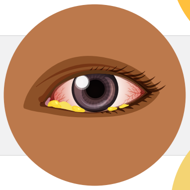
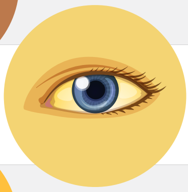
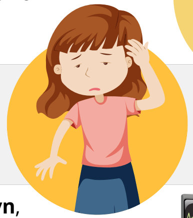
BEAVERTON SCHOOL DISTRICT

FADLAN KA HA KEENIN ARDAYDA XANUUNSAN DUGSIGA

Liiska hoos ku qoran wuxuu bixinayaa tilmaamaha dugsiga ee ma aha talo caafimaad.
Fadlan kala xiriir daryeel bixiyahaaga caafimaadkaaga walaac caafimaad.

CALAAMADAHA CUDURKA	ARDAYGA WUXUU SOO NOQON KARAA KADIB... Liiska hoose wuxuu muujinayaa waqtiga ugu yar ee guriga la joogi karo. Ardaygu wuxuu u baahanaan karaa inuu guriga usii joogo muddo dheer xanuunnada qaar.)
Qandho: heerkul gaaraya 100.4°F ama ka badan	**Qandho aan laheyn 24 saacadood** ayadoo aan la qaadanin wax daawo qandho jabis ah.
Xanuun qufac oo cusub AMA Neefsashada oo dhib ku ah	**Astaamaha ayaa soo hagaagaya 24 saacadood** (qufac ma jiro ama qufaca waa la xakameyn karaa si dhib la'aan ahna waa loo neefsan karaa). Waxaa laga yaabaa in loo baahdo daryeel caafimaad oo degdeg ah.
Madax xanuun leh qoor adkaato ama leh qandho	**Astaamo la'aan** AMA amar ka yimid takhtarka kuna socda kalkaalisada dugsiga. Raac tilmaamaha qandhada haddii ay qandho jirto. Waxaa laga yaabaa in loo baahdo daryeel caafimaad oo degdeg ah.
Shuban: 3 jeer saxaro jilicsan ama biyo ah maalintii ama aan awoodin in ay xakameeyaan socodka caloosha	**Calaamado la'aan** 24 saac AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga.
Matag: laba mar ama in ka badan maalintii oo aan la garanayn waxa sababay	**Calaamado la'aan** 24 saac AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga.
Finanka maqaarka ama **nabarrada furan**	**Calaamado la'aan**, sida iney finanka baaba'aan ama nabarradii waa qallalaan ama si buuxda loogu dabooli karo faashad AMA amar ka yimid dhakhtar oo ku socda kalkaalisada dugsiga.
Indhaha oo gaduuta yeeshana dheecaan: dheecaan huruud ah ama bunni ah oo **ka yimaada indhaha**	**Calaamad la'aan**, sida gaduudkii iyo dheecaankiiba wey tageen AMA amar ka yimid dhakhtar oo ku socda kalkaalisada dugsiga.
Cagaarshow: Midab huruud ah oo ku cusub indhaha ama maqaarka	Kadib markii uu dugsigu amar ka helo dhakhtarka ama maamulka caafimaadka deegaanka kalkaalisada dugsiga.
U dhaqmo si ka duwan sidii lagu yaqaannay sabab la'aan: hurdo aan caadi ahayn, xanaaqsan ama jahawareersan	**Calaamad la'aan**, sida inuu ku soo noqdo caadigiisii AMA amar dhakhtar oo ku socda kalkaalisada dugsiga.
Dhacdo caafimaad darro oo weyn, sida jirro soconaysa 2 toddobaad ama ka badan AMA in la seexiyo isbitaal **AMA Xaaladda caafimaad ee ardaygu waxay u baahan tahay daryeel ka badan inta ay shaqaalaha dugsigu si badbaado leh u bixin karaan**	Ka dib marka dugsigu amar ka helo dhakhtarka ilaa kalkaalisada dugsiga IYO Ka dib marka la sameeyo tallaabooyin ammaanka ardayga ah. Fadlan la shaqey shaqaalaha dugsiga si aad wax uga qabato baahiyaha daryeelka-caafimaadka gaarka ah si uu ardaygu si badbaado leh ugu xaadiro.