



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

Helping Hand™

Health Education for Patients and Families

Fuuqbaxa: Biyo Ku siinta Guriga

Dehydration: Giving Liquids at Home (Somali)

Fuuqbaxa ayaa loola jeedaa in canugaaga uu lumiyay dhacaan badan oo aysan ku laheyn macdan ku fillan (cusbooyin) jirkooda si ay ugu shaqeyso qaabka ku haboon. Waxaa jiro qaabab badan ee canuga uu ku fuuqbixi karo.

- Shubanka, mataga, iyo qandhada ayaa ah sababaha guud ee ilmaha.
- Diidmada inuu cabo dhacaan ku fillan sabab la xiriirto nabraha afka ama calool xanuunka.
- Aanan cabeynin wax ku fillan oo cimilada kulul ama markii ay jimicsanayaan.

Ilmaha iyo carruurta yaryar ayaa ku jiro halis weyn oo lagu fuuqbaxayo. Waxay noqon kartaa mid aad halis ugu ah iyaga. Canugaaga wuxuu u baahanayaa dareere dheeraad ah oo lagu siiyo cadadyo yar iyo inta badan guriga illaa ay ka wanaagsanaadaan.

Haddii dareeraha aanan la badelin, waxay u baahan karaan inay yeeshaan dhacaan si toos ah loogu siiyo tuubada caaga ah ee galeyso xididkooda ama faleembada (IV) si loo qooyo iyaga. Canugaaga uma baahno midaas haddeer.

Noocyada Biyaha La siiyo

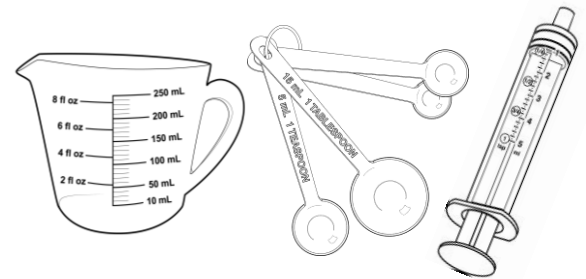
- Canugaaga ayaa u baahan karo inuu cabo biyaha fuuq soo celinta afka (ORS) sida Pedialyte®. ORS ayaa ka caawisa badelida biyaha iyo dhacaanada canugaaga u baahanyahay.
 - Waxaad uga iibsana kartaa ORSs biyo ahaan ama qaab buddo ah ama sida jalaato farmashiyada iyada oo aan dhaqtar kuu qorin. Summada Dukaanka ee ORSs ayaa u shaqeyso si lamid ah summadaha magaca.
 - Ha ku shubin biyo hoos (ku milanka) ama haku qasin ORS caanaha gasaca.
 - Sii canugaaga waxyaaba kale ee uu cabo. ORS waa inaysan noqon dhacaanka kaliya ee la siiyo iyaga wax ka badan 6 saacadood.
 - Ha isticmaalin cabitaanada ciyaaraha iyo daaweynada guriga badelkii ORS.
- Haddii canugaaga uu qabo shuban ama matag, waxaa laga yaabaa inaad dib u dhigto cuntada iyo caanaha 1 ama 2 maalmood ilaa ay ka bilaabaan inay hormaraan. Naasnuujinta waa inaan la joojin.

Dareeraha Da'aha Kala duwan

- Haddii canugaaga uu **ka yaryahay 1 sanno jir**, sii iyaga:
 - ORS
 - Caanaha naaska ama caanaah gasaca oo la isugu qasay qaabka ugu saxsan (fiiri tilmaamaha ku yaalo sanduuqa) haddii ay cabi karaan.
 - Ha siin kuwaan. Waxay ka dhigi karaan in canugaaga dareemo ka sii darid.
 - Biyaha – illaa loo isticmaalo in lagu sameeyo caanaha gasaca
 - Shaaha ama maraqa
 - Juuska miraha ama cabitaanada ku badan sonkorta, sida Hawaiian Punch®, Hi-C®, Kool-Aid®, soodhada, ama sharoobada
- Haddii canugaaga **wuxuu ka weynyahay 1 sanno jir**, sii iyaga sida la midka ah sida kore, iyo:
 - Biyaha – Jalaatada laga sameeyay ORS – Caanaha, haddii aysan jirasiin iyaga
 - Jello® – Juus saafi ah sida tufaaxa, miraha karenberiga, ama miraha cranapple

Cadadka Dareeraha

- Ku bilow tartiib. Sii tiro yar oo biyo ah inta badan.
 - **Wixii carruurta ka yar 1 sanno jir:** isticmaal qaado ama saliingada la siinayo 1 illaa 2 qaado (5 illaa 10 mL) ama ORS, caanaha naasaha, ama caanaha gasaca 5 illaa 10 daqiiqo ee walba.
 - **Oo ka weyn 1 sanno jir:** sii $\frac{1}{2}$ illaa 1 waqiyadood (1 illaa 2 qaadada cuntada ama 15 illaa 30 mL) 20 daqiiqo ee walba oo saacadaha cusub. Si tartiib ah uga shaqee si aad wax badan u cabto.



Sawirka 1 U bilow si tartiib ah. Cabir cadadka dareeraha canugaaga cabo.

- Cabir cadadka dareeraha ee canugaaga u baahan yahay sida ku saleysan culeyskooda. Haddii canugaaga uusan kaban karin koob, isku day inaad isticmaasho qaadada shaaha ama siliingada (Sawirka 1).

Culeyska Canuga	Yoolka ugu Yar ee la Siinayo Saacad Walba*
7 illaa 10 lbs.	Ugu yaraan 2 waqiyadood (4 qaado shaah ama $\frac{1}{4}$ koob)
11 illaa 15 lbs.	Ugu yaraan $2\frac{1}{2}$ waqiyadood (5 qaado shaah)
16 illaa 20 lbs.	Ugu yaraan $3\frac{1}{2}$ waqiyadood ($\frac{1}{2}$ koob)
21 illaa 40 lbs.	Ugu yaraan $6\frac{1}{2}$ waqiyadood ($\frac{3}{4}$ koob)
41 illaa 60 lbs.	Ugu yaraan 10 waqiyadood oo dareere saacad walba ($1\frac{1}{4}$ koob saacadiiba)

* Yoolalka dareeraha ugu yar saacadiiba ayaa kordhin karo haddii matag, shuban, ama qandha ay jirto.

- Haddii canugaaga matago qaar, inta badan dareeraha hoos ayaa loo dhigaa. Sug 30 illaa 60 daqiiqo oo isku day inaad siisid cadaad yar oo dareero ah markale.
- Haku qasbin canugaaga inuu cabo ama ha u kicin inay cabaan haddii ay jiifaan.

Goorta la Waco Dhaqtarka

Soo wac dhaqtarka canugaaga ama bixiyaha daryeelka caafimaadka haddii ay ka sii darayaan, aanan ka soo roonaan 24 saacadood, uusan naas nuugeynin, ama muujinayo kuwa xiggo:

Aastaamaha Fuuqbaxa	
• Kaadiyo kaadi madoow ah. – Dhallaanka cusub (0 illaa 4 bilood oo da'da ah) wuxuu leeyahay wax ka yar 6 xafaayad oo qoyan maalintiiba. – Canuga (4 bilood ama ka weyn) wuxuu leeyahay wax ka yar 3 xafaayad qoyan maalintii ama kaadiyaa wax ka yar 3 jeer maalintiiba. • Af qalalan ama dhagdhag ah. • Neefsiga adag ama degdega ah. • Ku adagtahay kicitaanka (itaal daran), u dhaqmaa qof jahwareersan, ama uusan garaneyn waxa ay sameynayaan.	• Uusan kaadin (kaadinta). • Aan ilin ka imaanaynin markuu oynayo. • Indho u eg inay god ku jiraan. • Baraha jilicsan ee madaxa ilmaha wuu simmanyahay, god ah, ama gudaha usoo jiido. • Xundhur xanuunka (calool xanuunka) oo aan dhammaaneyn.

- Mataga uu leeyahay dhiig, baro baroon madow ah oo u eg kafee la shiiday, ama cagaar cas.
- Mataga ama shubanka aad u daranyahay ama ay dhacaan inta badan.
- Qandho sareyso. Isticmaal cabiraha dhijitaalka oo wada dhaq isticmaal walba kadib.
 - Wuxu **ka yar yahay 3 bilood** oo wuxuu qabaa heerkululka ah oo ah 100.4° Heerka (F) ama 38° Digriiga (C) ama ka sareyso.
 - Uu **ka weynyahay 3 bilood** oo uu qabo heerkulka:
 - Ee 104°F (40°C) ama ka sareyso.
 - Ka sareyso 102°F (38.9°C) wax ka badan 2 maalmood ama soo laalaabato.
 - Oo loo daaweeyay inay yareyso, laakin aysan shaqeynin.
 - Oo **da' walba**, uu qabo qandho iyo:
 - U muuqdo mid aad u jiran, aad u ooya, ama aad u dawaqsan.
 - Qabo qoor adag, madax xanuun xun, ama dhuun xanuun daran.
 - Haddii ilmuhu qabo nabaro aan caadi ahayn.
 - Uu qabo dhibaatooyinka difaaca jirka oo aad ugu badan inay jiradaan, sida cudurka unugyada dhiiga, kansarka, ama uu qaato daawada daciifisa difaaca jirka.