



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

Helping Hand™

Health Education for Patients and Families

Shubanka Diarrhea (Somali)

Shubanka (socodka saxarada nugul, saxarada biyaha, ama socodka) waa dhibaato caan ku ah carruurta yaryar. Marar dhif ah ayay la macno tahay in canuga uu qabo jiro halis ah.

Shubanka waxaa sababi kara:

- Fayraska ama bakteeriya (jirada caloosha).
- Wax uu canugaaga cuno ama cabbo, sida cabitaanka juuska oo aad u badan.
- Bilaabida daawo cusub.

Halista ugu weyn ee shubanka waa fuuqbaxa. Tan ayaa la micna ah in canugaaga uu lumiyo dhacaan badan oo uusan haysan dareeraha birta (cusbada) ku jirto jirkooda si ay ugu shaqeyso qaabka ku haboon. Canugaaga ayaa u baahan kara dareere dheeraad ah ee loo siiyo cadad yar inta badan illaa ay ka fiicnaadaan.

Shubanka Fudud (2 illaa 5 dhaqaaqyada saxarada biyaha ah maalintiiba)

Shubanka fudud ayaa ku baaba'o dhoor maalmood.

- Ku haay canugaaga cuntadooda joogtada ah.
- Sii caanaha naaska oo badan ama caanaha gasaca cadad yar iyo inta badan.
- **Ha** siin juuska miraha ama dareeraha ku badan sonkorta. Kuwaan ayaa ka mid ah Hawaiian Punch®, Hi-C®, Kool-Aid®, soodhada, ama sharoobada. Kuwaan ayaa ka darsiin karaa shubanka.
- Ha siin shaah ama maraq.
- Haddii canugaaga uu cuno cunto adag, sii cuntooyinka buunshada sida bariiska, badarka, iyo buskudka.

Shubanka Dhexaadka illaa Darnaanshaha (6 socodyada saxarada biyaha badan maalintii)

Iyo shuban dhexaadka illaa darnaanta, canugaaga wuxuu u baahan karaa inuu cabo biyaha fuuq soo celinta afka ah (ORS) sida Pedialyte® si ay uga caawiso ka hortaga fuuq-baxa. ORS waxay beddeshaa dareeraha birta iyo dhacaanada uu canugaaga u baahanyahay.

- Waxaad ka iibsaa kartaa ORS oo ah dareere ama qaab budo ah ama sida jalaatooyinka ulaha farmashiyada intooda badan adigoon warqad dhakhtar haysan. Sumadaha dukaamada ORS waxay u fiican yihiin sida magac astaan.
- Ha ku shubin biyo hoos (ku milanka) ama haku qasin ORS caanaha gasaca.
- Sii canugaaga waxyaaba kale ee uu cabo. ORS waa inaysan noqon dareeraha kaliya ee la siiyo in ka badan 6 saacadood.
- Haddii canugaaga uu cuno cunto adag, sii cuntooyinka buddada leh sida bariiska, badarka, iyo buskudka. Ha siin cuntooyinka midab gaduudan ee uga dhex muuqan karto shubanka sida dhiig.
- Isku day inaad dib ugu laabatid sida cunto caadi ah hal maalin kadib. Ha isticmaalin cabitaanada isboortiga iyo daaweynta guriga badelkii ORS.

Dareeraha loogu tallogalay Carruurta da'doodu ka yar tahay 1 sanno:

- ORS
- Ha siin biyo aan ka aheyn markii aad u isticmaashid inaad ku sameysid caanaha gasaca.
- Caanaha naasaha ama caanaha gasaca isugu qas qaabka caadiga ah haddii ay cabi karaan. Ha joojin naasnuujinta.
- **Ha** siin juusaska miraha ama dareeraha ku badan sonkorta, sida Hawaiian Punch®, Hi-C®, Kool-Aid®, soodhada, ama sharoobada. Ha siin shaah ama maraq. Dareerahaan ayaa ka sii darsiin karo canugaaga.

Dareeraha loogu tallogalay Carruurta ka weyn 1 sanno jirka (sida la midka ah kuwa kore iyo):

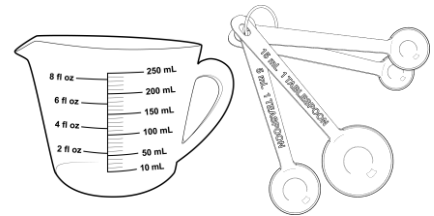
- | | | |
|----------|--|--------------------------------|
| • Biyaha | • Jalaatooyinka ulaha ee laga sameeyay ORS | • Gabalada midabada kala duwan |
|----------|--|--------------------------------|
- Biyaha cad (biyaha midabeysan, juusaska cad ee miraha).
 - Caanaha iyo walxaha caanaha dufanta ku yar sida yoogadka, haddii loo adkeysto oo uusan sababin shuban badan.

- Sii budo, cuntooyinka jilicsan sida rootiga, baastada, baradhada la shiiday, buskudka rootiga. Ka fogow cuntooyinka ku badan sonkorta iyo dufanta, cuntooyinka la shiilay.

DIGNIIN: Ha siin daawooyinka si aad u joojisid shubanka illaa dhaqtarkaaga si gaar ah kuugu amro. **Dawooyinkaasi waxay noqon karaan kuwo aad khatar u ah haddii aan si sax ah loo isticmaalin.**

Cadadka Dareeraha la Siinayo si looga Hortago Fuuqbaxa

Isticmaal jadwalka bogga 3 si aad u ogaatid inta dareeraha ah ee canugaaga u baahanyahay saacad walba. Sii dareeraha ku qoran kor, oo da'dooda. Cabir cadadka la siiyay si aad u ogaatid goorta ay buuxiyeen yoolkooda (Sawirka 1). Ku bilow tartiib. Sii kabasho yar oo dareeraha inta badan. Kordhi cadadka illaa yoolka laga daboolo.



Sawirka 1 Cabirka cadadka dareeraha aad siisid canugaaga si aad u ogaatid inta ay cabeen.

Culeyska Canuga	Yoolka ugu Yar ee la Siinayo Saacad Walba*
7 illaa 10 lbs.	Ugu yaraan 2 waqiyadood (4 qaado ama $\frac{1}{4}$ koob)
11 illaa 15 lbs.	Ugu yaraan $2\frac{1}{2}$ waqiyadood (5 qaado)
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 ee dareeraha saacad walba ($1\frac{1}{4}$ koobab saacadiiba)

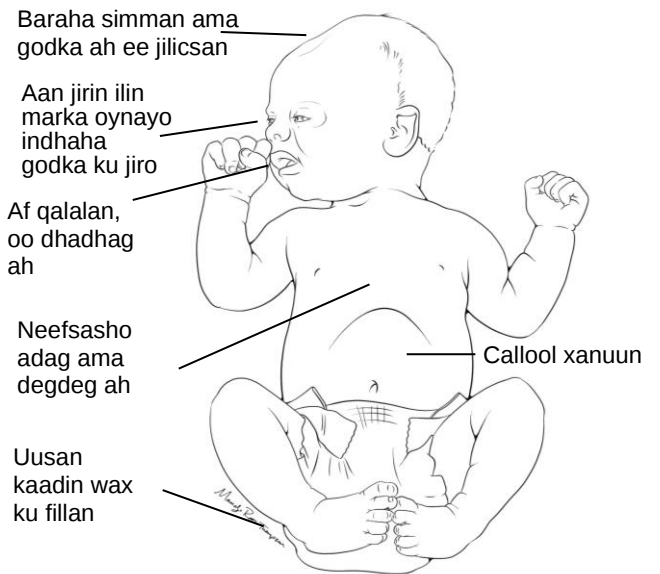
* Yoolalka dareeraha ugu yar saacadiiba ayaa kordhin karo haddii shuban, matag, ama qandha ay jirto.

Aastaamaha Fuuqbaxa

Ka ilaali aastaamaha fuuq baxa adiga oo halis gelinayo shubanka canugaaga (Sawirka 2).

- Uusan kaadin (kaadinta) wax ku fillan.
 - 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.
 - Kaadida aad u madowdahay.
- Aan jirin ilin marka oynayo.
- Afka oo qalala ama dhegdhega.
- Neefsasho adag ama degdeg ah.

- Indhaha oo u ekaada kuwo hoos dhacsan.
- Baraha jilicsan ee madaxa ilmaha wuu simmanyahay, god ah, ama gudaha usoo jiido.
- Xundhur xanuun (calool xanuun) ee aanan dhammaaneyn.
- Ku adag kacitaanka (itaal daran), u dhaqmaa mid jahwareersan ama uusan garaneyn waxa ay sameynayaan.



Ka hortagida Faafida Caabuqa

Haddii fayraska uu sababo shubanka canugaaga, samee kuwa xiggo si aad uga hortagtid ku faafidat dadka kale:

- Hubi in canugaaga ku dhaqo gacmahooda saabuunta iyo biyo isticmaalida musqusha kadib iyo cunista ka hor.
- Ku dhaq gacmahaaga saabuun iyo biyo ama jeermis dillaha gacmaha ee alkulada ka sameysan kadib markii aad taabatid canugaaga ama maacuuntooda cunista, dharka wasaqda ah, ama xafaayadaha (Sawirka 3).
- Ka fogey dadka kale waxyaabaha canugaaga isticmaalo, sida boombalooyinka iyo dharka wasaqda ah. Ku dhaq biyo kulul, saabuun leh.
- Ku nadiifi musqusha iyo sagxadaha adag jeermisdile ama tirtiraha jeermisdilka. Ha qalaleen 15 ilbiriqsi.

Sawirka 2 Aastaamaha fuuqbaxa.



Sawirka 3 Gacmo dhaqasho wanaagsan ayaa aad muhiim u ah.

Goorta la Wacayo Dhaqtarka

Soo wac dhaqtarka canugaaga ama daryeel bixiyaha caafimaadka haddii aad u maleysay inay ka sii darayaan, oo aanan ku soo roonaan 48 saacadood, uusan naaska nuugeynin ama cuneyn ama uu qabo:

- Calool xanuun daran (wax ka badan xanuunada marmarka ah).
- Shuban dhiig leh (wax ka badan leeman dhiig ah).
- Shubanku ee soo bato ama ka sii daro.
- Aastaamaha fuuq baxa (Sawirka 2, bogga 4).
- Qandho sareysa. Isticmaal cabiraha dhijitaalka oo wada dhaq isticmaal walba kadib.

Da'da	Heerkulka ama qandhada
Carruurta ka yar 3 billood	– 100.4° Fahrenheit (F) ama 38° Celsius (C) ama in kasii badan
Carruurta ka wayn 3 billood	– 104° F (40° C) ama in kasii badan – ka sareyso 102° F (38.9° C) oo wax ka badan 2 maalmood ama soo noqnoqdo – loo daaweeyay inay yareyso qandhadooda, laakin aysan shaqeynin
Da' walba – waxay leedahay 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. – Haddii uu qabo dhibaato la xariirta nidaamka difaaca jirka uuna u muuqdo inuu la xanuunsan rabo, cudurka saameeya unugyada dhiiga cas ama kansar, ama haddii uu qaato daawooyin la ciifiya nidaamka difaaca jirka.