

## FADLAN KU HAY MEEL KA BAXSAN DUGSIGA ARDAYDA LEH ASTAAMAHAN

Liiskani waa tilmaamo dugsiga, maaha talo caafimaad. Fadlan kala xidhiidh bixiyahaaga daryeelka caafimaadka wixii walaac caafimaad ah.

ASTAAMAHA XANUUNKA	ARDAYGU WAA UU SOO NOQON KARAA KADIB...
 <p><b>Qandho:</b> heerkul ah 100.4°F (38°C) ama ka badan</p>	<p>*Liiska hoose waxa uu sheegayaa wakhtiga ugu gaaban ee ay tahay in guriga la joogo. Ardaygu waxaa uu u baahan karaa inuu guriga sii joogo muddo badan jirrooyinka qaarkood.</p>
 <p>Jirro <b>qufac</b> oo cusub</p>	<p>* <b>Astaamo ku hagaagaya 24 saac</b> (qufac la'aan ama qufac si fiican loo xakameeyay).</p>
 <p><b>Neefsashada oo ku adkaata</b> oo cusub</p>	<p>* <b>Astaamo soo hagaagaya 24 saac</b> (u neefsanaya si raaxo leh). <b>Daryeel caafimaad oo degdeg ah ayaa loo baahan karaa.</b></p>
 <p><b>Shuban:</b> 3 saxarro oo jilicsan ama biyo ah maalintii <b>AMA</b> aan awoodin inuu xakameyo saxarada</p>	<p>*<b>Astaamo soo roonaanaya ilaa 24 saacadood (aan ka badnayn laba calooshuban oo dheeri ku ah intii caadiga ahayd oo aanu jirin wax shil ah) AMA</b> amar ka haysta dhakhtarka ilaa kalkaalisada dugsiga.</p>
 <p><b>Matag:</b> laba jeer ama ka badan oo aan la sharrixi karin</p>	<p>*<b>Astaamo la'aan 24 saacadood AMA</b> amar ka socda dhakhtarka ilaa kalkaalisada dugsiga.</p>
 <p><b>Madax xanuun leh qoor qalafsan iyo qandho</b></p>	<p>*<b>Astaamo la'aan AMA</b> haysta amar ka socda dhakhtarka oo u socda kalkaalisada dugsiga. Raac tilmaamaha qandhada ee sare. → <b>Daryeel caafimaad oo degdeg ah ayaa loo baahan karaa.</b></p>
<p><b>Finan maqaarka ama nabarro furan</b></p>	<p>*<b>Astaamo la'aan</b>, oo macnaheedu yahay finanku way tageen AMA nabaradu waa engeegen ama waxaa lagu dabooli karaa gebi ahaanba faashad <b>AMA</b> amar ka haysta dhakhtarka ilaa kalkaalisada dugsiga.</p>
<p><b>Indho guduud ah oo leh dheecaan</b></p>	<p>*<b>Astaamo la'aan</b>, oo macnaheedu yahay casaankii iyo dheecaankii ayaa meesha ka baxay <b>AMA</b> amar ka haysta dhakhtarka ilaa kalkaalisada dugsiga.</p>

<p><b>ASTAAMAHA XANUUNKA</b></p>	<p><b>ARDAYGU WAA UU SOO NOQON KARAA KADIB...</b>  *Liiska hoose waxa uu sheegayaa wakhtiga ugu gaaban ee ay tahay in guriga la joogo.  Ardaygu waxaa uu u baahan karaa inuu guriga sii joogo muddo badan jirrooyinka qaarkood.</p>
<p><b>Cagaarshow:</b> Midab huruud ah oo ku samaysma indhaha ama maqaarka oo cusub</p>	<p><b>*Kadib markii dugsigu amar ka haysto</b> dhakhtarka ama maamulka caafimaadka dadweynaha ee degaanka ilaa kalkaalisada dugsiga.</p>
<p><b>U dhaqmidda si ka duwan sabab la'aan:</b> hurdo aan caadi ahayn, xanaaq, ama jahawareer.</p>	<p><b>*Astaamo la'aan</b>, oo macnaheedu yahay ku soo noqoshada dhaqanka caadiga ah <b>AMA</b> amar ka haysta dhakhtarka ilaa kalkaalisada dugsiga.</p>
<p><b>Dhacdo caafimaad oo weyn</b>, sida xanuun sii jiraya 2 usbuuc ama ka badan AMA sii joogid isbitaal, <b>AMA</b>  <b>Xaalad caafimaad oo u baahan daryeel ka badan ka shaqaalaha dugsigu ay si nabdoon u bixin karaan.</b></p>	<p><b>*Kadib markii dugsigu amar ka haysto</b> dhakhtar ilaa kalkaalisada dugsiga <b>IYO</b> kadib markii la sameeyo tallaabooyin lagu ilaalinayo badbaadada ardayga. Fadlan la shaqee shaqaalaha dugsiga si aad wax uga qabato baahiyaha daryeelka-caafimaadka gaarka ah si uu ardaygu si badbaado leh ugu xaadiro.</p>