



# Folkaanaha

**Khataraha folkaanaha kuma koobna kaliya qaraxa buur iyo qulqulka dhagaxaanta dhalaalay (lava) ee la xidhiidha, waxase la socda dambas cirka ka soo dhaca iyo qulqul burbur. Haddii aad u dhowdahay buur, waa inaad taqaanid waxyaabaha soo socda:**

## Ka hor qaraxa folkaanaha

- Hore wax u sii qorsheyso. Hayso alaabooyinka degdegga, cunto iyo biyo kaydsan.
- Ku talagal jid qaxid oo ka durugsan wabiyada ama illiiladaha laga yaabo inay soo qaadaan dhoobo ama qulqul burbur.
- Wakhti kasta hayso raadyo ku shaqeeya baytari.
- Haddii la saadaaliyay qarax folkaano, warka qaxidda kala soco raadyaha ama telefishanka. Raac talooyinka ay bixiyaan madaxda maamulku.

## Ka dib qarax folkaano

- Ha u dhawaan aagga qaraxa.
- Isu diyaari inaad joogtid gudaha oo iska ilaalisid aagaga xagga dabayshu u socoto haddii la saadaaliyay dambas soo dhacaya.
- Bax ama qax haddii ay madaxdu sidaa ku talisay.
- Iska jir illiiladaha iyo wabiyada marka aad qaxaysid.
- U dhaqaaq xagga dhul sare haddii qulqul dhoobo uu soo socdo.
- Raac calaamadaha qaxidda ee lagu dhejiyay jidadka iyo jidweyneyaasha.



## Haddii dambas ku soo dhacayo aaggaaga:

- Badbaadi sambabadaada. Ilmaha yaryar, waayeelka, iyo kuwa leh xaalado neefsasho sida neef ama xiiq (asthma), barankiito, sambab barar (emphysema) ama cuduro kale oo ah sambabada ama wadnaha oo mudo dheer jiray waa inay si gaar ah uga taxadiraan inay neefsadaan dambaska. Haddii dambasku soo dhacayo ama jiro:
  - Joog gudaha. Xidh albaabada, daaqadaha ama daboolada barta dabka lagu shido. Albaabada hoostooda iyo meelaha kale ee hawo ka soo gasho ku guftee tuwaalo ama shukumaano qoyan.

- Marka aad joogtid dibadda, isticmaal waji-qaris ama maaskolo hal mar la isticmaalo (la tuuro). Xusuuso inay dhici karto in waji-qarisyadaasi aanay si fiican u le'ekaan karin caruurta. (Fiiro: Waxa laga yaabaa in waji-qarisyadu ay dadka qaba xaalado neefsasho u keenaan dhib ah neefsashada.)
- Kuwa halista ugu weyn ku jira waa inay yareeyaan firfircoonida ah dibadda. Caruurta iyo xayawaanka guriga ku hay gudaha guriga.
- Haddii aad qabtid neef/xiiq ama xaalad neefsasho oo kale – ama leedahay ilmo qaba neef – waa inaad la socotid astaamaha sida hiinraagga iyo qufaca, ama astaamo daran oo kale sida xanuun ama giigsanaan ah laabta, neefsashada oo gaaban iyo daal daran. Joog gudaha oo raac qorshahaaga maamulista neefta. La xidhiidh dhakhtarkaaga haddii neefsashadu dhib kugu tahay.
- Iska beddel shaandhooyinka la tuuro ee kulayliyaha (furnace filters) ama shaandhooyinka kulayliyaha ee joogtada ah marrar badan nadiifi.
- Haddii aad xidhatid muraayadaha isha la saaro (contact lenses), badbaadi indhahaaga adiga oo xidhanaya muraayadaha indhaha ama ookiyaalo ama muraayadaha badbaadda indhaha ama adiga oo iska saaraya muraayadahaaga isha la saaro.
- Haddii aad dambas ku aragtid biyaha la cabo, isticmaal il kale oo laga helo biyo cabitaan sida sida biyo dhalo ku jira oo aad iibsatid.
- Ku guftee joojiyeyaal dusha tuubooyinkaaga qaada biyaha.
- Badbaadi qalabka elegtaroonigga ah ee siigada dareen u leh.
- Saqafka sare ee guriga ka ilaali dambas qaradiisu dhaafsan tahay 4 inji.
- Iska saar dharka dibadda ka hor inta aanad galin dhisme.
- Dhaq khudaarta beertka ka hor inta aanad cunin.
- Yaree safarka — waxa laga yaabaa in dambasku waxyeelayn karo baabuurkaaga.
- Marrar badan beddel shaandhooyinka saliidda iyo hawada ee baabuurkaaga.



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