



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

Helping Hand™

Health Education for Patients and Families

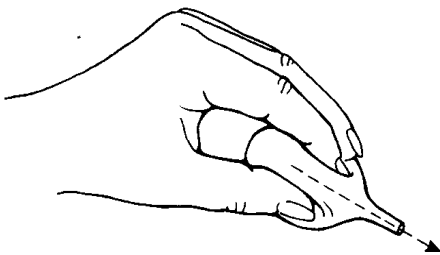
Ku nuugista sankka Caag yar oo la buufiyo soona jiida xabka

Suctioning the Nose with a Bulb Syringe (Somali)

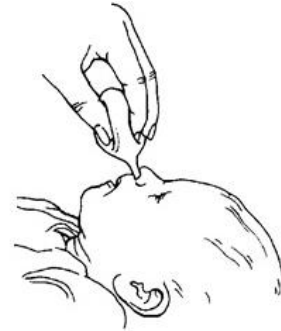
Waa wax iska caadi ah in sankka ilmuhu caburmo (duuf xiro) hadba muddo kadib. Marka arrintaan dhacdo, waxaad isticmaali kartaa milix sankka lagu dhibciyo oo khafiifisa xabka kadibna sankka laga soo nuugo ayadoo la isticmaalaayo caaga buufiska ee wax lagu soo nuugo. Nuugida xabka sankka waxay ka caawinaysaa ilmaha inay si sahlan u neefsadaan, wax u quutaan, waxna u cunaan. Samee arrintaan kahor inta aadan quudin, laakiin kaliya samee haddii uu u muuqdo ilmuhu inuu cabursan yahaya.

Waxaad u baahaneysaa

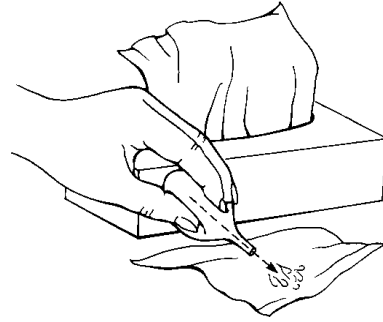
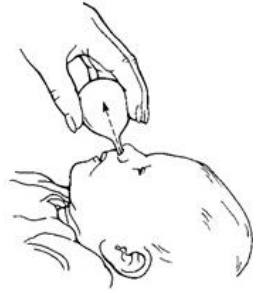
- caaga sankka xabka looga soo saaro
- xaashiyo jilicsan
- malix ama goojooyin lagu soo qoray
- waa ikhtiyaar- buste jilicsan ood ku duubto



1. Si aad u isticmaasho caaga sankka xabka looga soo saaro, tuuji si aad hawada oga saarto caaga. Joogtee inaad tuujiso caaga.



2. Si degan caaga oo aad tuujisay u geli sankka.



3. Si daa caaga si uu u buufsamo una gasho hawo. Caagu wuxuu ka dhuuqayaa duufka sanku kuna shubo caaga gudahiisa.
4. Ku shub xabka xaashida ood tuujinaaya caaga xabka aad kusoo nuugtay.
5. Isla sida aad ku sameysay qaybtaan ku samee qaybta kale ee sanku.
6. Haddii duufku aad u adag yahay oo aan la soo nuugi karin, waad khafiifin kartaa adoo adeegsanaaya milix ama goojooyinka neefta ee lagu soo qoray (akhri tilmaamaha hoose ku qoran).
7. Si degan u tirtir xabku kuyaala aagaga sanku ilmaha adoo adeegsanaaya xaashiyoooyinka si ilmuhu u qaadin xasaasiyad.
8. Ku koob nuugida duufku sanku tiro aan ka badneyn 4 jeer maalin kasta si aad ilmaha oga ilaaliso inuu qaado xasaasiyada sanku.

Kadib marka aad soo nuugto duufka

Ku dhaq caaga duuf biyo diiran, oo leh saabuun mar walba ood isticmaasho. Ku buufi biyaha saabuunta leh gudaha caaga kadibna rux si ay duufka meesha oga nadiifiyaan. Markaas kadib, Tuuji si biyuhu usoo baxaan. Ku celceli tallaabadaan marar badan. Biyo raaci caaga duufka marar badan adoo isticmaalaya biyo nadiif ah, markaas kadibna biyaha ka tuuji.

Goojooyinka sanku ee Milixda ka sameysan

Goojooyinka sanku ee milixda ka sameysan waxaa laga soo gadan karaa koontarada, farmashiyaasha ama bakhaarada raashinka, ama waxaad ku sameyn kartaa guriga. Si aad u sameyso goojada sanku ee milixda ah, waxaad u baahan doontaa:

- 1 koob oo biyo diiran ah
- cusbada nooca cuntada lagu darsado
- qaadada jikada ee wax lagu cabiro
- weel nadiif ah oo leh dabool

1. Weelka ku shub 1-koob oo biyo diiran ah (oo aan kululeyn)
2. Ku dar $\frac{1}{4}$ -qaado oo cusbo ah. Walaaq si ay isku dhexgalaan.
3. Qas mid cusub mar walba.

Sida goojada sanko loogu shubo sanko ilmaha

1. Ilmaha u seexi dhabar-dhabar.
2. Ku dhibci 3 illaa 4 gooyo halkii qayb ee sanko adoo adeegsanaaya aalada sanko goojada lagula dhibciyo (Sawirka 1). Goojada sanko waxay cunugaaga ku sababi kartaa inuu hindhiso.
3. Kadib marka aad goojada sanko siiso, gadaal u hay madaxa ilmaha muddo daqiiqad ah. Arrintaan waxay milixda ka caawinaysaa inay hesho waqti ay duufka ku jilciso. Markaas kadib, u tuuji caaga xabka lagusoo nuugo adoo raacaya sida ma muuqata Bogga 1.
4. Dhaq aalada goojada, weelka, caaga duufka lagusoo nuugo mar walba ood isticmaasho. Iska tuur milix kasta oo aan la isticmaalin.
5. Ha isticmaalin daawooyin kale oo ah gooyooyinka sanko illaa unuu kusoo qoro maahee dhakhtar.



Sawirka 1 Ku dhibci goojada sanko ee milixda ah sanko cunuga.

Taxadarka: Xasuusnoow inaad isticmaasho gooyooyinka milixda ah aadna sanko duufka kasoo nuugto kahor inta aadan ilmaha quudin. Haddii aad sameyso kadib marka aad quudiso, duufka nuugidu waxay sababi kartaa matag (lalabo).

Haddii aad qabto wax su'aalo ah, hubi inaad waydiiso dhakhtarka cunugaaga.