



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

Helping Hand™

Health Education for Patients and Families

Fuuqbax: Biyo Ku siinta Guriga

Dehydration: Giving Liquids at Home (Somali)

Waxaa jiro sababo badan oo ay carruurta ugu dhacaan qalalsanaan ama fuuqbax. Ilmaha waxa jirkiisa ka lumi kara dareere ama biyo badan sababo la xiriira shuban, matag ama qandho. Haddii ilmuhu uu nabaro afka ku leeyahay ama uu qabo calool xanuun, waxay diidi karaan inay cabaan biyo ku filan. Dhallaanka iyo carruurta yaryar ayaa khatar weyn ku sugan.

Fuuqbaxa waxa uu khatar ku noqon karaa dhallaanka iyo carruurta yaryar. Waxaa laga yaabaa in jirkooda uusan helin elekteroolayt ku filan (cusbo) si uu ugu shaqeeyo sida saxda ah. Haddii dareeraha lumay aan badel loo helin, cunugga waxaa laga yaabaa inuu u baahdo inuu qaato IV (dheecaan si toos ah looga siiyo tuubbo caag ah oo lagu durayo gudaha xididka ama maqaarka) si jirka uu u helo fuuqcelin. Umaleyn mayno in ilmahaagu ubaahan yahay faleenbo IV ah hadda.

Noocyada dareerayaasha la siinayo

Cunugaaga waxaa laga yaabaa inuu u baahdo inuu cabo ORS (dareeraha fuuqcelinta afka laga qaato) sida Pedialyte® si looga hortaggo fuuqbax. ORS waxay badeshaa elekteroolaytka iyo dareeraha ilmahaagu uu u baahan yahay. Daawooyinka guriga iyo cabitaanada isboortiska looma isticmaali karo badelkeeda. Noocyada ORS ee dukaanka laga soo iibsado waxay u fiican yihiin si lamid ah kuwa cusub. Waxaad iibsan kartaa ORS iyadoo ah qaab dareere ama qaab budo ah ama baco ahaan waxaana laga helaa farmashiyada badankood iyada oo aan warqada dhakhtar loo baahnayan.

ORS waa inuusan ahaan dareeraha kaliya ee la siiyo cunugga in ka badan 6 saacadood. ORS-ta ha ku darin ama haku qasin caanobooraha.

Ha siinin cabitaanada miraha ah ama cabitaanada ku badan sonkorta, sida Hawaiian Punch®, Hi-C®, Kool-Aid®, soodhooyinka ama sharoobooyin. Ha siin shaah ama maraq. Cabitaannadaani ma laha isku dhafka saxda ah ee elekteroolaytka waxayna shubanka ka dhigi karaan mid ka sii dara.

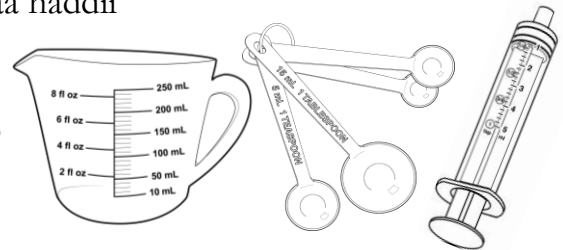
Ilmaha ka Yar 12 Billood: Sii caanaha naaska, ORS ama caanoboorada (haddii loo dulqaato). Ha joojin naas nuujinta. Biyo badan haku darin caanobooraha.

Loogu talagalay carruurta ka weyn 1 sano: Sii dareereyaasha la mid ah kuwa kor ku xusan iyo biyo. Haddii loo baahdo, waxaad ka joojin kartaa caanaha 1 ama 2 maalmood ilaa mataga ama shubanka ilmaha uu ka bilaabo inuu soo fiicnaado. Ka fogoow cuntooyinka ama cabitaanada midibka gaduudan leh ee u ekaan kara dhiiga marka ay soo dhex galaan shubanka ama mataga.

Sida cabitaan loo siiyo

Haddii ilmahaagu uu ka xanuunsan yahay caloosha ama uu fuuq-baxsan yahay, sii kabashooyin yaryar oo ah ORS, caano naas ama caanobooro (haddii loo dulqaadan karo) 5 illaa 10 daqiiqo kasta. Ku bilow inaad siiso dhallaanka 1 qaado (5 ml) oo dareere ah.

Ilmaha socod-baradka ah iyo carruurta, sii 1 qaado ama 3 qaado (30 mL). Si tartiib ah uga kordhi illaa ay waxbadan ka cabaan. Xiitaa haddii ilmahaagu u matago si xoog ah, cabitaanka ama dareeraha intiisa badan ayaa ku hadhi doona. Sug 30 illaa 60 daqiiqadood oo isku day inaad mar labaad siiso cadad yar oo cabitaanno ah.



Hadafyada Siinta Dareeraha

Cabir qadarka dareeraha ah ee ilmahaagu u baahan yahay adigoo ku salaynaya culeyskiisa. Haddii cunuggaagu uusan ka kaban karin koob, isku day inaad isticmaasho qaado ama siriingaha.

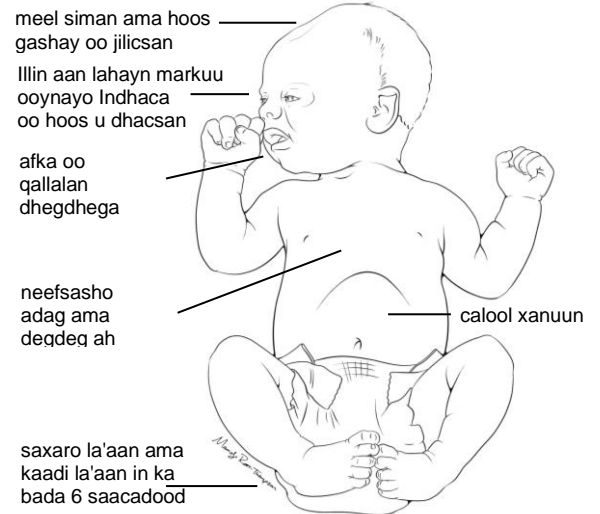
Miisaanka/ culayska Ilmaha	Yoolka Ugu Yar ee la Siiyo Saacad Kasta *
7-10 lbs.	Ugu yaraan 2 wiqiyadood/oonis (4 qaado ama 1/4 koob)
11-15 lbs.	Ugu yaraan 2 1/2 waqiyadood (5 qaado)
16-20 lbs.	Ugu yaraan 3 1/2 waqiyadood (1/2 koob)
21-40 lbs.	Ugu yaraan 6 1/2 waqiyadood (3/4 koob)
41-60 lbs.	Ugu yaraan 10 wiqiyadood oo ah dareere saacad kasta (1 1/4 koob saacad kasta)

* Hadafyada dareeraha ee ugu yar ee la siiyo saacaddiiba way kordhi karaan haddii matag, shuban ama qandho ay jiraan.

Goorta ay Tahay in la Waco Dhakhtarka

Wac dhakhtarka ilmahaaga haddii aad u malaynaysid in ilmahaagu ka sii daraayo, aanu ku fiicnaanin mudo 24 saacadood gudahood ah, uusan naaska nuugin ama ay ka muuqdaan calaamadahaan (Sawirka 1):

- Aanu saxaroonin ama uusan kaadin (kaadinin) illaa 6 saacadood ama ka badan, kaadida ay aad u madow dahay
- Illin la'aan markuu ooynaayo
- Indhaha oo u ekaada kuwo hoos dhacsan
- Barta jilicsan oo cunuga madaxiisa ku taala oo noqota mid siman, hoos u dhacsan ama hoos isku jiida.
- Cunugga ay adag tahay in hurdada ka soo kaco (tabar la'aan), u eg mid jahwareersan ama uusan ogeyn waxa ay sameeynayaan.
- Xanuun caloosha ah oo joogto ah (calool xanuun)
- Mataga uu leeyahay dhiig, gabalo qafiif oo mugdi ah oo u eg qolofka bunka ama leh mida cagaar ah oo dhalaalaya.
- Haddii mataggu ka sii daro ama uu soo noqnoqdo.
- Qandho ka sareeysa 100.4°F (38°C) ee dhallaanka ka yar da'ada 3 billood ama ka sareeysa 102°F (38.9°C) carruurta da'a 'kasta jirta, qandhahaas oo socota illaa 2 maalmood ama ka badan.



Sawirka 1 Calaamadaha fuuqbaxa