

PTT075-SO

Qalliinka faruuryaha dilaacsan waxaa marka hore la sameeyaa marka ilmuhu jiro saddex ama afar billood si la iskugu xiro maqaarka iyo murqaha kala fog maadaama ilmuhu faruuran yahay. Inta badan caruurta faruuran waxay qalliinka kahor isticmaalaan qalab ka caawiya inay dhaqdhaqaaqiyaan laynka bishinta, sanko iyo ciridka si ay u diyaariyaan qalliinka kahor.

Xogta ku qoran buug gacmeedkan waxay kaa caawinaysaa inaad qorsheyso waxyaabaha aad filan karto inta cunugaaga kasoo kabanaayo qalliinka.

Dhakhtarkaaga qalliinka wuxuu toli doonaa maqaarka iyo unugyada murqaha ee bishinta cunugaaga si uu u xiro daloolka faruuryaha. Daloolka qalliinka (meesha dhakhtarka dalooliyay) wuxuu gaari doonaa illaa sanko si uu u hagaajiso dhammaan qaab dhismeedka laynka bishinta. Tolmada la adeegsanaayo waa mid jirka ku milmi karta wayna baabi' doontaa (dhammaan doontaa) muddo 1-3 asbuuc ah. Tolmada UMA baahna in lasoo saaro.

Waxaad heli doontaa balamo lagugu sameynaayo dabagal caafimaad 7-10 maalmood kadib qalliinka.

## **Muuqaalka**

Maqaarka u dhaw meesha la qalay (meesha dhakhtarkaagu dalooliyay) way barari doonaa inta ay soo buskooneyso. Bararku wuxuu noqon doonaa waxa ugu xun kadib maalinta qalliinka wuxuuna u baabi'i doonaa si iskiis ah.

Waxaa laga yaabaa in cunugaaga lagu dhejiyo suuf yar oo cad (koolo) iyo suufka qoyaanka meesha dhaawaca ah ka ilaaliya si ay gacan oga geystaan soo bogsashada. Labadaba waxay meesha kasoo fuqi doonaa saddex ilaa todobo maalmood. Waxaa laga yaabaa inaan kugula talino inaad isticmaasho saliida antibiyootiga ah si aad u qoyso meesha qalliinka lagu sameeyay. Waxaa lagaa yaabaa in cunugaaga cuno antibiyootiga afka laga qaato saddex ilaa shan maalmood kadib qalliinka.

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## **Nafaqada**

Waxaad u baahan kartaa inaad isticmaasho qalab quudin oo cusub ama inaad badesho cuntooyinka cunugaaga kadib marka uu maro qalliinka. Kadib marka la tolo faruuryaha ama la hagaajiyo, cunugaaga wuxuu wax cuni kartaa sida ugu dhaqsiyaha badan marka uu dareemo inuu sidaas sameyn karo. Carruurta masaasadaha isticmaala, arrintan waxay ka dhigan tahay waa inay isticmaalaan cinjirka qaaska ah ee ay horey qalliinka kahor u isticmaali jireen. Carruurta naaska nuuga, quudinta caadiyan waa macquul haddii meesha la tolay ay kaliya tahay bishinta. Haddii canka jeexan aan wali la tollin, ilmaha yar si fiican uma nuugi karo naaska si uu oga cabo caano ku filan. Waxaa loo baahan yahay masaasad qaas ah ilaa inta lagu tolaayo canka jeexan (haddii loo baahan yahay).

Carruurta waa wayn waxay cuni karaan cuntooyinkooda caadiga ah kadib marka la tolo faruuryaha, laakiin waa inaysan cunin cuntooyinka adag, cuntooyinka jajibka leh ee geli kara meesha qalliinka lagu sameeyay. Sidoo kale waxaan ku talinaynaa in cuntooyinka loo jarjaro qaabab yaryar oo la goosan karo.

## **Nashaadaadka**

Waa inaad ka ilaaliso cunugaaga inuu xoqo ama waxyeelo u geysto meesha qalliinka lagu sameeyay. Waxaan ku siin doonaa kabka gacmaha si aad u isticmaasho marka aadan ilmaha isha ku hayn karin. Kabka gacmaha wuxuu carruurta ka ilaaliyaa inay gacmahooda afka la aadaan. Haddii cunugaagu wali awoodo inuu xoqo meesha qalliinka lagu sameeyay, waxaad u baahan kartaa inaad isticmaasho kabka gacmaha iyo inaad si dhaw ula socoto xaaladiisa. Waxay u badan tahay inaad ka joojin doonto xoqida asbuuc kadib adoo isticmaalaya kabka gacmaha.

## **Daryeelka Carruurta**

Isticmaal go'aankaaga ugu wanaagsan si aad u go'aamiso xiliga ay tahay inuu cunugaagu ku laabto daryeelka carruurta. Ilma yaryar waxay daryeelka ku laaban karaan caadiyan marka ay dib u bilaabaan

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jadwalkooda quudinta ayna dareemayaan caafimaad. Cunugaagu wuxuu u baahan yahay inuu joogo goob si gaar ah badqab iyo ammaan u ah inta uu kasoo buskoonaa qalliinka. Kalkaalisadaada ama dhakhtarkaaga ayaa kusiin doona tilmaamo dheeraad ah marka aad kabaxayso isbitaalka.

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