

Tilmaamaha Diyaarinta NAN 1 Caanaha Ilmaha

OGEYSIIS MUHIIM AH! Caanaha naaska ayaa aad ugu fican ilmaha waana in la siiyaa inta suurtagal ay tahay. Ka hor intaadan go'aansan inaad isticmaasho caanaha ilmaha, had iyo jeer la tasho rugta daryeelka caafimaadka si ad u hesho talo.

Intee in la'eg ayaa caanaha ilmaha dhallanka la siinayaa?

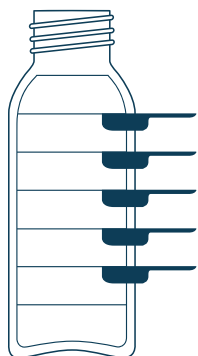
JADWALKA QIYAASTA*			
Da'da ilmaha	Caddadka / cuntada la karkariyay, biyo la qaboojiyay (40°-45° C)	Tirada cabbirka heerarka*	Tirada cuntada maalintiiba***
1 ilaa 2 toddobaad	90 mililitar	3	6
3 ilaa 4 toddobaad	120 mililitar	4	5
2 bilood	150 mililitar	5	5
3 ilaa 4 bilood	180 mililitar	6	5
5 ilaa 6 bilood**	210 mililitar	7	5

*Had iyo jeer isticmaal koobka cabbiraadda ee baakooyinka. Budo badan ayaa keeni kara fuuqbax. Budo aad u yar ilmahaaga ma siinayso awoodda/tamarta iyo nafaqo ku filan. Ha baddelin qiyaasta biyaha iyo budada adigoon la tashan dhakhtar

**Kadib 6 bilood waa markaad bilaawi lahayd inaad jarto, la tasho dhakhtarkaaga ama kalkaalisada

***Iyadoo ku xiran baahida ilmaha

DIGNIIN: Biyaha aan la karkarin, dhalooyinka aan la kuleelayn ama aan si sax ah loo sifeeyn ayaa jirro u keeni kara ilmahaaga. Kaydinta, xakamaynta, diyaarinta iyo quudinta qaldan waxay u horseedi kartaa saameyn xun oo caafimaadka ilmahaaga ah.



210 mililitar + 7 koob oo cabbir ah

180 mililitar + 6 koob oo cabbir ah

150 mililitar + 5 koob oo cabbir ah

120 mililitar + 4 koob oo cabbir ah

90 mililitar + 3 koob oo cabbir ah

Ka hor inta aanad Karin



Dhaq gacmahaaga ka hor intaadan bilaabin diyaarinta caanaha ilmaha.



Si taxaddar leh u nadiifi dhalada, ibka/afka iyo daboolka. Biyo ku karkari dhalada, ibka/afka iyo daboolka dhawr daqiiqadood. Meel ku xareey iyadoo daboolan ilaa xiliga quudinta kale.



Karkari biyaha tuubada ee qabow ilaa ay ka karkaraan dhowr daqiiqadood. Daa inta ay ka qaboobayaan ilaa qiyaastii. 40°C oo biyo ku shub dhalada nadiifta ah.



Ku dar qadarka saxda ah ee heerka cabbiraadda budada masaasadda hadana rux ilaa inta budada ay ka milmeyso. Iska hubi in isku-darku aanu aad u kululeyn. Had iyo jeer adiga dhadhami inta aadan quudin ilmaha.



Furka ku xidh masaasada oo si fican u lux ilaa inta ay caanaha budada ahi ay milmayaan.



Si fican u xidh oo adag ka dib isticmaal kasta oo ku kaydi meel qabow oo qalalan.

OGEYSIIN MUHIIM AH! Si taxadar leh u raac tilmaamaha. Hal mar kaliya diyaari. Isla markiiba quudi oo ha haysan dhalada aan dhammayn, iska tuur waxa ku jira. Had iyo jeer hayso ilmaha markaad quudinayso. Ka tagista ilmaha iyada oo aan la ilaalin waxa laga yaabaa inay keento neef-qabatin.

OGEYSIIS MUHIIM AH: Waxaan aaminsanahay in naas nuujintu ay tahay bilowga nafaqada ugu habboon ee dhallaanka, waxaan si buuxda u taageernay talada Hay'adaha Caafimaadka Adduunka ee naas nuujinta gaarka ah lixda bilood ee ugu horreeya noloshooda oo ay la socoto soo bandhigida cunto dhammaystiran oo nafaqo leh oo ay weheliso naas nuujin joogto ah ilaa laba sano jir. Waxaan sidoo kale aqoonsannahay in naas nuujintu aysan had iyo jeer ahayn ikhtiyaarka waalidiinta, waxaan kugula talineynaa inaad kala hadasho xirfadlahaaga daryeelka caafimaadka sida loo quudiyo ilmahaaga oo aad raadsato talo ku saabsan goorta la bilaabay quudinta dheeriga ah. Haddii aad doorato inaad naas nuujin, fadlan xasuusnoow in go'aankan oo kale ay adkaan karto in laga noqdo oo uu leeyahay saameyn bulsho iyo mid maaliyadeed. Soo bandhigida qayb quudinta dhalada waxay yaraynaysaa bixinta caanaha naaska. Caanaha dhallaanku waa in had iyo jeer la diyaariyaa, la isticmaalaa oo loo kaydiyaa sida lagu faray calaamadda si looga fogaado khataraha caafimaadka ilmaha.

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