

## SAMEYNTA GO'AANKA LA SOOGUDBIYAY

### Caanaha Caruurta: Waxa aad Rabtid Inaad Ogaatid

World Health Organization (Ururka Caafimaadka Aduunka), Caafimaadka Canada, Cuntada Canada iyo Bulshada Canada ee Canadianka waxay ku talinayaan in carruurta la siiyo caanaha naaska kaliya 6da bilood ee ugu horeeya waxayna sii wadaan quudinta caanaha ilaa laba sano iyo kabadan, iyada oo lagu darayo cuntooyinka adag.

Qoysaska waxay caanaha u isticmaali karaan siyaabo kaladuwan. Haddii aad ku fakarayso inaad cunugaaga quudiso caanaha, kala hadal adeeg bixiyahaaga caafimaadka ama kalkaalisada caafimaadka dadwaynaha. Halkan waxaa kahelaysaa waxyaabo qaar ay tahay in la tixgeliyo.

#### HALISAHA MACQUULKA AH EE QUUDINTA CARUURTA

##### Marka caruurta aysan cabin caanaha, waxay lakulmayaan halis ah:

- Infalshanka dhagta.
- Cudurada sanbabada iyo neefsashada.
- Infakshanka shubanka.
- Sudden Infant Death Syndrome (SIDS, Cudurka Caruurta u keena Dhimashada Degdega ah ee loo yaqaano Syndrome).
- Culayska oo bata iyo walaaca.
- Sonkoroowga Nooca 2.

##### Marka hooyooyinka aysan caanaha naaska siinin caruurtooda, hooyooyinka waxay leeyihiin khatar sare:

- Sida inay isku arkaan dhiig aan caadiyan ahayn kadib haysashada cunuga.
- Sonkoroowga Nooca 2.
- kansarka naasaha iyo ugxaanta.

##### Marka caruurta aysan cabin caanaha naaska, waxay ku xanuun sadaan:

- Biyaha wasakhda leh.
- Ciladaha caanaha lasoo sajal gareeyay.
- Qaladaadka Diyaarinta caanaha.
- Caanaha aan sida habboon loo kaydin.
- Isticmaalka waxyaabaha aan ahayn caanaha (Tusaale ahaan caanaha la fariisay).

Haddii aad cunugaaga siisid caano tixgalin kusamee waxyaabahaan soosocda:

- Sidee ayaad dareemaysaa inaad ogtahay khatarta ay leeyihiin caanaha hadda uu cunugaaga?
- Ma diyaarin kartaa ama ma si badqab ah ma u quudin kartaa caanaha cunugaaga?
- Ma fahan santahay qiimaha caanaha?
- Ma ogtahay in caanaha loo baahan yahay inta lagu jiro 9 illaa 12 bilood?

Haddii aad rabtid macluumaad dheeraad ah oo kusaabsan quudinta caanaha, laxariir qaybta caafimaadka dadwaynaha ama daryeelahaaga caafimaadka.

Xaashida aad kahelaysa [tilmaanta dheeraadka ah iyo muuqaalada](#) ayaa diyaar ah si ay kaaga caawiyaan inaad kusameenayso tixgalin ama aad isticmaalayso caanaha cunuga.

### Muuqaalka: Caanaha Caruurta: Waxa aad Rabtid Inaad Ogaatid

#### Xaashida Tilmaanta

**Xaashida Tilmaanta #1** – [Sameynta Go'aanka La soogudbiyay](#)

**Xaashida Tilmaanta #2** – [Sida la iskugu diyaari sameynta Caanaha](#)

**Xaashida Tilmaanta #3** – [Sida loo Diyaariyo Caanaha U diyaarsan Inay Quutaan caruurta Caafimaadka Leh](#)

**Xaashida Tilmaanta #4** – [Sida loo Diyaariyo Caanaha sajalka gareesan ee caruurta Caafimaadka Leh](#)

**Xaashida Tilmaanta #5** – [Sida loo Diyaariyo Caanaha buddada ah ee caruurta caafimaadka leh](#)

**Xaashida Tilmaanta #6** – [Sida Masaasada loogu Quudiyo Ilmahaaga Loona Qaado Caanaha](#)



Macluumaadka kusaabsan sida iyo goorta aad quudinayso cunugaaga kafiiri:

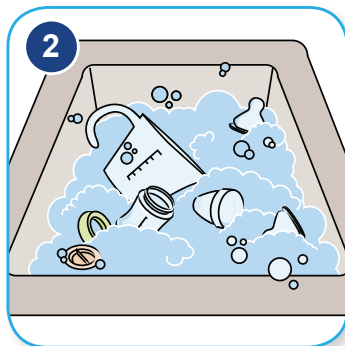
#### • **Caanaha Caruurta: Waxa aad Rabtid Inaad Ogaatid**

## Sida la iskugu diyaari sameynta Caanaha

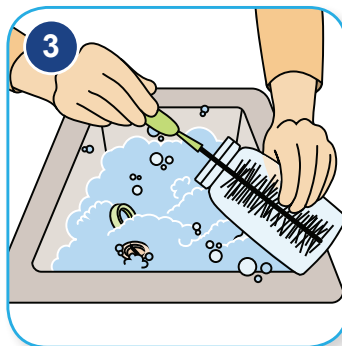
Wixii macluumaad ah oo kusaabsan qaadashada go'aan faahfaahsan oo ku adaan sida aad u quudin karto cunugaaga kala hadal daryeel bixiyahaaga caafimaadka ama kalkaalisada caafimaadka dadweynaha. Kafiiri Xaashida Tilmaanta #1 wixii kusaabsan macluumaadka muhiimka ah.



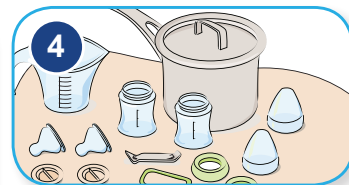
Dhaq gacmahaaga kuna dhaq saabuun iyo biyo.



Dhaq dhamaan masaasadaha, furarka, daboolada, caagaga, xajiyaha, Koobka wax lagu cabiro, kan lagu guro qasaca, dhamaan weelasha iyo qalabka qasacadaha kujira kuna dhaq biyo kulul saabuun oo nadiif ah.



Isticmaal buraash masaasada nadiifka ah si aad ugu xoqdo gudaha iyo dibadda dhalooyinka iyo ibta.



Biyo nadiif ah ku biyo raaci. Biyahaas waa amaan isla marka la nadiifiyo:

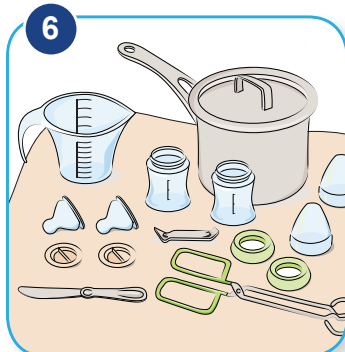
- Biyaha tuubada degmada.
- Biyaha kujira dhalooyinka lagado (marka laga reebo cabitaanada, kuwa lamiiray ama biyaja leh macdanta).
- Biyaha haraha oo si joogto ah loo tijaabiyo.

Markasta waa in la isticmaalo biyo badqab leh si loogu diyaariyo caanaha waana in la isticmaalo qalabka wax nadiifiya. Sii hawo dhalooyinka iyo qalabka quudinta si ay u qalalaan kuna nadiifi shukumaan.



Si aad u nadiifiso qalabka, buuxi digsiga weyn oo biyo ah kuna dar dhamaan qalabka quudinta ilaa ay buuxsamaan.

Kusoo qaad biyaha digsi si aad ugu kululaysid muddo 2 daqiiqo ah.



Isticmaal qalabka wax lagu qabto oo nadiif ah si aad ugu qaadid masaasada iyo qalabka quudinta marka aad kasoo bixinaysid biyaha.

Sii hawo qalabka si ay u qalalaan kuna nadiifi shukumaan nadiif ah. Hada waa diyaar si loo isticmaalo.



### Dhowrista biyaha

Kudar biyo waxaad u isticmaali doontaa si aad ugu sameysid caanaha digsiga.

Keen biyaha si aad u kululaysid muddo 2 daqiiqana kululee.



### Kaydinta Biyaha La nadiifiyay

Biyaha la nadiifiyay ee dheeraadka ah waxaa lagu hayn karaa nadiifiyaha, Si adag u xir koobka koonteenarka muddo 24 saacadood ah oo ah heerkulka guriga ama 2-3 bari kuhay furinjyeeerka.



Macluumaad dheeraad ah kafiiri, **Caanaha Caruurta: Waxa aad rabtid inaad ogaatid** kafiiri bogga 6-9:

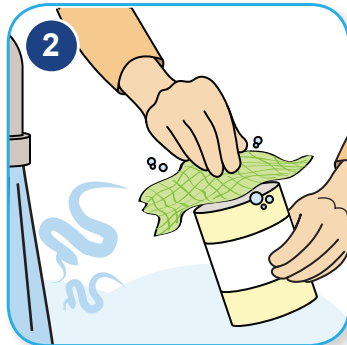
- Sida loo nadiifiyo loona diyaariyo masaasada quudinta iyo qalabka.
- Sida loo la nadiifiyo biyaha.
- Sida loo hubiyo inaad isticmaalayso biyo badqab leh.

Caanaha diyaarsan waxay leeyihiin caafimaad waana caamaha ugu badqabka wanaagsan. Wixii macluumaad ah oo kusaabsan qaadashada go'aan faahfaahsan oo ku adaan sida aad u quudin karto cunugaaga kala hadal daryeel bixiyahaaga caafimaadka ama kalkaalisada caafimaadka dadweynaha. Kafiiri Xaashida Tilmaanta #1 wixii kusaabsan macluumaadka muhiimka ah.



1 Dhaq gacmahaaga kuna dhac saabuun iyo biyo.

Diyaarso dhamaan qalabka quudida (Fiiri Xaashida Tilmaanta #2).



2 Dhaq caaga korkiisa ama koonteenarka caaga ah ee caanaha adoo ku dhaqaya biyo kulul iyo saabuun.

Kafiiri caaga waqtiga ugu danbeeya ee la isticmaali karo.

Urux caaga si wanaagsan kuna fur caaga lagu furo ee nadiifka ah.



3 Si toos ah ugu shub caanaha dhalo nadiif ah oo la diyaariyay.

Caanaha diyaarka ah haku darin biyo.



4 Kor u qaad cirbada, caaga yo daboolka adoo ka qaadaaya qalab nadiif ah kadibna gali masaasada.

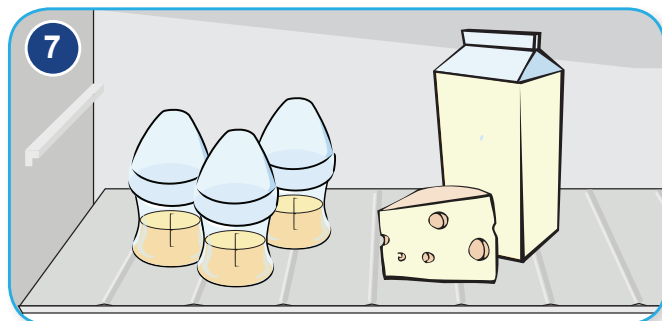


5 Kudhuufi daboolka gacmahaaga.



6 Quudi cunugaaga si aad oga jawaabto calaamadaha gaajada (Fiiri Xaashida Tilmaanta #6).

Tuur caanaha uusan cunugaagu cabin kadib 2 saacadood.



7 Waxaa badbaado aad u wanaagsan inaad diyaariso dhalo cusub mar kasta oo aad ilmahaaga quudinayso iyo si doo kalena aad si dhakhso ah u quudiso. Haddii aad diyaariso wax badan hal dhalo, gali furinjiyeerka isticmaalna inta lagu gudo jiro 24 saacadood.

Caaga furan ee caanaha caruurta ee kujira masaasada waa in la daboolaa, isla markiiba qaboojiyaha, waxaana lagu kaydin karaa ilaa 48 saacadood qaboojiyaha.



Macluumaadka kusaabsan sida iyo goorta aad quudinayso cunugaaga kafiiri:

- Boggaga 16-20 kujira buuga **Caanaha Caruurta: Waxa aad Rabtid Inaad Ogaatid.**
- **Xaashida Tilmaanta #6.**
- **Caanaha caruurta dib waa celin karaa.** Macluumaadka dib u celinta waxaa laga helayaa websetka Caafimaadka Canada oo ah [www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php](http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php)

Caanaha sajal gareesan waxay leeyihiin badqab marka si wanaagsan loo diyaariyo. Wixii macluumaad ah oo kusaabsan go'aan qaadashada ku adaan sida aad u quudin karto cunugaaga kala hadal daryeel bixiyahaaga caafimaadka ama kalkaalisada caafimaadka dadwaynaha. Kafiiri Xaashida Tilmaanta #1 wixii kusaabsan macluumaadka muhiimka ah.



Dhaq gacmahaaga kuna dhac saabuun iyo biyo.

Diyaarso dhamaan qalabka quudida (Fiiri Xaashida Tilmaanta #2).



Dhaq caaga korkiisa ama koonteenarka caaga ah ee caanaha adoo ku dhaqaya biyo kulul iyo saabuun.

Kafiiri caaga waqtiga ugu danbeeya ee la isticmaali karo.

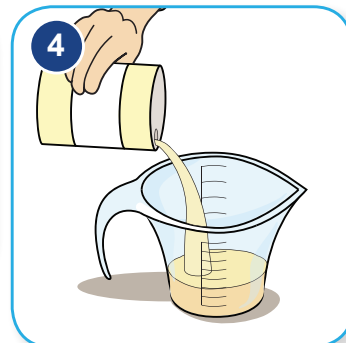
Urux caaga si wanaagsan kuna fur caaga lagu furo ee nadiifka ah.



Fiiri Xaashida Tilmaanta #2 sida loo nadiifiyo biyaha lagu sameenaayo caanaha.

Ka akhri qoraalka sida inta caano iyo biyo ee aad hal mar isticmaalayso.

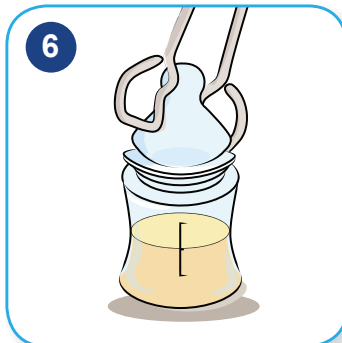
Kushub oo cabir biyaha la nadiifiyey oo la qaboojiyey heerkulka qolka masaasada la nadiifiyay.



Cabir caano laeg wax hal mar la cabo.



Kudar oo cabir caano la quudan karo hal mar kuna shub masaasada la nadiifiyey.



Isticmaal qalabka nadiifka ah si aad ugu qaadid afka caaga, daboolka iyo daboolka masaasada.



Kudhuufi daboolka gacmahaaga. Iska ilaali inaad ku taabato gacmahaaga afka caaga.

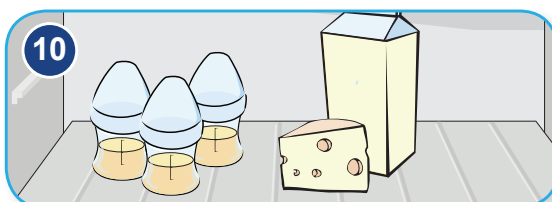


masaasada.



Quudi cunugaaga si aad oga jawaabto calaamadaha gaajada (Firi Xaashida Tilmaanta #6).

Tuur caanaha uusan cunugaagu cabin kadib 2 saacadood.



Waa habka ugu badqabka wanaagsan inaad isticmaasho dhalo cusub. markasta oo aad cunugaaga quudinayso. haddii aad diyaarisay dhalo qandac ah/leh biyo kulul, kuqabooji masaasada isla markii galina biyo qaboow oo socda ama gali koonteenar leh biyo qaboow. Marka aad qaboojiso, gali talaagada isticmaalna 24 saacadood gudahood.

Caagaga caruurta ee caanaha oo furann waa in La daboolaa, lagaliyaa furinjiiyeer isla markliiba waxaana lagu kaydin karaa furinjiiyeerka muddo dhan 48 saacadood.

Macluumaadka kusaabsan sida iyo goorta aad quudinayso cunugaaga kafiiri:

- Boggaga 16-20 kujira buuga **ICaanaha Caruurta: Waxa aad Rabtid Inaad Ogaatid.**

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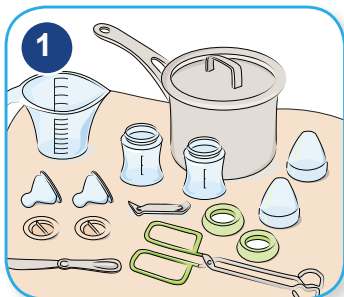
**Caanaha caruurta dib waa celin karaa.**

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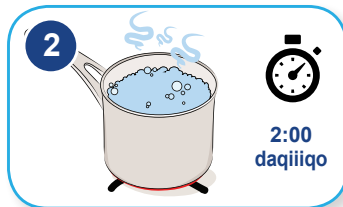
## Sida loo Diyaariyo Caanaha Budada ah ee caruurta Caafimaadka Leh

Caanaha budada ah ee caruurta ma ahan kuwo nadiif ah. Waxaa leeyihiin qatar bakteeriyo oo dheeraad ah marka aan si wanaagsan loo diyaarin. Wixii macluumaad ah oo kusaabsan qaadashada go'aan faahfaahsan oo ku adaan sida aad u quudin karto cunugaaga kala hadal daryeel bixiyahaaga caafimaadka ama kalkaalisada caafimaadka dadweynaha. Kafiiri Xaashida Tilmaanta #1 wixii kusaabsan macluumaadka muhiimka ah.



Dhac gacmahaaga kuna dhac saabuun iyo biyo.

Diyaarso dhamaan qalabka quudida (Fiiri Xaashida Tilmaanta #2).



### Dhowrista biyaha

Kululee biya muddo 2 daqiiqo ah. Fiiri Xaashida Tilmaanta #2 si aad oga aragtid biyaha badqabka leh ee la isticmaalo.

Kuqas caanaha biyo heerkooda yahay 70C ama kabadan (1 liitir oo biyo nadiif ah oo qabow qiyaastii 70C kadib 30 daqiiqo).

Caruurta leh caafimaadka, biyaha qaboow ee leh heerkulka guriga waa la isticmaali karaa haddii caanaha la isticmaalaayo isla markiiba.



Kafiiri caaga waqtiga ugu danbeeya ee la isticmaali karo.

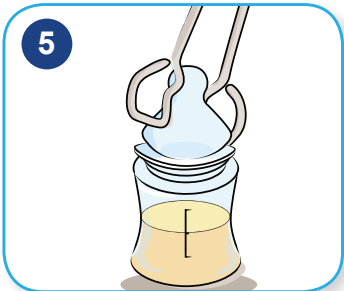
Kushub inta larabo oo ah biyo nadiifka ah dhalada nadiifka ah.



Isticmaal lambarka ku habboon ee qaado sida ku qoran tilmaamaha ku yaal kara.

Kubuuxi qaadada gudaha caaga adoo kabuuxinanaya caanaha budada ah. Hoos u dhigin baakada buddada. Sare u qaad Qaadada iyo mindida nadiif ka ah.

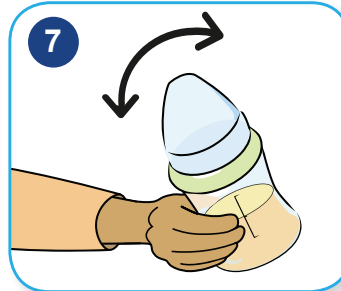
Kudar budada biyaha kulul ee nadiif ka ah.



Kor u qaad cirbada, caaga iyo daboolka adoo ka qaadaaya qalab nadiif ah kadibna gali dhalada.



Kudhuufi daboolka gacantaada.



Rux dhalada ilaa dhamaan buddada ay ku qasmayso.

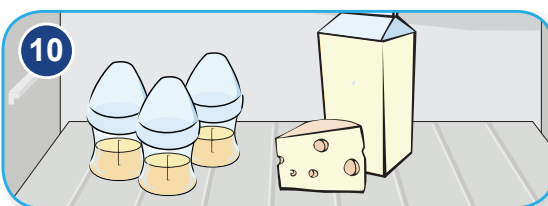


Isla markiiba ku qabooji dhalada qaboojiye, ama kufur biyo ama gali koonteenar ay kujiraan biyo qaboow. Marka heerkulkoodu yahay kan guriga ama jirka camal, sii cunugaaga.



Quudi cunugaaga si aad oga jawaabto calaamadaha gaajada (Firi Xaashida Tilmaanta #6).

Tuur caanaha uusan cunugaaga cabin kadib 2 saacadood.



Waa habka ugu badqabka wanaagsan inaad isticmaasho dhalo cusub. markasta oo aad cunugaaga quudinayso. haddii aad diyaarisay dhalo qandac ah/leh biyo kulul, kuqabooji masaasada isla markii galina biyo qaboow oo socda ama gali koonteenar leh biyo qaboow. Marka aad qaboojiso, gali talaagada isticmaalna 24 saacadood gudahood.

Macluumaadka kusaabsan sida iyo goorta aad quudinayso cunugaaga kafiiri:

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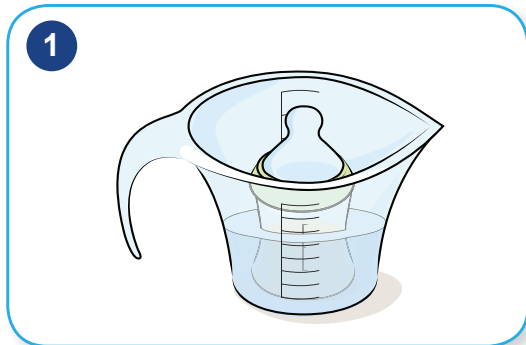
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## Sida Cunaaga Masaasad Wax loogu Siiyo iyo Qaadista Cuntada Ilmaha

Wixii macluumaad ah oo kusaabsan qaadashada go'aan faahfaahsan oo ku adaan sida aad u quudin karto cunugaaga kala hadal daryeel bixiyahaaga caafimaadka ama kalkaalisada caafimaadka dadweynaha. Kafiiri Xaashida Tilmaanta #1 wixii kusaabsan macluumaadka muhiimka ah.

### Kululeynta Caanaha

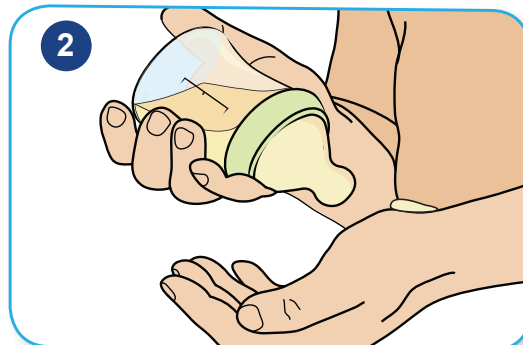


Caruurta waxay cabi karaan caano qandac ama qaboow ah.

Kululee masaasada caanaha adigoo:

- Galinaaya masaasada qasacad ay kujiraan biyo kulul ama isticmaal dhalo kuleeliyaha.
- Kululee wax aan ka badnayn muddo 15 daqiiqo ah.
- Rux masaasada dhoor jeer inta aad kululeynaysid.

**Haku kululayn Caanaha Microwave.**



Iska marka caanaha kululaadaan, rux masaasada.

Ku dhibci dhawr dhibic oo caano ah gudaha gacantaada si aad u hubisid in caanuhu aysan si saaid ah u kululaan.

Waa inay noqdaan qandac yar, oo aan ahayn kulayl.

### Sida loo Baro Cunugaaga Inuu Caanaha kucabo Masaasada



Cunugaaga marka uu dareemaayo gaajo wuxuu muujiyaa calaamadaha sida:

- Inuu gacmaha isku dhadhajiyo uuna dhaqdhaqaaqiyo.
- Inay furaan afkooda iyo dibnaha bishimaha.
- Waxay kugu soo aadinayaan madaxooda.

Xiligaan waa waqtiga ugu wanaagsan oo aad wax siin karto.

Caruurta badanaa waxay wax cunaan 8 jeer ama kabadan 24 saacba



Cunugaaga wuxuu dareemayaa gaajo saa'id ah marka aad ku aragtid:

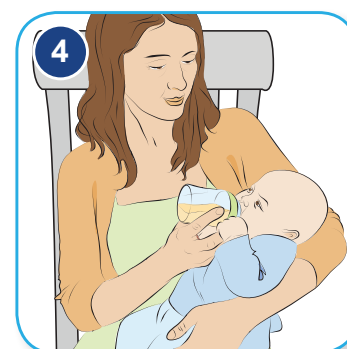
- Inuu gacmaha lagalaayo afka.
- Inuu wax dhuuqayo ama uu samaanaayo dhaqdhaqaaq nuugitaan.
- Nasiino la'aan.
- Qaylo uu sameenaayo.



Cunugaaga wuxuu muujinayaa calaamadaha ah inuu saa'id u gaajoonayo:

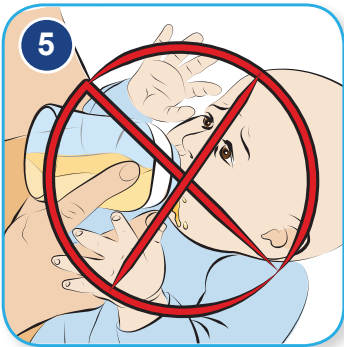
- Nasiino la'aanta iyo oohinta.
- Inuu muujiyo xanaaq.
- Dareemida caajis iyo hurdo.

Waa inaad dajisaa cunugaaga haddii uu dareemaayo xanaaq.



Kor u qaad cunugaaga marka aad siinaysid caanaha masaasada. Gali masaasada ibta naaska hoostiisa oo sug masaasada inta uu si furaayo afka kabacdina gali afkiisa masaasada.

Hagalin masaasada godka ama cunugaaga hasaarin sariirta cunugaaga oo jiifa sariirta.



Waqti firaqo ah sii cunugaaga haddi ay muujiyaan caaladaha walaaca sida:

- Inay caanaha kasoo saaraan afkooda.
- Neefta oo kudhagta ama is xoqitaan.
- Inay gacmaha ku qabtaan ama laqaan isla markiiba.
- Inay kasii jeestaana ama ayba iska riixaan masaasada.
- Inay madaxooda u duwaan meel kale.



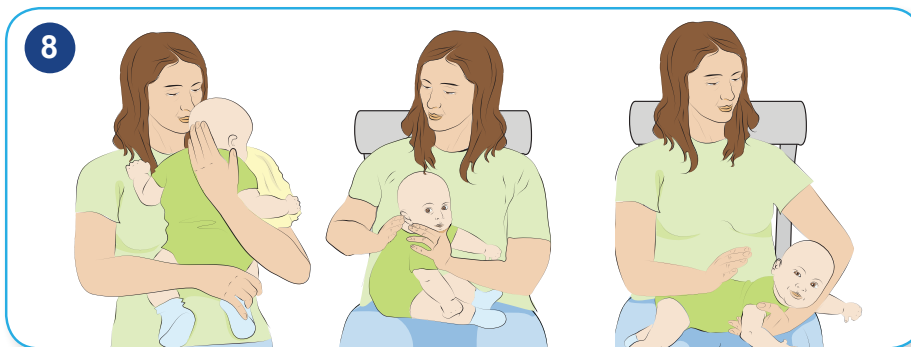
Calaamadaha muujinaaya in cunugaaga uu ubaahan yahay inuu daaco:

- Dadbinta dhabarka.
- Wuxuu noqonayaa cunuga mid qalafsan ama qayliya.
- Wuxuu iska riixayaa masaasada.
- Si aayar ah ayuu unuugayaa ama wuuba joojiyaa.



Jooji caano siinta marka cunugaaga uu muujiyo calaamadaha dharagsanaanta. Calaamadahaas waxaa kamid ah:

- Inuu yareeyo ama joojiyo nuugida.
- Inay isku qabtaan afkooda.
- Inay madaxooda u wareejiyaan meel kale.
- Inay iska riixaan masaasada ama qofka wax siinaaya.
- Inay dareemaan hurdo.



U ogolow cunugaaga inuu daaco adigoo dhabarkooda kasoo galinaaya gacanta. Isku dar sidaan Qaabee cunugaaga si uu u daaco.

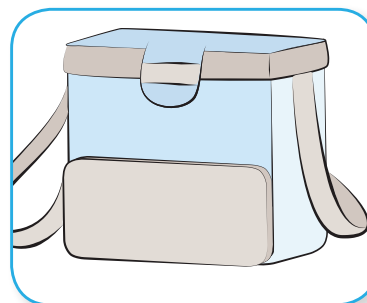
## Qaadida Caanaha

Haddii aad galaysid socdaan, mar hore diyaari caanaha.

Kaliya qaado masaasada kadib marka lagu qaboojiyo furinjiyeer ayna qaboow tahay marka lataabto.

Kurid caanaha boorso qaboojiye ah oo leh baakad ilaa inta aad siinaysa cunuga.

Tuur caanaha aan la isticmaalin muddo dhan 24 saacadood.



Wixii macluumaad dheeraad ah oo kusaabsan sida iyo goorta aad quudinaysa cunugaaga kafiri boggaga 16-20 ee kujira buuga **Caanaha Caruurta: Waxa aad Rabtid Inaad Ogaatid**