

Naasnuujinta inta la Qabo cudurka COVID-19

Waxaad samayn kartaa oo lagugu dhiirrigelinayaa in aad weli naasnuujiso dhallaankaaga, xataa haddii aad qabto cudurka COVID-19.

Waqtigen hadda la joogo, lama hayo xog muujinaysa in cudurka COVID lagu gudbin karo mandheerta ama caanaha naaska/laabta.

- Caanaha aadamaha ayaa aad loogu talinayaa dhallaanka. Waxaa ku jira unugyada difaaca jirka oo hubiya in ilmaha dhallaanka ahi uu caafimaad qabo, koro, waxayna isaga ka ilaaliyaan in uu bukoodo waxayna ka badbaadiyaan:
 - Shubanka iyo caloosha kacsan
 - Neefsashada dadaalka badan
 - Caabuqyada
 - Cudurka dhimashada kadiska ah ee sabiga (sudden infant death syndrome) (SIDS)
- Naasnuujintu waxay siyaado iskugu xirtaa waalidka iyo dhallaanka, waxay caawisaa ka bogsashada dhalmada, waxay yaraysaa cudurrada niyadda ee dhalmada ka dib, waxayna soo furtaa maaddada oxytocin oo abaabusha isku xirnaanta iyo soo saarista caanaha.

Waa kuwan tallaabooyin ka hortag u ah badbaadada si aad ilmahaaga dhallaanka ah nabadda ugu ilaaliso waqtiga aad naasnuujinayso ama caanaha qasaaca ku cuntaysiinayso ilmahaaga dhallaanka ah aanad caanaha soo jiidayso.



GACMAHA DHAQ

Gacmahaaga dhaq ka hor iyo ka dib marka aad taabato dhallaanka iyo naaskaaga/laabtaada.



SIFEE

Si caadi ah jeermiska uga tir sagxadaha ama meelaha wax la saaro.



MAASKARO XIRO

Maaskaro xiro waqtiyada cuntaysiinta (tallaabo taxaddar ah oo muhiim ah haddii la qabo cudurka COVID-19).



JEERMISKA TIR

Mar kaste nadiifi oo jeermiska ka tir dhammaan shayada la istimaalo: dhalooyinka, qaaddooyinka caanaha qasaaca, caarooyinka dhalooyinka.

Inta aad caanaha soo jiidayso

(MAASKARO XIRO HADDII AAD QABTO CUDURKA COVID-19 DHAMMAAN INTA AAD CAANAHA SOO JIIDAYSO):

- 1 Gacmahaaga dhaq
- 2 Qalabkaaga soo jiidista caanaha iyo qaybaha qalabka soo jiidista nadiifi ka hor mar kastoo aad isticmaasho
- 3 Mar kale gacmahaaga dhaq ka hor inta aadan bilaabin soo jiidista caanaha
- 4 Sida caadiga kuu ah u soo jiid oo u kaydi caanahaaga
- 5 Nadiifi qalabka soo jiidista caanaha iyo qaybaha qalabka soo jiidista
- 6 Gacmahaaga dhaq

Taageero ka Hel Naasnuujinta

Waxay tani kuu sii suurtoogelinaysaa in aad ku guulaysato naasnuujinta ilmahaaga dhallaanka ah - xataa marka cudurka lagaa waayo.

Booqo bartayada internetka si aad u hesho ilaha caanaynta dalwaddii ah ama kumbiyuutar.

[TheMaternalCoalition.org](https://www.thematernalcoalition.org)

