



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

Helping Hand™

Health Education for Patients and Families

Mataga Vomiting (Somali)

Mataga (diliqa) ayaa inta badan sababo fayraska ama jirada caloosha. Jirooyinka halista ah qaarkood ayaa sidoo kale sababi karo matag. Mataga waxaa sababo fayraska caadi ahaan kaliya socdo dhoor maalmood. Waxaa badanaa lagu daaweyn karaa guriga.

Halista ugu weyn ee ka imaaneyso mataga waa fuuqbax. Tan ayaa la micna ah in canugaaga uu lumiyo dhacaan badan oo uusan haysan dareeraha birta (cusbada) ku jirto jirkooda si ay ugu shaqeeyso qaabka ku haboon. Aad ayay muhiim ugu tahay canugaaga inuu cabo dareere badan si looga hortago fuuqbaxa.

Haku seexin ilmahaaga calooshooda si ay u seexdaan markii ay matagaan kadib.

Wuxuu weli jifka badqabkooda ku jiraa dhabarkooda. Socod baradka ayaa ku seexan karo dhinacooda ama caloosha oo madaxooda wareegsan.

Dareeraha Aad Siin Kartid

- Carruurta waaweyn si fiican ayay ugu shaqeysaa biyaha ama dareeraha cad si looga hortago fuuqbaxa. Dareeraha cad ee ay ku jiraan liimada, juusaska miraha oo aanan la shiidin (miraha karenberiga, tufaaxa shiidan, ama juuska tufaaca), iyo jalaatada ulaha. Jalaatooyinka ullaha waa inaysan lahaan kareem, dulsaarid macmacaan, yoogad, ama gabalo miro ah.
- Canugaaga ayaa u baahan karo inuu cabo biyaha fuuq soo celinta afka (ORS) sida Pedialyte®. ORS ayaa ka caawiso badelida dareeraha birta iyo dhacaanada uu canugaaga u baahanyahay.
 - Waxaad ka iibsan 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 inaan loo siin sida dareeraha kaliya in ka badan 6 saacadood.
- Ha isticmaalin cabitaanada isboortiga iyo daaweynta guriga badelkii ORS.

Dareeraha Da'aha Kala duwan	
Carruurta ka yar 1 sanno da'da ah:	
• ORS • Caanaha naasaha ama caanaha gasaca isugu qas qaabka caadiga ah haddii ay cabi karaan. • 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.	• Ha siin biyo aan ka aheyn markii aad u isticmaashid inaad ku sameysid caanaha gasaca.
Carruurta ka weyn 1 sanno jirka (sida la midka ah kuwa kore iyo):	
• Biyaha • Gabalada midabada kala duwan	• Dareeraha cad • Caanaha, haddii u adkeysto • Jalaatooyinka ulaha ee laga sameeyay ORS

Sida loo Siiyo Dareero

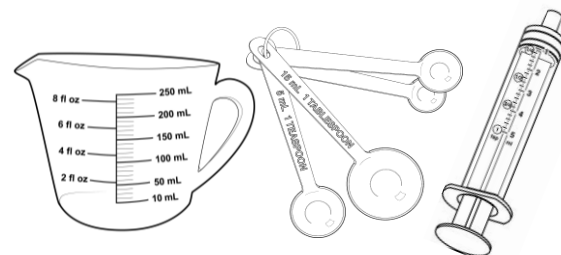
Markii canugaaga uu matagayo:

- Sii dareere cad kadib markii canugaaga uusan matagin 30 illaa 60 daqiiqo. Tan waxay siisaa waqtiga caloosha ee lagu nasanayo.
- Naasnuujinta waa inaan la joojin. Isku day inaad xanaaneyso ilmahaaga inta badan.
- Haddii loo baahdo, waad joojin kartaa siinta caanaha gasaca haddii aad siineysid ORS. Isku day inaad dib u bilowdid caanaha gasaca sida ugu dhaqsiiha badan ee suurtoogalka ah.
- U bilow si tartiib ah (Sawirka 1). Sii kabasho yar oo dareerayaal inta badan. Tan ayaa yareyn karto matagida.
 - **Wixii carruurta ka hooseeyo 1 sanno jirka:** isticmaal qaado ama saliingo si aad ugu siisid 1 illaa 2 qaadada shaaha dhoor daqiiqad ee walba (5 illaa 10 mL).
 - **Wixii ka weyn 1 sanno jirka:** sii ½ illaa 1 waqiyad (1 illaa 2 qaadada shaaha ama 15 illaa 30 mL) 20 daqiiqo ee walba oo dhoorkii saacad ee walba.
- Markii canugaaga cabi karo isagoon matagin, si tartiib ah, u kordhi cadadka. Haddii ay weli matagayaan, sug 30 illaa 60 daqiiqo, oo bilow markale.
- Haku qasbin canugaaga inuu cabo ama ha u kicin inay cabaan haddii ay jiifaan.

- Ha siin nooc walba oo caano ah ama cabitaanada yoogadka illaa mataga uu ka joogsado 8 saacadood.

Cadadka Dareeraha la Siinayo si looga Hortago Fuuqbaxa

Isticmaal jadwalka hoose si aad u ogaatid inta dareere ee canugaaga u baahanyahay saacad walba si looga hortago fuuq-baxa. Sii dareeraha ku qoran da'dooda. Cabir cadadka la siiyay si aad u ogaatid goorta ay buuxiyeen yoolkooda.



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

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 matag, shuban, ama qandha ay jirto.

Cuntooyinka Adag

- Markii carruurta ay matagayaan, caadi ahaan ma dareemaan inay cunnaan cuntada adag. Ma dhibaateyneyso iyaga inay seegaan dhoor cuntooyin haddiiba ay cabi karaan dareere ku fillan.
- Kadib qiyaastii 6 illaa 8 saacadood ee siinta dareeraha cad oo canugaaga uusan markale matageynin, isku day inaad u bilowdid cunista cuntada qaar. Cuntooyinka buddada, la shiiday like sida badarka, buskudyada, bariiska, ama rootiga ayaa u fudud inay shiidmaan. Ka fogow cuntooyinka ku badan sonkorta iyo dufanta, cuntooyinka la shiilay. Ha siin cuntooyinka midab gaduudan ee uga dhex muuqan karo mataga sida dhiiga.

Waxyaabaha Kale ee La ogaado

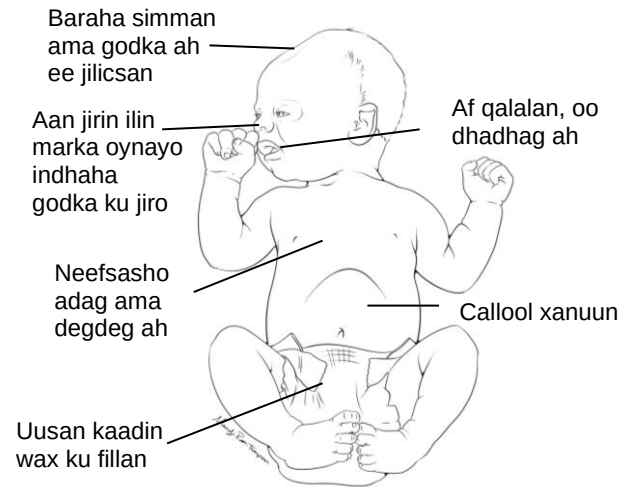
Daawada: Daawooyinka qaar ee loo isticmaalo mataga ee carruurta waaweyn ama dadka waaweyn aad ayay halis ugu tahay carruurta yaryar. **DIGNIIN:** Ha siin canugaaga wax daawo ah illaa dhaqtarkooda ama daryeel bixiyaha caafimaadka kuu sheego inay badqab u tahay iyaga.

Hurdada: Waa muhiim in canugaaga helo nasiinyo badan. Hurdada ayaa ka caawiso in caloosha dhameystirto dheefshiidka cuntooyin walba ee ku jirta. Waxay dajin kartaa mataga canugaaga.

Ka hortagida Faafida Caabuqa

Waad ku caawin kartaa joojinta faafida fayrasyada iyo illaalinta 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.
- 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 inta badan jeermisdilayaasha ama istiraashooyinka alkulada. Sug inuu qallalo mudo ah 15 sekan.
- Isticmaal istiraasho nadiif ah ama dhar dhaqan oo badelka xafaayad walba. Geli xafaayada la isticmaalay weelka xafaayada ama qashin qubka islamarkiiba.



Goormee la Wacayaa Dhaqtarka

Soo wac dhaqtarka canugaaga ama daryeel bixiyaha caafimaadka haddii aad u maleysay inay ka sii darayaan, oo aanan ku soo roonaan 24 saacadood gudahood, uusan naaska nuugeynin ama muujin walba oo aastaamahaan ah:

Sawirka 2 Aastaamaha fuuqbaxa.

- Matagida ayaa ka sii darta ama badanaa aad u dhacdo. Mataga waa cagaar cad ama wuxuu leeyahay dhiig ama baro madow ee u eg inuu ku jiro kafee shiidan.
- Canugaaga hadduu muujiyo aastaamaha inuu qalalay (fuuqbaxay) (Sawirka 2).
 - Kaadiyo kaadi madoow ah.
 - Uusan kaadin (kaadinta).
 - Dhallaanka cusub (0 illaa 4 bilood oo da'da ah) wuxuu leeyahay wax ka yar 6 xafaayad oo qoyan maalintiiba.
 - Aan ilin ka imaanaynin markuu oynayo.
 - Canuga (4 bilood ama ka weyn) wuxuu leeyahay wax ka yar 3 xafaayad qoyan maalintii ama kaadiyaa wax ka yar 3 jeer maalintiiba.
 - Indho u eg inay god ku jiraan.
 - Baraha jilicsan ee madaxa ilmaha wuu simmanyahay, god ah, ama gudaha usoo jiido.
 - Callool xanuunka aanan dhammaaneyn.
 - Neefsasho adag ama degdeg ah.
 - Af qalalan ama dhagdhag ah.
 - Ku adag kacitaanka (itaal daran), u dhaqmaa mid jahwareersan ama uusan garaneyn waxa ay sameynayaan.
- 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 – La daaweeyay si loo xakameeyo qandhada, laakiin aysan shaqeyn
Da' Walba – uu Qabo Qandho iyo:	
– U muuqdo mid aad u jiran, aad u ooya, ama aad u dawaqsan.	– Haddii ilmuhu qabo nabaro aan caadi ahayn.
– Qabo qoor adag, madax xanuun xun, ama dhuun xanuun daran.	– 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.