



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

Helping Hand™

Health Education for Patients and Families

Daryeelka Guud ee Indhaha iyo Badqabka Carruurta General Eye Care and Safety for Children (Somali)

Dhamaan caruurta waa in indhahooda uu fiiriyo dhakhtar indho marka ay gaaraan 4 sano. Hase yeeshee, haddii cunugaagu qabo wax astaamo ah oo la xariira dhibaatooyinka indhaha, waa inay la kulmaan dhakhtar isla markiiba. Haddii aan la daryeelin inta ay yar yihiin, waxay la kulmi karaan dhibaatooyinka araga ee muddads dheer.

Astaamaha dhibaatooyinka aragtida

Ilmaha yaryar:

- ee ruxa ama warwareejiya indhaha
- ee ay indhuhu noqdaan weershaham, midba gees fiiriyo, ama u muuqda inay kala jeedaa. Oo aan joojin kahor inta ay gaarayaan 3 billood
- ee indhahoodu isbadelaan, ama yeesha wax ilmaha kale aan lagu arkin, midab cassaan/oraji ah
- ee ku dhaygaga layrarka
- ee aan fiirin karin boonbilayaasha iftiinka ah ama wajiyada marka uu gaaro 3 billood

Dhammaan carruurta:

- xira ama daboola indhaha
- uu ku dhaco madax wareer ama daal kadib marka ku ciyaaraan waxyaabo u dhaw
- yeesha indho gubasho ama cuncun
- noqda weershaha, indhoolayaasha, ama xoqa indhahooda inta badan

- indhahoodu yeeshaan casaan ama dheecaan saa'id ah
- indhaha ku yeesha caad ku yaala xagga hore ee isha ama gudaha isha
- badanaa indhuhu cassaadaan ayadoon la aqoon waxa sababay
- baalasha indhahoodu isku dhegaan marka ay hurdada kasoo kacaan ama xab uu ka saarmo indhaha ama baalasha indhaha
- madax u leexiyo gees-gees, hoos, ama gees marka ay fiirinayaan shey
- indhaha ku yeesha nabaro (yar, finanka xanuunka badan oo kasoo baxa daboolka isha) badanaa

Tilmaamaha Badqaba Indhaha

- ilmaha ka ilaali alaabaha iyo boonbilayaasha afka leh, ama jabay
- yaysan ku ciyaarin meelaha u dhaw meesha uu yaalo qalabka cawska lagu jaro iyo waxyaabaha baaruuda leh ee qarxa
- ilmaha ka ilaali kiimikooyinka, waxyaabaha la isku buufin karo, oo ku quful ama dhig meel aysan gaarin ilmaha waxyaabaha lagu dhaqo alaabaha guriga/dharka
- u xir ookiyaalayaasha ciyaaraha iyo ookiyaalayaasha qoraxda
- ilmaha ka ilaali hubka boonbilaha ah, baaruuda, NERF®, qoryaha ilmuhu ku ciyaaraan