

# Alaabta Marka Guriga-la-joogo

Adiga iyo reerkaaga waxaad gurigiina ugu diyaar garoobi kartaan noocyo badan oo xaaladaha degdegga ah idinkoo haysta qalabka xaaladda degdegga ah. Waxaad qalabkaaga ku kaydisaa meel qabow oo qalalan. Ha illaabin daawooyinka muhiimka ah iyo dukumentiyada lacagta.

Waxyaabaha soo socda ayaa ka mid ah liiska alaabta ee xaaladaha degdegga ah.

## Cuntada iyo Biyaha

- Biyaha dhalada ku jira
- Hilib, lows, faakihaad, khudrad iyo maraq qasacadeysan
- Bariis iyo baastada nuudhalka
- Casiirka qasacadeysan ama cabitaanka isboortiga
- Siriyaal ama granoola qalalan
- Buskutka nooca karaakers
- Lowska la shiiday
- Caano boore

## Caafimaadka iyo Daryeelka Caafimaadka

- Tarmoomitir (batteriyaal dheeraad ah oo loogu talagalay tarmoomitirka nooca dijitalka ah)
- Koobiyada daawooyinka uu dhakhtarku qoro (daawooyinka iyo ookiyaalka) ee qof walba oo reerka ka tirsan.
- Alaabta caafimaadka ee uu dhakhtarku qoro (sida galuukooska iyo qalabka dhiigga lagu cabbiro, ogsijiin iyo qalabka neefta)
- Daawada xumadda iyo xannuunka, sida acetaminophen ama ibuprofen
- Dawada shubanka
- Fitamiino



## Qalabka Kale ee Xaaladda Degdegga ah

- Toosh iyo batteriyaal dheeraad ah
- Raadiyo la qaadan karo iyo batteriyaal
- Gasac fure (gacanta loo adeegsado)
- Gacmo nadiifiyaha aalkolka ka sameysan
- Taleefoonadii hore ee aan ku shaqeynin batteri
- Saabuun
- Xaashiyaha af tirtirka, xaashiyaha musqusha, xafaayado la tuuri karo iyo alaabta haweenka
- Cuntada xayawaanka, cuntada carruurta, qalabka naasnuujinta iyo waxyaabo kale ee reerkaagu si gaar ah ugu baahan yahay
- Bacaha qashinka
- Lacag caddaan ah
- Koobiyada kaararkiina caymiska iyo lambarrada, macluumaadka tallaalka (tallaal, durriin), iyo dukumeentiyada caddeynaya halka aad deggan tahay

## Tilmaamaha sida loo kaydiyo cuntada iyo biyaha:

- Ha soo iibsana ama ha isticmaalin gasacyo nabar leh.
- Si joogta ah alaabta isaga beddel si ay cuseyb u ahaadaan oo loo isticmaali karo.
- Ha kaydin alaabta ay taariikhdeedu dhacday oo aad ka ogaanaysid calaamadda ku dheggan.

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