

## Ilmaha yar

Marka la eego nolosha ilmahaaga yar, wakhtiga uu yahay ilmaha waxa uu yahay wakhti koritaan jidh iyo niyadeed oo xiiso leh. Miisaanka ilmahaaga yar

waxa uu kordhi doonaa saddex jibaar, waxana dhererkiisa ku kordhi doonaa injiyo badan, isla markaana waxa uu baran doonaa sida loo fadhiistu ee loo sare joogsado. Waxa laga yaabaa inuu xitaa qaado dhawr talaabo. Niyad ahaan, waxa uu xidhiidh jacayl iyo aaminaad ah la yeelan doonaa dadka agagaarkiisa ka dhow. Habka aad imminka u barbaarisid ayaa sameyn doona aasaaska uu ku noqon lahaa socod-barad isku kalsoon oo firfircoon.

### **Waalidka iyo Xirfadleyda Caafimaadka: Shuraako ku Bahoobay Ilmo Caafimaad Qaba**

Xirfadleyda caafimaadka sida dhakhaatiirta iyo kalkaalisooyinka ilmahaagu waxay shuruuko kugula yihiin sidii loo ilaalin lahaa caafimaadka ilmahaaga yar. Mid kasta oo idinka tirsan wax gaar ah ayuu ku soo darayaa dadaalka. Xirfadleyda caafimaadku waxay yaqaanaan daryeelka caafimaadka ilmaha, korniinka, iyo horumarka. Waxa aad leedahay waayo-aragnimada kaa dhigaysa qof khabiir ku ah ilmahaaga yar. Waxa kale oo aad tahay qofka ugu fiican ee u habsan kara in ilmahaagu helo noocyada daryeel ee uu u baahan yahay.

### **Booqashooyinka Xirfadleyda Wakhtiga Ilmahaagu Yar Yahay**

Sababta oo ah ilmahaagu dhakhso ayuu isu beddelayaa, xirfadlaha caafimaadku waxa uu rabi doonaa inuu arko ilmahaaga yar marka uu jiro da'ahan soo socda si loo sameeyo baadhitaan joogto ah:

- Ilmo markaasuun dhashay
- Gudaha hal todobaad
  - 1 bil
  - 2 bilood
- 4 bilood
- 6 bilood
- 9 bilood

Booqashooyinkaasi waa muhiim. Waxay xirfadlahaaga caafimaadka siinayaan fursad uu ku habsado in ilmahaagu caafimaad qabo oo si wacan u korayo. Waxa kale oo ay booqashooyinkaasi yihiin wakhti aad ku weydiin



kartid su'aalaha aad qabtid ama aad kaga hadli kartid wixii aad walwal qabtid. Inta ay socdaan booqashooyinka, ilmahaaga yar waxa loo sameyn doonaa baadhitaan jidh. Waxa uu xirfadlahaaga caafimaadku hubin doonaa maqalka iyo aragga ilmaha ama uu sameyn doonaa baadhitaano kale. Waxa kale oo laga yaabaa in ilmahaaga yar laga talaalo qaar ka mid ah cuduradan soo socda:

- Cagaarshow ama Joonis Nooca B (Hepatitis B)
- Gawracato, teetano, kix ama xiiq dheer (Diphtheria, tetanus, pertussis) (DTaP)
- Ifilada nooca b (H. *influenzae* type b) (Hib)
- Dabaysha (Polio) (IPV)
- Oofwareen ama nuumooniya (Pneumococcal conjugate) (PCV)

### **Horumarka Bulsho**

Inta lagu jiro wakhtiga ilmahaagu aad u yar yahay, adiga iyo ilmahaaga yari waxa idinka dhex abuurmaya xidhiidh jacayl oo joogto ah. Habka ay dun isku hab siisaan ee u wada ciyaartaan ayaa aasaas u ah korniinkiisa bulsho ee mustaqbalka. Waxay ka gargaaraysaa inuu barto waxa uu filan karo iyo sida loola dhaqmo dadka kale.

### **Waxyaabaha Aad Kala Hadli Kartid Xirfadlahaaga Caafimaadka**

- Siyaabaha walaalaha ka weyn ilmaha yar looga gargaaro inay si amaan ah ula ciyaaraan ilmaha yar.
- Su'aalaha ku saabsan habka uu ilmahaaga yari ula dhaqmo adiga ama dadka kale.

### **Cunista**

Ilmahaagu waxa uu wax badan ka baran doonaa cunista iyo cabista inta uu ku jiro sannadka noloshiisa ugu horeeya. Adduun dhan oo cusub oo ah dhaqan, dareen, iyo farsamooyin ayaa u bilaabmi doona. Waxa aad wax weyn ka qaban kartaa inaad ka gargaartid sidii u si fiican wax u cuni lahaa.



### **Waxyaabaha Aad Kala Hadli Kartid Xirfadlahaaga Caafimaadka**

- Su'aalaha ku saabsan miisaanka ilmahaaga yar.
- Waxa la sameeyo haddii ilmahaaga yari uu leeyahay calool-xanuun, aad moodid inuu alerji ama diidmo leeyahay, ama ay dhibaato ka haysato cuntooyinka adkaha ah.
- Waxa la sameeyo haddii dhibaatooyin kaa haystaan naas-nuujinta ama masaasadda wax lagu siiyo.

### **Waxyaabaha Aad Kala Hadli Kartid Xirfadlahaaga Caafimaadka**

- Qorshe wax looga qabto degdegga caafimaadka, dhaawaca, ama sumowga.
- Tilmaamaha lagu garto goorta ay haboon tahay in la tago qolka gargaarka degdegga.
- Cisbitaalada iyo kiliinigyada uu xirfadlaha caafimaadku la shaqeeyo.
- Siyaabaha loola xidhiidho xirfadlahaaga caafimaadka ka dib saacadaha shaqada.

### **Caafimaadka Afka**

Marna lama odhan karo waa goor hore oo aan la bilaabi karin daryeelista ciridka iyo ilkaha ilmahaaga yar. Marka si joogto ah loo nadiifiyo afkiisa, ilmahaaga yari waxa uu goor hore yeelan doonaa dhoola-cadeyn qurux badan oo caafimaad leh.

### **Daryeelka Ciridka iyo Ilkaha**

- Xiitaa ka hor inta aan ilkaha ugu horeeya u soo bixin ilmahaaga, waxa aad nadiifin kartaa ciridkiisa. Si degan u masax ka dib wax siin kasta adiga oo isticmaalaya maro dhiqis oo qoyan oo nadiif ah.
- Ka dib marka ilkuhu u soo baxaan, si degan ugu nadiifi burush ilmo oo jilicsan. Isticmaal kaliya biyo—ha isticmaalin cajiinka ilkaha!

### **Waxyaabaha Aad Kala Hadli Kartid Dhakhtarkaaga Ilkaha ama Xirfadlaha Caafimaadka**

- Sida loo khafiifiyo calaamadaha ilkaha soo baxaya.
- In ilmahaagu u baahan foloraydh (fluoride) iyo in kale.
- Goorta iyo sida ilmahaaga looga gargaaro inuu joojiyo jiqista suulkiisa ama isticmaalka mujuruca.

### **Amaanka**

Imminka mar haddii aad leedahy ilmo yar, guriga wada eeg oo fiiro hore leh u yeelo. Is weydii waxa la rabo inaad sameysid si aad gurigaaga uga dhigtid meel amaan u ah korinta ilmo yar. Ka fikir hawlo maalmeedkaaga, sida beddelida dheebarka ama qoyaan-celiska, karinta, iyo wadista baabuurka kana fiirso siyaabaha iyaga laftooda looga dhigi karo kuwo amaankoodu sii kordho.

### **Firfircoonida Jidhka**

Inta lagu jiro wakhtiga ilmahaagu yar yahay, ilmahaagu waxa uu yeeshaa farsamooyin jidh oo cusub oo badan.

Marka uu ilmahaagu sii barto sida loo xukumo dhaqdhaqaaqa jidhka, waxa uu noqonayaa mid sii xoogaysta oo sii firfircoon. Ilmahaagu waxa uu u baahan yahay fursado badan oo uu kugula ciyaaro, oo uu ku ciyaaro cuntada iyo alaabta caruur-ciyaarsiiska si ay uga gargaaraan inuu yeesho farsamooyinka muhiimka ah.

### **Waxyaabaha Aad Kala Hadli Kartid Xirfadlahaaga Caafimaadka**

- Su'aalaha ama walwalka ku saabsan korniinka ilmahaaga.
- Wixii ah dhibaatooyin ee ilmahaaga ka haysta firfircoonida jidhka.



Adiga iyo bixiyahaaga daryeelka caafimaadka waxa aad yeelan doontaan iskaashi ilmahaaga yar ka gargaari doona inuu noloshu u bilaabo si farxad iyo caafimaad leh.

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