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Taariikh

Gacaliye Waalidka/Mas'uulka

Taariikh Dhalasho:

Warqadan waa in lagu ogeysiyo in ilmahaagu madaxa ka dhaawacay dugsiga iyo in gargaarka koowaad ay bixiyeen shaqaalaha dugsiga.

Fadlan akhri war muhiim ah oo ku yaala hoos.

DHAAWACYO MADAX

Badi dhawaacyada madaxu waa kuwo sahlan mana yeeshaan dhibaato culus oo ka dambeysa. Qaar ka mid ah calaamadaha dhaawac madax oo culus waxa dhici karta inaanay soo bixin ilaa dhawr saacadood ama xiitaa maalmood ka dib dhaacawa. Waxa muhiim ah inaad si taxadir leh ula socotid ilmahaaga 48-ka saacadood ee ku xiga.

Haddii aad aragtid mid ka mid ah calaamadahan waa inaad isla markiiba raadisid gargaar dhakhtar.

- Suuxid
- Hurdo-hurdo aan caadi ahayn
- Wareer soo kordhay
- Isbeddel ah dabeecadda (u dhaqmaya si aan caadi ahayn, odhanaya waxyaabo aan macno sameynaynin.)
- Madax-xanuun aan tagayn, joogto ah, ama sii xumaanayaa
- Matag kasta
- Ma xusuusan karo dhacdooyin cusub
- Dhaqaaqa gacmaha ama lugaha oo dhib ah
- Qallalid (bood-bood kasta oo ah jidhka ama adimada.)

Haddii ilmahaagu uu ka qaybgalo isboortis, oo uu isku arko mid ka mid ah calaamadaha kor lagu sheegay, waa in aanu ka qaybgalin ciyaarta ama aanu ku noqon ciyaarta ilaa uu u fasaxayo bixiye daryeel caafimaad ama dhakhtar.

HA ISTICMAALIN dawooyinka xanuunka lagaga nafiso ka dib dhaawac madax ilaa uu kuu sheego bixiye daryeel caafimaad ama dhakhtar. Waxa dhici karta in dawooyinkaasi saameeyaan dhiig-baxa; wixii aad sameyn lahayd kala tasho dhakhtarkaaga ama bixiye daryeel caafimaad.