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

Helping Hand™ *Health Education for Patients and Families*

Kahortaga Gubashada: Dhalinta iyo Dadka waaweyn

Burn Prevention: Teens and Adults (Somali)

Dhaawacyada gubashadu waxay noqon kara kuwo khatar u leh da' kasta. Dhalinta iyo dadka waaweyni waxay khatar ugu jiraan noocyada kala duwan ee dhaawacyada gubashada. Hoos waxa ku qoran qaar ka mid ah sababaha badanaa keena gubashada. Kuwani waxay dhalinta iyo dadka waaweyn ka caawin doontaa qaadista tallaabooyinka ay iskaga ilaalinaya gubashada halista ah.

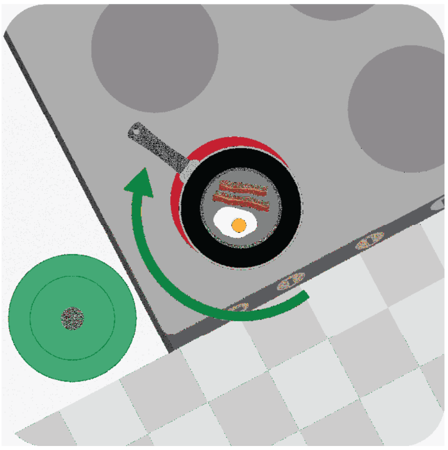
Haddii aad gubato, biyo qaboow ku shub meesha gubatay muddo 20 daqiiqo ah. Ha isticmaalin baraf ama biyo baraf ah meesha gubatay.

Digniinta Internetka iyo Baraha Bulshada

Had iyo jeer la soco waxa ilmahaagu ka daawanayo ama ka akhrisanayo internetka. Internetka waxa ku jira muuqaalo iyo "jaalanjyo/carin" tiro badan. Kuwan waxa ka mid ka noqon kara kuwo khuseeya isticmaalka dab. Ha ka qaybqaadan muuqaladaas ama jaalanjiyadaas. Waxay keeni karaan khatar halis ah.

Biyaha Kulul Waxyba Gubaan

- Geey heerkulka taaangigaaga biyaha kulul wax ka **hooseeyo** 120° Faarahayt (F) ama 48.9° Selshiyas (C).
- Daar oo fur biyaha qaboow marka hore dabadeedna ku xeji kuwa kulul.



Illaha sawirka: Maamulka Dabka ee Maraykanka

Sawirka 1 gacanka ama siddayaasha dheriga iyo digsiyadu aad bay u kululaan karaan.

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Sii Socda…

Shilalka Kijada ama Cunto Karinta

- Marnaba shooladda cuntada ha u adeegsan inaad guriga ku kululeysato.
- Aag badbaado oo 3 fiid ah u jirso shooladda markaad isticmaalayso.
- Ku aadi gacanka dheriga iyo digsiyada dhanka gadaasha ee shooladda. Inaad si degeg ah u qabsato waxay keeni kartaa inaad gacanta ka gubato, ama inaad sii dayso dheriga ama digsiga kulul.
- Ha xiran dhir debecsan markaad wax karineyso.
- Nadiifi xaydha ama salliida daata isla markiiba si aad uga hortagto siibashada.
- Ka foogjignoow qasacadaha maraqa shooladda degdeg loogu kululeeyo. Way qallabmi karaan oo daadan karaan.
- Laab oo marin ka du' dhammaan xarkaha qalabka.
- Isticmaal gacmo-gashiga foornooyinka markaad shooladda cunto ka soo saareyso. Haddii aad isticmaasho daboool, weel si badqabta oo tartiiba ah ugu qaad. Uumiga daboolka ku hoos jira gubasho ayuu keeni karaa.
- Baaquliyada/jabcadaha ama weelka cuntadu ku jirto kala-bar ahaan buuxi markaad shooladda ku rideyso. Cuntada ama dareeruhu intay daataan ayay gubasho keeni karaan.
- Ololka saliidda la shiilayo ka dhasha ku dami daboolka digsiga ama daawaha. **Dabka biyo ha ku damin.** Digsiga gubanaya guriga dibaddiisa ha ula bixin.

Olol

- Ku hayso alaarmiga qiiqa oo shaqeynayo qol kasta oo gurigaaga ka mid ah. Beddel baytariyada 6-dii biloodba mar. Haddii alaamigaaga qiiqu ka weyn yahay 10 sannadood jir, ku soo beddelo kuwo cusub.
- Soo dhaweyso haanta dab-damiska markasta oo aad wax shiileyso ama dubays, aad meel dab u dhawdahay iyo markaad jikada kujirto.
- Marna dareeraha qarraxadaha/leetarta ha ku shubin dab baxaya ama dhuxul kulul. U bannee aag badbaado 3 fiid ah meelaha wax lagu dubo iyo goobta lagu shido.
- Isticmaal markaad wax dubayso weel gacan dheer iyo galoofyada foornooyinka.
- Shamacyada daaran ka 12 inji wax kasta oo guban kara, sida daahyada, buugaagta, sariiraha, maryaha, iyo waraaqaha.

Korontada

- Ha fuulin taawarada ama dhirta u dhow xarkaha korontada ama qotimada xarkaha korantada.
- Ha taaban xarig koronto oo soo dhacay.

Sigaar cabida

- Markana sigaar ha ku ag cabbin ogsajiinta caafimaadka.
- Sigaar, leetarta/qarraxadda, iyo kibriidka ku qafil khaanad meelsare ku taalla.
- Ha cabbin sigaar haddii aad luleysan tahay ama aad khamro cabbeysay.

Tallooyinka Kale

- Gubashada qorraxdu keento waxay badanaa dhacdaa inta u dhexeysa 10-ka subaxnimo iyo 2-da duhurnimo. Isticmaal kiriimka qorraxda laga marsado oo leh ka hortagga shucaaca qorraxda (SPF) 30 ka sarreeya ka hor inta aadan dibadda u bixin. Dib u marso kiriimka qorraxda haddii aad maqaarkaagu qoyo markaad dabaalanayso.
- Maalmaha daruurtu jirto weli qorrax gubasho way kugu dhici kartaa. Waxay sidoo kale qorraxdu ku gubi kartaa adigoo har/hoos ku jira haddii shucaaca qorraxda ay biyo meel fadhiya kugu soo celiyaan.