

Injirta Madaxa Head Lice (Somali)

Injirta waa cayayaanno yaryar oo midabkoodu yahay caddaan-cawl, (cayayaan) kuwaasoo ku dhegi kara timaha. Waxay madaxa ka dhigaan mid cuncun badan iyagoo dhiigga ka jaqaya maqaarka madaxa. Injirta madaxa waa mid aad u caadi ah. Qof kastaa wuu qaadi karaa.

Injirta waxay ukumo (nits) dhigtaa xargaha timaha, meel u dhow maqaarka madaxa. Ukumahaas waxay noqon karaan midabkooda huruud-cad ilaa bunni. Waxaa suuragal ah inaad aragto oo kaliya ukunta injirta ilmahaaga madaxiisa, maadaama injirta dhaqso u dhaqaaqdo.

Sida Loo Kala Qaado Injirta

- Injirta si fudud ayay ugu gudubtaa qof ilaa qof kale iyadoo:
 - Xiriirka madax-madax ah la sameeynaayo. Tani waxay dhici kartaa marka carruurta isku dhowdahay oo ay ciyaarayaan.
 - Wadaagida waxyaabaha shakhsiga ah sida dharka, koofiyadaha, marooyinka, barkimaha, shanlooyinka, burushyada, alaabta timaha, ama koofiyadaha difaaca.
- Xayawaannada guriga ma qaadaan injirta dadka.
- Injirta waa ay garguurata. Injirta ma boodi karto ama duuli karto.

Daaweynta

- Si aad ugu daweyso injirta ilmahaaga, waxaa laga yaabaa inay u baahan yihiin:
 - Daawooyin OTC (ka baxsan farmashiyaha) ama kuwo dhakhtar qoro oo ka hortaga injirta.
 - Antibiyootikyo haddii uu infekshan ka qabo aad u xoqidda madaxa.
 - Ukumaha injirta ka saar shanlo gaar ah ama gacanta ku qaad. Ka eeg 'Saaridda Ukumaha Injirta' bogga 2aad.

- Ha isticmaalin mayonnaise, saliid saytuun, saliidaha shaaha, saliidaha batroolka, margaroon, ama subagga timo ilmahaaga ku jira. Waxyaabahaan ma baabi'yaan injirta waxaana laga yaabaa inay adagtahay in timaha laga dhaqdo.
- Hubi qof kasta oo gurigaaga ku jira maalmaha 2 ilaa 3 maalmood. Samee tan ilaa aan la helin wax injir nool ah muddo 10 maalmood ah. Qofna uma baahna in la daaweeyo ilaa uu leeyahay injir.
- U sheeg iskuulka ilmahaaga inay leeyihiin injir. Iskuulku wuxuu ka hubin karaa ardayda kale injirta.

Daawada Injirta

Dhakhtarka ilmahaaga ama bixiyaha daryeelka caafimaadka ayaa kugula talin kara shaambo, biyo dhaq, ama kareem si loo dilo injirta ama looga yareeyo cuncunka. Kuwani waxay noqon karaan OTC (ka baxsan farmashiyaha) ama kuwo dhakhtar qoro.

- Raac tilmaamaha daawada ama alaabta aad isticmaasho. Haddii ay tahay mid dhakhtar qoro, raac amarrada dhakhtarka ama bixiyaha daryeelka caafimaadka.
- Shaambooyinka injirta ee badan waa cayayaandileyaal. Taasi waxay ka dhigan tahay inay leeyihiin kiimikooyin disha injirta. Kuwani waa halis haddii si khaldan loo isticmaalo. **Ha ugu tegin ilmo kaligiis isagoo daawo timaha ku leh.**
- Kadib markaad daawada isticmaasho, dib uga fiiri injirta 8 ilaa 12 saacadood gudahood. Isticmaal shanlo gaar ah si aad u saarto injirta iyo ukunaha dhimatay. Haddii aanad helin wax injir ah oo dhimatay, la xiriir dhakhtarka ilmahaaga ama bixiyaha daryeelka caafimaadka. Waxay u baahan karaan daawo kale.
- Sii hubi timaha oo isticmaal shanlada ukunta maalmaha 2 ilaa 3 maalmood muddo 2 ilaa 3 toddobaad ah. Samee tan ilaa aan injir ama ukun ku jirin timaha.

Iskaaridda Ukumaha Injirta

Habka shanlaynta wuxuu kuu ogolaanayaa inaad hubiso injirta iyo ukumaha ama aad ka saarto kadib daaweynta. Habkani kaligiis kama saari karo injirta. Waxaa loo baahan yahay daawada injirta madaxa sidoo kale.

Kadib daaweynta daawo kasta, isticmaal habka shanlaynta 2 ilaa 3 maalmoodba mar muddo 2 ilaa 3 toddobaad ah si aad u saarto ukunaha iyo injirta.



Sawirka 1aad Xiro gacmo gashi haddii aad faraha injirta timaha gasho.

1. Qoy timaha ilmahaaga
2. Isticmaal shanlo caaradkeedu dhuuban yahay (shanlada injirta ama ukumaha) oo ku shanlee timaha ilmahaaga qayb yar-yar.
3. Kadib shanlee qayb kasta, ku masax shanlada shukumaan qoyan. Si taxadar leh u eeg maqaarka madaxa, shanlada, iyo shukumaanka qoyan.
4. Ku celi talaabooyinka 2 iyo 3 ilaa aad dhamayso shanlaynta dhammaan timaha ilmahaaga.

Nadiifinta Guriga

Nadiifi wixii alaab ah oo ilmuu isticmaalay 2 maalmood ka hor intaan la helin injirta madaxa. Nadiifi 2 ilaa 3 maalmoodba mar kadib markaad bilowdo daaweynta ilaa injirta laga waayo.

- Alaabaha mishiinka ku dhaq biyo kulul iyo saabuun. Ku qalaji mishiinka qalajiyaha iyadoo lagu dejinayo heerkulka kulul ugu yaraan 20 daqiiqo. Nadiifi alaabtan ilmahaaga isticmaalay:
 - Dharka (oo ay ku jiraan koofiyadaha iyo jaakadaha) — Go'aasha sariirta
 - Alaabta timaha oo dhar ah (scrunchies, xadhkaha timaha, bandana, marooyinka) — Bustayaasha
 - Tuwaalada iyo dhar dhaqaha — Boorsooyinka jiifka
- Ku qooy shanlooyinka, burushyada, alaabta caaga ee timaha (bandigaha, clips-ka), iyo koofiyadaha mid ka mid ah kuwa soo socda:
 - Biyo kulul oo ka badan 130° Fahrenheit (F) ama 54.4° Celsius (C) 10 daqiiqo.
 - Nix[®] Crème Biyo iska raaci muddo 1 saac ah kadib.
 - Aalkolo ku xoq muddo 1 saac ah. Kadib, ku dhaq alaabta biyo kulul iyo saabuun.
- Feereey dhammaan roogagga iyo fadhiyada, oo ay ku jiraan barkimooyinka, fadhiga, iyo sariiraha.
- **Ha isticmaalin cayayaandileyaal ama ha kiraysan shirkad xakamaysa cayayaanka si aad gurigaaga u daweyso.** Looma baahna. Kiimikooyinka xooggan waxay dhaawici karaan ilmahaaga.
- Alaabaha aan lagu dhaqi karin mishiinka, u gee kuwa qallajiya ama geli bac caag ah oo si adag u xidhan muddo 3 maalmood ah. Wax injir ama ukun ah oo ku jira alaabtan waxay ku dhiman doonaan 2 maalmood gudahood. **Waligaa ha gelin bac caag ah madaxa ilmaha.**

Ka Hortagga

- Ha wadaagin barkimooyinka, shanlooyinka, tuwaalada, burushyada, koofiyadaha, funaanadaha hoodie, timo-gashiyada, marooyinka, alaabta timaha (xadhkaha timaha, scrunchies, clips-ka, bandigaha), koofiyadaha difaaca, ama headphones-ka.
- Si joogto ah u hubi timaha ilmahaaga inta lagu jiro sannadka iskuulka. Hubi marar badan haddii dillaaca injirta uu ka jiro iskuulka.

Goorta Loo Wacayo Dhakhtarka

Wac dhakhtarka ilmahaaga ama bixiyaha daryeelka caafimaadka haddii ay leeyihiin:

- Qandho ka badan 100.4 °F (38 °C).
- Lagu dawweeyay, laakiin injirta wali ay ku nooshahay.
- Nabaro furan, soo baxaya ama qolof madaxa ka soo baxaysa
- Qanjirrada oo bararsan oo ku yaalla qoortooda.