

SRI061-SO

Qodobada muhiimka ah

- Iska ilaali kafeega ama cabbitaanka tamarta lix saacadood ka hor wakhtiga hurdada.
- Yeelo wakhti seexasho oo kaa caawiya in aad nefisto.

Sixada hurdada waxaa ka mid ah dhaqano kala duwan kuwaas oo kaa caawin doona in aad hesho hurdo tayo leh. Hurdada tayada leh macnaheeda waa dareemida hurdada, sii hurdida muddo, iyo toosida adoon dareemeyn caajis. Markaad si wanaagsan u nasato, maskaxdaada iyo jidhkaagu waxay shaqayn doonaan sida ugu wanaagsan.

Halkan waxaa ka heleysaa qaar kamid ah tilmaamo kaa caawin kara inaad horumariso hurdada:

Subaxdii

Isku day in aad sii wado jadwal hurdo oo joogto ah. Toos wakhti isku mid ah maalin kasta, xataa maalmaha fasaxa ah ee asbuuca. Hel hurdo kugu filan si aad u dareento nasasho maalin walba.

Inta lagu jiro Maalinta

- U isticmaal qolkaaga hurdada seexasho oo keliya. Haku jiifsan sariirta adigoo dooneyn inaad seexato. Ka shaqee layliga guriga, shaqada, kombuyuutarada oo daawo talefeshinka adoo kujira qol kale. Arrintan waxay ka caawin doontaa maskaxdaada inay had iyo jeer sariirta la xariiriso hurdo.
- Iska ilaali kafeega/cabitaannada tamarta lix saacadood kahor wakhtigaaga seexashada.
- Iska ilaali hurdada gaaban. Hurdooyinka gaaban waxay saameyn karaan nidaamka hurdadaada. Haddii aad hurda yar seexato, yaysan ka badnaan hal saac. Ha seexan ka dib 3 da galabnimo.
- Si joogto ah u samee jimicsi muddada gudaha maalinta, laakiin iska ilaali inaad habbeenkii jimicsi sameyso (haddii ay macquul tahay).

Inta lagu jiro Habbeenkii

- Jooji wax cunista ugu yaraan labba illaa saddex saacadood kahor wakhtiga aad seexato.
- Iska ilaali inaad cabto cabitaano badan marka losoo dhawaado xiligaad seexan lahayd.

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.

- Iska ilaali cuntadda, cabbitaanka iyo dawooyinka uu kujiri karo kafeega ama walax kicisa dareenka neerfaha.
- Saacadaha ka horeeya wakhtiga hurdada, iska ilaali hawlaha kiciya maskaxda. Hawlahaan waxaa kamid noqon kara: layli guriga, ciyaarta kaadhka/boorka, ciyaaraha muuqaalka ah, fariimaha, iyo hawlaha/ciyaaraha lagu sameeyo kumbuyuutarka.

Xiliga Hurdada

- Joogtee meertada hurdada oo caadi ah. Seexo hal wakhti maalin kasta, xataa maalmaha fasaxa ah ee asbuuca.
- Yeelo wakhti seexasho oo kaa caawiya in aad nefisto. Arrintan waxaa kamid noqon kara inaad ku mayrato biyo diiran, dhegaysiga muusig debeansan, isku daawaynta dhirta dabiiciga ah, ama sheekada wakhtiga hurdada (dhowr sikiin oo aad wax akhriso). Hawlaha wakhtiga hurdada waa inay yihiin kuwo degan, waa INAYSAN noqon kuwo kicin kara maskaxda. Hawlaha nasashada keeni kara waxaa kamid ah: dhegeysiga muusig debeansan, nasashada, fikirka, jimicsiga neefsashada, ama wax akhriska. Akhrisku waa in aanu noqon mid aan dhammaystirnayn, ama agab aad dooneyso inaad xifdiso, sida layliga guriga. Samee hawlahaan ilaa aadka seexaneyso.
- Seexo qol mugdi ah, degan, aan aad u kululayn, aana aad u qaboobayn. Hubso inaad xidhan tahay dharka hurdada ee lagu seexdo oo aadna haysto furaash iyo barkimo raaxo leh.
- Ka feker isku dayga "codka meel dheer ah," sida kan marwaaxada. Ha u isticmaalin codka Tiifiiga cod meel dheer ah ood maqasho.
- Warqad iyo qalinka dulsaaro miiskaaga si aad u qorto waxyaabaha aad ka welwelsan tahay ama "waxyaabaha aad sameyn karto." Markaas kadibna calaamadee kuwo aad sameyn karto bari ama inta lagu jiro asbuuca.

Haddii aadan Seexan Karin

- Saacadaada wareeji, si aadan u daawan dhaqdhaqaaqa daqiiqadaha saacada.
- Haddii aad soo jeedo in ka badan 20 daqiiqo adoo saaran sariirta, ka kac sariirta oo tag meel degan si aad u samayso hawl degan ood nafis ka heli karto. Hawlaha nasashada keeni kara waxaa kamid ah: dhegeysiga muusig debeansan, nasashada, fikirka, jimicsiga neefsashada, ama wax akhriska. Akhrisku waa in aanu noqon mid aan dhammaystirnayn, ama agab aad dooneyso inaad xifdiso, sida layliga guriga. Samee hawlahaan ilaa aadka seexaneyso.

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