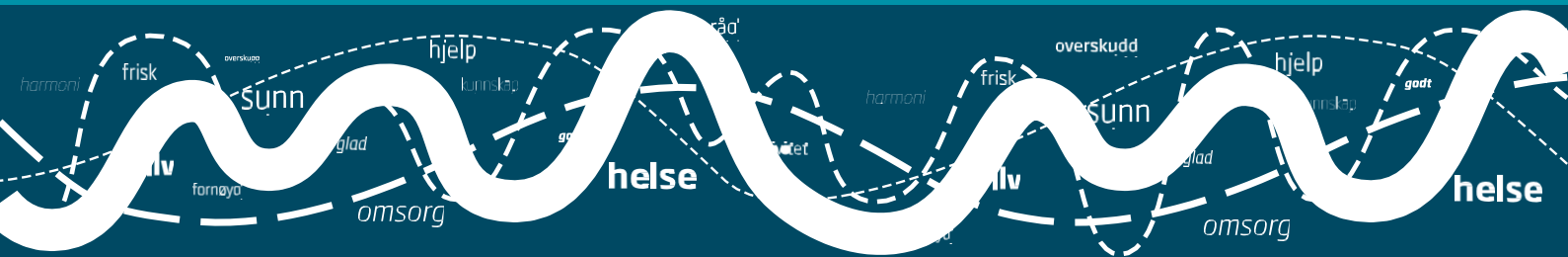


Saamaynta caafimaad iyo caawimada
daryeelida xiriirka la leh nafeeynta xubinta
taranta haweenka/gudniinka fircooniga



Nafeeynta xubinta taranta haweenka/gudniinka fircooniga

Nafeeynta xubinta taranta haweenka/gudniinka fircooniga ee lagu sameeyo gabdhaha waa dhaqan la xidhiidha xeerar iyo aragti la leyihiin degaamada dadka adeegsadaa.

Nafeeynta xubinta taranta haweenka/gudniinka fircooniga ee lagu sameeyo gabdhaha iyo haweenka, waxaa laga fuliyaa Afrika, Bariga Dhexe iyo meelo ka mid Ayshiya. Nafeenta xubinta tarantu waa dhowr nooc. Nooca ugu badan waa ka la gooyo dhammaan ama qayb ka mid ah kilitooriista isla markaana la jaro dibnaha gudaha xiga ee xubinta taranta.

Mararka qaar waxaa la isku tollaa dibnaha gudaha iyo kuwa dibedda, waxaana soo hadhaya dalool yar oo loogu talagalay kaadida iyo dhiiga caadada. Cillado badan oo degdeg ah ayaa ka yimaada nafeeynta xubinta taranta haweenka/gudniinka fircooniga.

Waxyaalaha kale ee lagu sameeyo xubinta taranta haweenka ee aan caafimaadka la xidhiidhin, sida mudmuddid, daloolin, jeexid, xaaqid ama gubid waxaa ay iyana yihiin dhaawicid.

Noorwey waa ka madnuuc dhaawicida xubinta tarantu.

CAAWIMO CAAFIMAAD

Haddii la dhaawacay xubinta tarantaada oo aad qabtid kaar, dhiigid ama dhibbaatooyin kale, waxaa jira dhowr adeegyo caafimaad ah oo aad la xidhiidhi kartid si aad ugu sheegtid una heshid daweyn sax ah:

- Dhakhtarka joogtada ah
- Umulisada rugta caafimaadka dhalaanka xilliyada uurka
- Kaalkalisada caafimaadka ee rugta caafimaad dhallaanka iyo iskuulada
- Qaybaha bukaan-socodka haweenka iyo carruurta ee hosbitaalada

Kaalkalisada caafimaadka, umulisada iyo dhakhtarkaaga joogtada ayaa ku gudbin kara khabiir caafimaad haddii loo baahdo. Sida kale waxaad toos ula xidhiidhi kartaa qaybta bukaan-socodka haweenka ee ku taala hosbitaalka kuu dhow. Waa bilaash caawimada caafimaad ee laga helo rugta caafimaadka dhallaanka.

Dhakhtarka joogtada ah iyo cisbitaalka waa inaad iska bixisid qayb ka mid ah lacagta.

DHIBBAATOYINKA CAAFIMAAD

Dhibbaatooyinka iyo cilladaha muddada dheer socda ee ka yimaada nafeeynta xubinta taranta haweenka/gudniinka fircooniga waxay ahaan karaan:

- caabuq soo noqnoqda oo ku dhaca xubinta taranta ama marinada kaadida, iyo cilladdo ku yimaada kelyaha.
- xannuun murqaha caloosha
- dhbaatooyin ka yimaada galmada
- dhibbaatooyin kaadiyeenta xiriir la leh
- cillado ka yimaaada caadada
- cillado ka yimaada foosha oo halis dheeraad ah ku ah hooyada iyo ilmaha
- fal-celin/dareen nafsadeed

Dib-u-furid iyo daryeelid kale oo la xidhiidha nafeeynta xubinta taranta haweenka/gudniinka fircooniga

Haweenka la isku tollay dibnaha xubinta taranta, waxaa ka khafiifi kara dhibbaatooyin badan haddii dib loogu furo. Waxaana habboon in lays furo intaan xidhiidh lala sameyn qof kale/la guursan ama ilmo la dhalin.

MEELAHA LALA XIDHIIDHI KARO

Haddii aad u baahan tahay daryeelid waxaad la xidhiidhi kartaa hosbitaalka kuugu dhow. Badanaa hosbitaalada waaweyn waxay hayaan daryeelid.

TROMSØ: Universitetssykehuset oo ku taal Nord-Norge La xidhiidh qaybta haweenka, tel. 77 62 64 50

BERGEN: Haukeland Universitetssykehus La xidhiidh qaybta haweenka saacadaha 10.00-11.30 iyo 13.30-14.30, tel. 55 97 42 36

TRONDHEIM: St. Olavs Hospital La xidhiidh qaybta haweenka, tel. 72 57 47 19

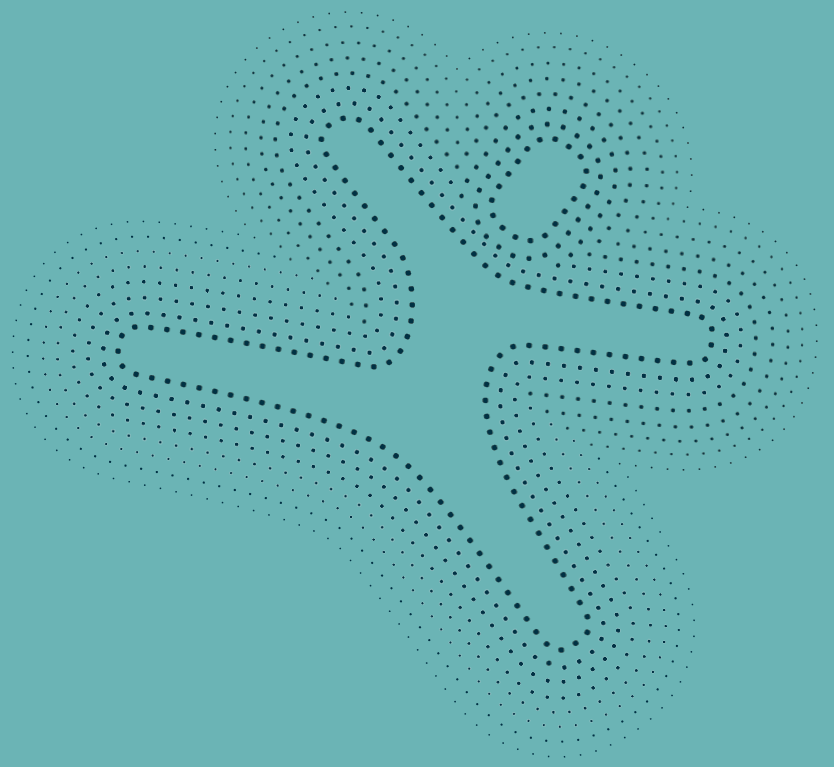
STAVANGER: Stavanger Universitetssykehus La xidhiidh qaybta haweenka, tel. 51 51 93 85

OSLO: Oslo Universitetssykehus Ullevål. La xidhiidh qaybta haweenka saacadaha.08.30 -12.00, tel. 22 11 98 44

OSLO iyo AKERSHUS: Akershus Universitetssykehus La xidhiidh qaybta haweenka, tel. 67 96 05 00

DRAMMEN: Drammen Sykehus La xidhiidh qaybta haweenka, tel. 32 80 32 56

KRISTIANSAND: Sørlandet Sykehus La xidhiidh qaybta haweenka saacadaha 09.00-15.00 isniin iyo arbaca, tel. 38 07 40 62 ama 38 03 32 76



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