

## NEEFTA/ASMADA MA LAGA HORTAGI KARAA INTAANAY KU DHICIN CARUURTA?

Neefta/asmada lagama hortagi karo.

Waxa aad yareyn kartaa inay ilmahaaga soo gaadhaan waxyaabaha sababa neefta/asmada gaar ahaan sannadaha ugu horeeya noloshooda, sida:

- Adiga oo aan sigaar ku cabin guriga!
- Adiga oo guriga ka dhiga mid nadiif ah.
- Adiga oo ka ilaaliya bisadaha ama eyda qolka jifka ee ilmahaaga.
- Adiga oo naas-nuujiya ilmahaaga mudada ugu dheer ee suurogalka ah.

Caanaha naasku waxay ka caafimaad fiican yihiin caano-boodhaha, waxana ay daahin karaan ama ka hortagi karaan xajiinta ama alerjiyada.

## NEEFTA/ASMADA WAA LA DAWEYN KARAA OO LA XAKAMEYN KARAA

Haddii aad u maleynaysid in ilmahaagu qabo neef/asma, fadlan la tasho dhakhtarkaaga. Waxa aad xakameyn kartaa neefta/asmada adiga oo ka fogaada waxyaabaha sababa neefta/asmada iyo waliba adiga oo dawada u qaata sida uu dhakhtarkaagu kuu sharaxo. Qaado kaliya dawada uu adiga kuu qoray dhakhtarku.

## Si aad u heshid war dheeraad ah oo ku jira internetka oo ku saabsan neefta/asmada, fadlan booqo:

[www.cdc.gov/asthma](http://www.cdc.gov/asthma)

[www.lungusa.com](http://www.lungusa.com)



*Warka ku yaala qoraalkan yar waxa laga soo xigtay qoraallo ay soo saareen:*

*Centers for Disease Control*

*The American Lung Association*

*The Office of Minority Health*

*The American Academy of Family Physicians*

*New York State Department of Health*

*Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka Xafiiska Dejinta Qaxootiga (Department of Health and Human Services Office of Refugee Resettlement).*

### WARKA LA-XIDHIIDHISTA:

[riht@uscridc.org](mailto:riht@uscridc.org)

**U.S. Committee for Refugees and Immigrants**

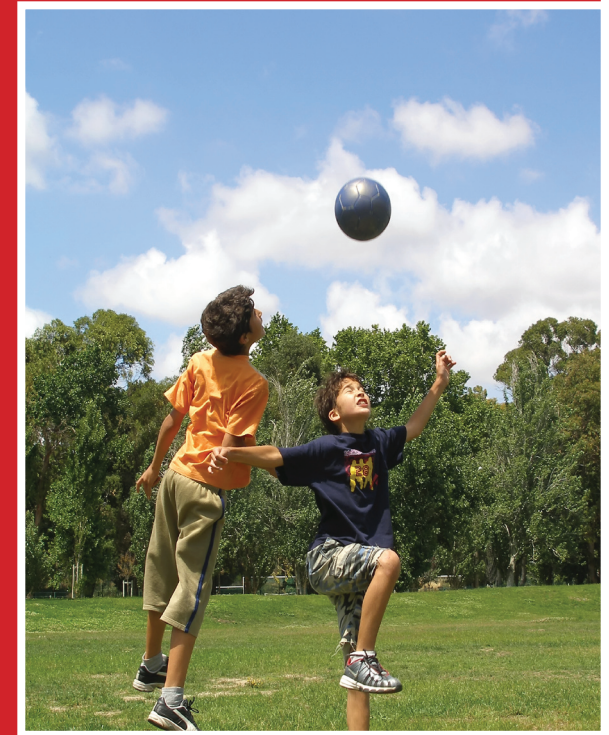
**1717 Massachusetts Ave., NW  
Suite 200**

**Washington, DC 20036**

**Teleefon: 202 • 347 • 3507**

**Faakis: 202 • 347 • 7177**

**[www.refugees.org](http://www.refugees.org)**



## Waa maxay neef/asma?

**What is Asthma?  
(Somali)**



**[www.refugees.org](http://www.refugees.org)**

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

## WAA MAXAY NEEF/ASMO?

Neeftu/asmadu waa cudur neefsashada dhib ka dhiga. Waxa jidhkaagu leeyahay tuubooyin ama dhuumo hawada qaada oo u geeya sambabada. Neeftu/asmadu waxay keentaa in tuubooyinkaasi bararaan, taasoo neefsashada dhib ka dhigta. Ma jiro wax bogsiiin u ah neefta/asmada, laakiin waxa lagu daweyn karaa dawo marmarka qaarkoodna waa laga hortagi karaa.

## NEEFTU/ASMADU WAY KA DUWAN TAHAY HARGABKA, IFILADA (FLU), BARANKIITADA, IYO NUUMOONIYADA (PNEUMONIA)

Neefta/asmada ma keeno fayras mana ah wax qofku qaadiin karo qof kale. Ma jiro wax bogsiiin u ah neefta/asmada, laakiin waxa jira dawooyin gargaar ka geysan kara ka-hortagga, ama daweynta ku-soo-boodka neefta/asmada.

## MAXAA KEENA NEEFTA/ASMADA?

Sababaha keena neefta/asmada dadku way ku kala duwan yihiin. Sababaha ugu caamsan ee neefta/asmada waa:

- siigo,
- saxarka ubaxa,
- timaha xayawaanka guriga,
- barambarada,
- hargab,
- wasakheeyyaasha hawada sida qiiqa sigaarka/tubaakada, naqaska baabuurta,

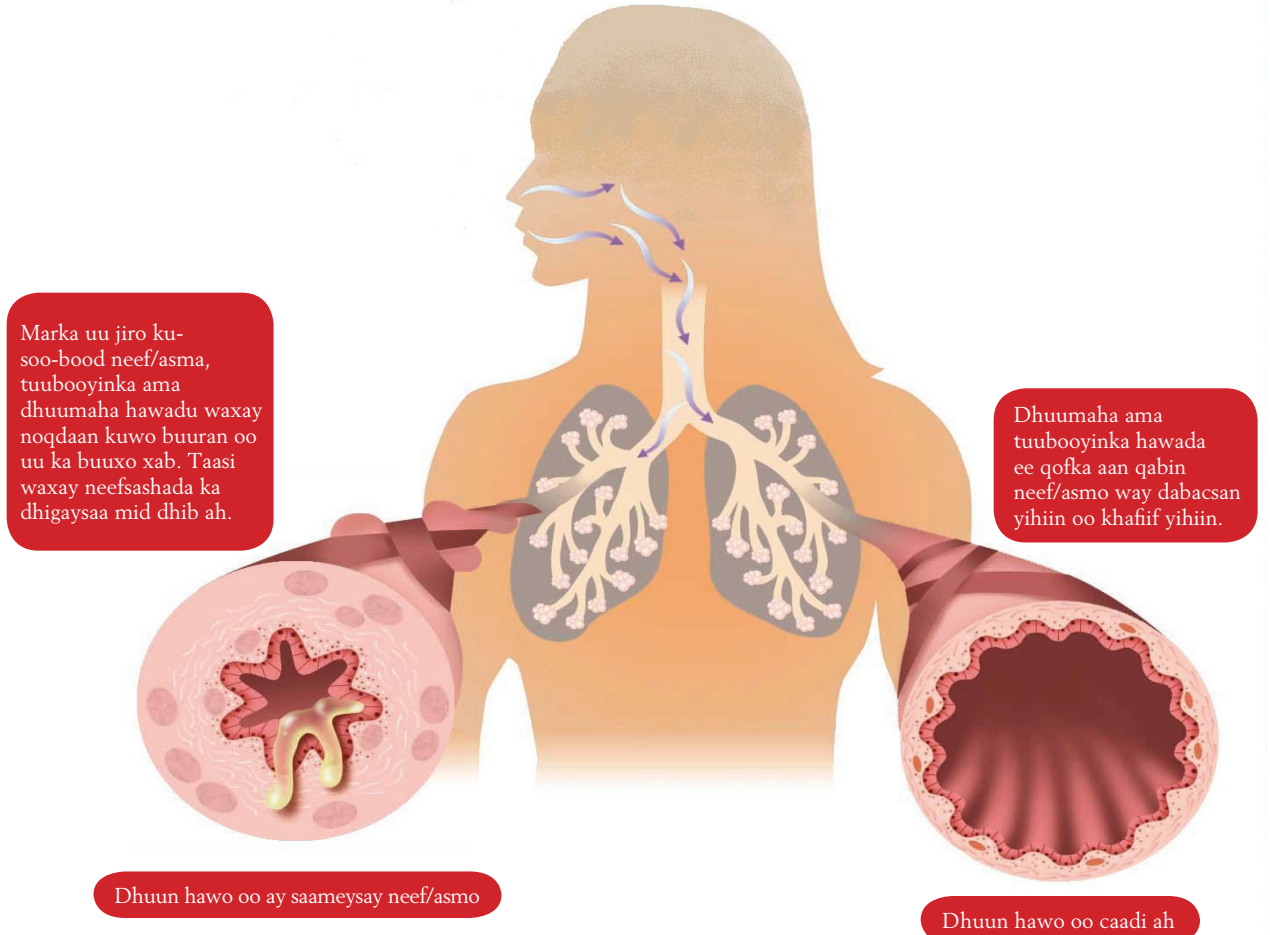
- alaabta nadiifinta iyo barafuunka ama cadarka
- cudur,
- hawada qabow iyo dabayl leh, iyo
- jimicsiga daran ama adag (tan macnaheedu ma aha in dadka qaba neef/asmu aanay jimicsi sameynin).

## CALAAMADAHA NEEFTA/ASMADA

Neeftu/asmadu waxay marmarka qaarkood u timaada si dhakhso ah taasoo

neefsashada dhib ka dhigta. Waxa tan loo yaqaanaa ku-soo-bood neef/asmu. Haddii ilmahaagu leeyahay mid ka mid ah dhibaatooyinkan soo socda waxa laga yaabaa inuu qabo neef/asmu.

- xiiq marka uu neefsanayo,
- neefsasho gaagaaban oo uu qaadanayo,
- giigsanaan uu ka dareemayo laabta, ama
- qufac ah fiidkii ama subixii.



Disclose your HIV status to your sexual partner(s) before you have sex and engage in safer sex activities

### What Are Safer Sex Activities?

Safer sex activities prevent contact with semen, vaginal fluids or blood. Talk to your partner about safer sex before having sex. Use a latex condom correctly every time you have sex. Use only water-based lubricants. Oil-based lubricants such as petroleum jelly should never be used because they may weaken the condom and cause it to break.

### What is Safer Needle Use?

- Don't share needles if you are injecting drugs
- Don't share needles used for body piercing and tattoos.

### For more information:

- Talk to your resettlement case worker
- Speak with your doctor

IRSA thanks Shukri Hassan, a case manager at the International Institute of Minnesota for her translation assistance.

## IRSA

1717 Massachusetts Avenue, NW #200  
Washington DC 20036-2003  
Tel: 202 • 797 • 2105 Fax: 202 • 347 • 2576  
[www.refugeesusa.org](http://www.refugeesusa.org)

Produced by the National Programs Division of IRSA

## Ifafaalaha guud ee cudurkan HIV/ AIDS



### AIDSKU: Waa Dillaha Difaaca Jidhka.

Waana marxalada ugu dambaysa ee (virus) ka Dillaha Difaaca Jidhku gaadhsiyo qofka uu ku dhoco cudurkani . HIV du waxay jidhka ka lumisaa difaaca dabeeciga ah ee uu jidhku iskaga difaaco cudurada soo weerara. Mudo dheer oo sannado ah markay HIV du kujirto jidhka qofka ayaa ugu dambaynta jidhku wuxuu u nuglaadaa cudurada soo weerara. Khaasatan cudurada caabuqa leh (infection). Jidhku marka uu lumiyo awoodii difaaca ayaa qofku wuxuu u soo dhacaa cudurka AID ka.

### Sideebaa HIV du ugu kala gudubtaa dadka?

HIV du waxa caadiyan gudbiyaa waa qofka qaba dhiigiisa, shahwada raga, iyo (xaylka dumarka) dheecaanka dumarka ka yimaada wakhtiga galmada.(Verginal Fluids). HIV du waxay dadka ugu kala gudubtaa noocyo badan oo galmada kamida iyo irbadaha laysku mudo oo la wadaago. Waxay kale oo HIV du ku gudubtaa hadii hooyadu qabto. Hooyadu ilmaheeda way u gudbinkartaa inta uu uurka ku jiro, marka uu dhalanayo iyo markay naaska jaqsiiso intaba. Waagii hore dadbaa waxay kaqaadeen HIV da dhiigag lagu shubay. Haseyeeshee, maanta bangiga kaydka dhiiga ee Maraaykanku wuxuu aad ubaadhaa dhiiga loogu fidiyo deeqda. Hada bangiga kaydka dhiiga ee Maraykanku waa ka ugu aaminka wayn dunidoo dhan. Dhiigaaga oo aad ku deeqdana lagama qaado HIV.

### Iska baadhitaanka cudurka HIV da

Laguma garto aragtida qofka qaba cudurka HIV da. Sababtuna waxay tahay kama muuqato qofka diif iyo diihaal xanuun. Dad badan baa jira oo qaba xanuunkan, oo aan is ogayn ilaa ay iska baadhaan. Marka virus ka HIV du gallo jidhka qofka, ayaa jidhku wuxuu sameeyaa selis ka difaaca jidhka(anti bodies). Baadhida HIV du waxay inoo sheegtaa in jidhka qofku sameeyay seliskii difaaca jidhka( anti bodies). Taas oo kuu cadaynaysa in jidhku la dagaalamayo virus kii soo galay jidhka ee HIV da. Hadii aad qaado cudurkan mudo lix bilood ah ayay qaadanaaysaa in ta jidhku ku samaynayo seliska difaaca jidhka ( anti bodies). Mudadaa ka hor hadii aad is baadho xataa isma ogaan kartid waanad qabtaa HIV dii waanad u gudbin kartaa dadka kale.

### Laguma kala qaado cudurkan siyaabahan soo socda:

- Is taabashada guud ee nolol maalmeedka.
- Is gacanqaadka salaanta.
- Is dhunkashada ama in aad habsiiso qofka.

- Qufaca iyo hindhisada qofka oo ku soo gaadha.
- Dhiigaaga oo aad ku deeqdo
- Berkada dabaasha iyo musqusha oo aad la wadaagto.
- Gogasha iyo maacuunta lagu adeegto sida qaadooyinka oo aad la wadaagto ama cunada ood la cunto.
- Qaniinyada Kaneecada, xansharaadka kale amaba xayawaanka.

### Sideebaad isga difaaci kartaa cudurkan?

#### Badbaado aan khatari kujirin

- Adigoo joojiya galmada
- Adigoo u galmooda qof qudha oo aad adiga iyo qofku ba is baadheen iskuna aminteen in aydaan cidkale u galmoon si aad ubadbaadan.

#### Badbaado xoogaa khatar ahi ku jirto

- Adigoo galmooda galmo ku salaysan badbaadada cudurkan.
- Adigoo irbadaha laysku muddo u isticmaala si ku salaysan badbaadad cudurkan.

### Waa maxay galmada ku salaysan badbaadadu?

Waa adigoo iska ilaaliya in uu jidhkaaga gaadho dheecaanka qofka aad ugalmoonayso, sida shahwada iyo xaylka. Waxaa kale oo badbaada ka mida in aad qofka aad isu galmoonaysaan aad isla falanqaysaan sidaad labadiinuba isu badbadin lahaydeen. Waxay galmadu badbaado ku salaysmaysaa markaad gashataan bacda ama bambiirada galma-da loogu talo galay. Weliba bambiirada dufanka leh. Dufanku ma aha saliida,subaga, xaydha ama faasliinta. Dufanka noocan ahi bacda ama bambiirada wuu jilcinayaa. Bambiiiradu haday jilicdo waxay halis utahay in ay dilaacdo. Haday bambiiradu dilaacdo waxay gabaysaa howshii loogu talo galay oo ahayd in ay kaa badbaadiso cudurka. Bambiiirada galmada waxa jira dufan u gaara ( water-based lubricants).

### Waa maxay sida ugu badbaadada badan ee aad irbadaha laysku mudo u isticmaali kartaa?

- Adigoo aan cidna la wadaagin irbadaha lagu qaato mukhadaradka(drugs)
- Adigoo cidna la wadaagin irbadaha la isku xardho ee khadaabka (tattoos)
- Adigoo cidna la wadaagin irbadaha lagu dalooshado dhegaha , sanku iyo jidhka intiisa kaleba.

Adigoo cidna la wadaagin irbad hadaad tahay qof qaata mukhaadarad (drugs). Waxa jira meelo laguugu bedelayo irbadaadii duuga ahayd mid cusub. Hadaad damacdo in aad maydhatid irbad duuga marka horre laba jeer biyo ku maydh, mar labaadka laba jeer bleach ama warankiloda dharka cadaaysa ku maydh, Mar sedex-aadka hadana laba jeer oo kale sii biyo raaci.

### Hadii aad qabto HIV sideebaad uga badbaadin kartaa dadka kale?

#### Badbaado aan khatari ku jirin

- Adigoo joojiya galmada aad u galmoonayso dadka.
- Adigoo aan naaska jaqsiin ubadkaaga.

#### Badbaado xoogaa khatar ahi ku jirto

- Adigoo qofk aad isu galmoonaysaan u ged baxa oo usheega in aad qabto HIV intaydaan isu galmoon. Si aad uga wada hadashaan isugana af garataan sidii aad isugu galmoon lahaydeen idinkoo is badbaadinaya.

### Hadaad u baahan tahay akhbaar ka badan in tan :

Lahadal qofka kale sidaad isku badbaadin la haydeen. Isctimaala condom/ bambiirada ragu gashadaan sababahan oo kale dartood sidii loogu talagalay. Creem ha ismarinin markaad gashanaysid.biyo isticmaal hadii aad u baahato.

## Basic Facts about HIV/AIDS

**AIDS**—Acquired Immune Deficiency Syndrome—is the final state of a serious health condition caused by the Human Immuno-deficiency Virus, more commonly known as HIV. HIV causes the body to lose its natural defenses against disease. Over a period of time (often many years) the body eventually becomes weak and open to attack by several types of infections and diseases that the body is unable to fight. When the body can no longer fight off certain infections, a person is diagnosed with AIDS.

### How is HIV Transmitted?

HIV is transmitted through blood, semen, and vaginal fluids of infected persons. HIV can be passed from one person to another during certain sexual acts, or sharing needles with an infected person. A mother who has HIV can also transmit the virus to her child while in the womb, during delivery or by breast-feeding. Years ago, some people were infected by HIV through blood transfusions. Today, U.S. blood banks are required to screen donated blood for HIV, making our blood supply the safest in the world. You cannot get HIV from donating blood.

### Taking an HIV Test

You can't tell if a person is infected with HIV. Just because they look fine and feel fine doesn't mean they're not HIV positive. Many people don't even know that they're infected—that is, unless they take an HIV test. A simple test can tell you if you have been infected with the HIV virus. When a virus enters your body, your immune system produces antibodies. The HIV test tells you if your body has produced antibodies to HIV.

If you are infected, HIV antibodies may take up to six months to develop. During this time, even though you have not developed antibodies to the virus, you can still transmit HIV to others.

### You can't get infected by:

- Casual, everyday contact
- Shaking hands
- Hugging, kissing

- Coughing, sneezing
- Giving blood
- Using swimming pools, toilet seats
- Sharing bed linen, eating utensils, food
- Mosquitoes and other insects, animals

### How can you protect yourself?

#### No Risk

- Abstinence
- If you and your partner have been tested for HIV and are not infected and you only have sex with each other

#### Some Risk

- Safer sex activities
- Safer needle use

### What Are Safer Sex Activities?

Safer sex activities prevent contact with semen, vaginal fluids or blood. Talk to your partner about safer sex before having sex. Use a latex condom correctly every time you have sex. Use only water-based lubricants. Oil-based lubricants such as petroleum jelly should never be used because they may weaken the condom and cause it to break.

### What is Safer Needle Use?

Don't share needles if you are injecting drugs. Use needle exchange programs where used needles can be exchanged for new ones, or rinse your used needles twice in water, twice in bleach for 30 seconds, and twice in water again.

### If you are living with HIV how can you protect others?

#### No Risk

- Abstinence
- Do not breast feed your child

#### Some Risk

## MAXAAN KU CAAWIYAA ILMO QABA QUFAC IYO OOF WAREEN?

Marwalba inuu helo cabitan bada iyo nasasho. Waxaa daruuri ah in aad ugayso dhakhtar.

## SIDAAN ISAGA ILAALIYAA QUFACA IYO OOFWAREENKA?

Dadka qaba ood iska ilaaliso, gacmahaaga ood dhaqdo. Afkaagana ku dabool fasaleeti ama masar markaad hindhisto ama qufacdo is aanad ugu gudbini bulshada ku wehelisa. Daawada qufaca qaado uma baahnid daawada caabuqa (antibiotics). Sida kale ee laysaga difaaca waa adigoo qaata talaalka oofwareenka ama qufaca. Caadiyan talaalka waxaa la bixiyaa bilowga Oktoobar. Talaalkan waxaa haboo in ay qaataan:

- Dadka da'adoodu ka wayntahay 65 sano
- Dadka kunool xaruma xanaanad caafimaadka. Sida wayeelka, dadka laxaadka la'a ama aad ubuka ee lagu daryeelo xarumahaas.
- Dadka bukay muda kabadan xil bilood, waayeelka, dadka neefta qaba kuwa Caateeyaha qaba (HIV) iyo ku wadna xanuunka leh.
- Waxaa kale oo haboon inay talaalka qaataan dadka shaqodoodu tahay in daryeelaan dadkaynu kor kusoo sheegnay oodhan.

Is aad u hesho xaruma caafimaadka beeshaada ee lagu daweeyo qufaca waxaad eegtaa:

[www.flucliniclocator.org](http://www.flucliniclocator.org).

Hadaad akhbaar intaa ka badan oo ku saabsa hargabka iyo qufaca aad raadinaysana waxaa eegtaa:

The US food and drug Administration.  
[www.fda.gov](http://www.fda.gov)

American Lung Association  
[www.lungusa.org](http://www.lungusa.org)

The Nemours Foundation's Center for children's Health Media  
[www.kidshealth.org](http://www.kidshealth.org)

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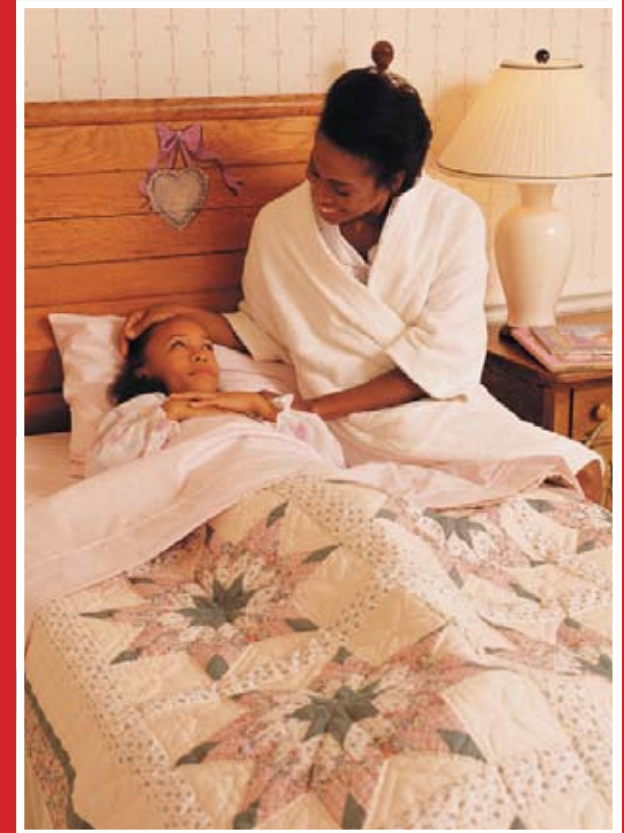
**Akhbaarta ku qoran dhambaalkan waxaa laga soo xigtay waraaqo hore oo ay qoreen hayadahan hoos ku xusan.**

*The US food and drug administration  
The American Lung Association  
The Nemours Foundation's center  
for Children's Health Media  
[www.kidshealth.org](http://www.kidshealth.org).*

*This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.*

### CONTACT INFORMATION:

[riht@uscridc.org](mailto:riht@uscridc.org)  
U.S. Committee for Refugees and Immigrants  
1717 Massachusetts Ave., NW  
Suite 200  
Washington, DC 20036  
Phone: 202 • 347 • 3507  
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[www.refugees.org](http://www.refugees.org)



## Hargabka iyo qufaca

(Cold and Flu - Somali)



[www.refugees.org](http://www.refugees.org)

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

### **WAA MAXAY HARGABKU?**

Hargabku wxaa cudur lakala qaado waxaana keena saxal (viruses) wareega oo hawadu sido. Waxaakale oo laga qaadaa hadii aad la dhaqanto qof qaba. Caadiyana wuxuu yimaadaa marka hawadu qabowga tahay.

### **MAXAA LAGU GARTAA HARGABKA?**

Calaamadaha hargabka lagu gartaa waa cunaha oo ku cuncuna iyadoo naqasku kugu adkaado, Sankoo ku cabudha, qufac ,hidhiso iyo duuf.

### **YAA QAADA HARGABKA INTUUNA HAYAA DADKA?**

Hargabku caadiyan wuxuu dadka hayaa mudo laba asbuuc ah . wuxuuna badanaa kudhac caruurta. Caruurta sanadkii ilaa sideed goor ayay qaadaan hargabka. Dadka waa wayni caaddiyan sanadkii laba goor ayay qaadaan haargab.

### **WAXAAN ISKAGA DAWEEN KARAA HARGABKA?**

Waxaa kaa daawaynka nasasho badan, cabitaan badan,dawooyinka farmasiyaha waxaad u cunikartaa riiraxanyada, qufaca cabudhka iyo hidhisada. Hargabka looma qaato (antibiotics) dawada caabuqa loocuno. Dawada caabuqu ma dawayso hargabka. Hargabku waa saxal (viruses) iska yimaada

### **MAXAAN KU CAAWIYA ILMO HARGABSAN?**

Waxad ku caawin kartaa nasasho badan, cabitaan badan iyo dawada hargabka. Dawada hargabka waain aad si wacan

u akhrido una siiso ilmah sidii loogu talo galay iyo mudadii loogu talo galay laguuguna tilmaamay dawada korkeeda.

### **SIDAAN ISAGA ILAALIYAA HARGABKA?**

Waxad hargabka isga ilaalin kartaa adigoo farxalashada ama fara dhqashada badiya, adigo iska dhowra taabashada badan ee afka, idhaha iyo sanko. Ka dheerow dadka hargabsan si aanay hindhisadooda, qufacoodu kuu gaadhin. Adna ku hindhis , ku qufac masarka ama fasoleetiga gacanta si aanad u gudbinin cudurka. Ha la wadaagin weel qor hargabsan. Xoogna unadiifi meelaha la wada taabto sida albaabada, miisak korkiisa iyo telefonka.

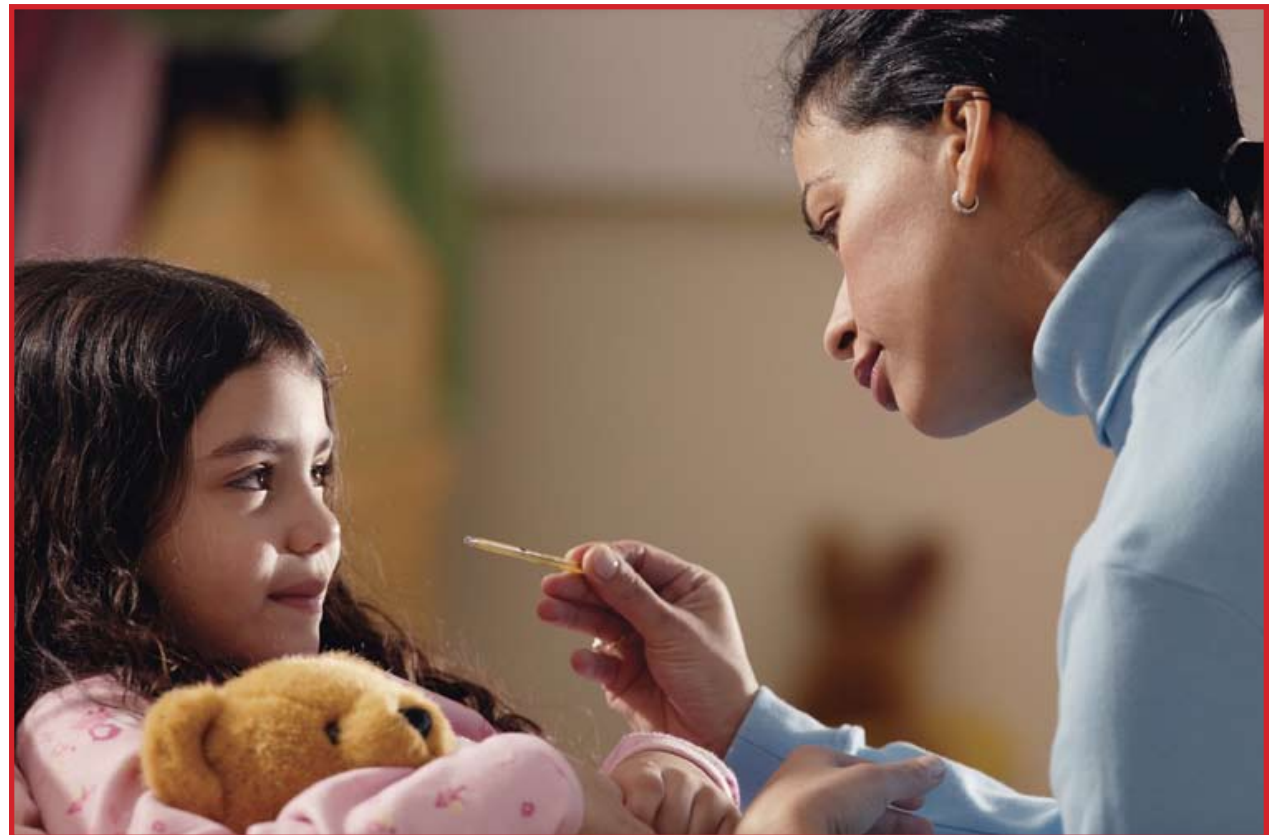
### **QUFACA AMA OOFWAREENKA**

#### **WAA MAXAY QUFACA?**

Qufaca iyo oofwareenku waa xanoon si deg-dega look ala qaado. Wuxuuna leeyahay calaamadaha hargabka wxaase udheer xumad, jidh xanuun iyo daal xad dhaafa. Markuu kugu dhaca caadiyan wuxuu qaataa mudo ka dheer labada asbuuc ee hargabka.

#### **MAXAAN ISKAGA DAWEEYAA UFACA AMA OOF WAREENKA?**

Sida ugu wanaagsani waa nasasho iyo cabitaan badn ado hela. Dawada qufaca iyo oofwareenka ka iibsada farmasiyaha.



- Laab xanuun
- Neefsashada oo dhib ah

Calaamadaha waxa ka mid noqon kara madax-xanuun, rabitaanka cuntada oo aan jirin, iyo daal si weyn u badan.

Qaar ka mid ah noocyada nuumooniya (pneumonia) wax lagaga hortagi karaa talaal nuumooniya. Talaalka nuumooniya waxa caadi ahaan la bixiyaa hal mar kaliya, mana aha wax la bixiyo sannad kasta sida talaalka iflada (flu). Hab kale oo lagaga hortagi karo nuumooniya waxa weeye adiga qaata talaalka iflada sannad kasta. Haddii aad u maleynaysid inaad qabtid nuumooniya, fadlan isla markiiba u tag dhakhtarkaaga.

### SI AAD UGA BAXSATID BARANKIITO, IFILO IYO NUUMOONIYA

- Dhaq marrar badan gacmahaaga
- Qaado talaal
- Iska ilaali taabashada dadka qaba ifilo
- Ka joog shaqada iyo dugsiga marka aad jiran tahay si aanad u fidin cuduro
- Sankaaga iyo afkaaga ku dabool masar marka aad qufacdid ama hindhistid
- Cun khudaar iyo cagaar, isla markaana qaado nasasho badan
- Dhaq gacmahaaga ka hor inta aanad taaban indhahaaga, sankaa iyo afkaaga
- Gurigaaga ka ilaali siigada

**Si aad u heshid war dheeraad ah oo ku jira internetka oo ku saabsan barankiito, ifilo iyo nuumooniya, fadlan booqo:**

[www.lungusa.org](http://www.lungusa.org)

[www.cdc.gov](http://www.cdc.gov)

[www.kidshealth.org](http://www.kidshealth.org)



*Warka ku yaala qoraalkan yar waxa laga soo xigtay qoraallo iyo illo ay leeyihiin:*

*Centers for Disease Control*

*The American Lung Association*

*The Iowa Department of Public Health*

*San Antonio Community Hospital.*

*New York State Department of Health*

*The Nemours Foundation*

*Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaradda Caafimaadka iyo Adeegyada Bini'aadanka Xafiiska Dejinta Qaxootiga (Department of Health and Human Services Office of Refugee Resettlement).*

#### **WARKA LA-XIDHIIDHISTA:**

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**1717 Massachusetts Ave., NW  
Suite 200**

**Washington, DC 20036**

**Teleefon: 202 • 347 • 3507**

**Faakis: 202 • 347 • 7177**

**[www.refugees.org](http://www.refugees.org)**



## **Cudurada Habka Neefsashada ee Caamka ah**

**(Barankiito, Ifilo iyo Nuumooniya)**

## **Common Respiratory Illnesses**

**(Bronchitis, Influenza and Pneumonia)**

**(Somali)**



**[www.refugees.org](http://www.refugees.org)**

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

## **WAA MAXAY SABABTA AAN UGA WALWALO CUDURADA HABKA NEEFSASHADA?**

Gudaha Maraykanka, cudurada habka neefsashadu waa caam ama way badan yihiin bilaha qabowga. Cudurada habka neefsashadu waxay kaa dhigi karaan qof si weyn u jiran. Cudurada habka neefsashada qaarkood waxay dili karaan caruurta ama waayeelka.

## **WAA MAXAY BARANKIITO?**

Barankiito waa marka xab uu buuxiyo dhuunta hawada ee gasha sambabada, qofkana ay dhib ku noqoto inuu neefsado.

Calaamadaha Barankiitadu waa:

- Qufac leh xab
- Madax-xanuun
- Qandho
- Neefsashada oo dhib kugu ah
- Qadhqadhyo

“Barankiito daran” waxay caadi ahaan la timaadaa hargab daran ama cudur hab neefsasho oo kale. Barankiitada darani waxay iska tagi kartaa ka dib cabitaanka cabitaano badan iyo qaadashada nasasho badan. Barankiitada laguma bogsiin karo duris ama lagama hortagi karo iyada oo la isticmaalayo duris. Waxa jira dawooyin qofka barankiito qaba dareensiin kara wacnaan. Barankiitada qofka haysa wax ka badan saddex bilood ama wax ka badan 2 sannadood waxa loogu yeedhaa “barankiito mudo dheer jirtay”. Barankiitada mudada dheer jirtay waxa sababa cabista sigaarka ama goob leh siigo warshadeed oo laga shaqeeyo. Habka ugu fiican ee lagu daweeyo barankiitada

mudada dheer jirtay waa iyada oo la joojiyo cabista sigaarka iyo iyada oo la iska ilaaliyo soo-gaadhista siigada warshadaha.

Haddii aad u maleynaysid inaad qabtid barankiito, fadlan dhakhtarkaaga ugu tag daweyn iyo talo.

## **WAA MAXAY IFILO?**

Ifilo (flu) waxa sababa jeermi caabuqiya sanko, cunaha iyo sambabada.

Calaamadaha ifilada waa:

- qandho sareysa,
- madax-xanuun,
- daal si weyn u daran
- qufac aan xaako lahayn
- cune xanuun
- san duuf ka socdo ama cabudhsan,
- lallabo, matag, ama shuban,
- muruqyo xanuun, iyo
- jidh xanuun



Ifilada waxa la isku qaadsiiyaa qufaca iyo hindhisada. Waxa jira dad si weyn ugu jiran kara ifilada oo xiitaa dhiman kara.

Waxa dadka ku jira:

- caruurta jirta bilo ilaa sannado,
- haweenka uurka leh,
- dadka da'doodu tahay 50 jir ama ka weyn,
- dadka qaba HIV/AIDS, neef/asma, ama cudur ah sambabka, kalyaha ama wadnaha.

Habka ugu fiican ee lagaga hortagi karo waa iyada oo la qaato talaalka ifilada. Badi waxay ifiladu dadka ku dhacdaa Bisha Laba iyo Tobnaad iyo Bisha Koobaad, sidaa daraadeed waxa fiican in talaal la qaato Bisha Tobnaad iyo Bisha Kow iyo Tobnaad.

Caruurta jirta lix bilood ama ka yar may gaadhin da' lagu talaali karo, sidaa daraadeed waa in hooyooyinka iyo xubnaha qoysku is talaalaan si looga hortago in ifilada lagu fidiyo nuunuuga. Haddii aad u maleynaysid inaad qabtid ifilo, fadlan isla markiiba u tag dhakhtarkaaga.

## **WAA MAXAY NUUMOONIYA?**

Nuumooniya waxay u eeg tahay ifilada, laakiin waa caabuuq ku dhaca sambabada. Nuumooniya waxay badanaa wehelisaa ifilada. Nuumooniya waxay geeri u keeni kartaa ilmaha da'da yar, waayeelka, dadka qaba HIV/AIDS, iyo dadka si weyn u jiran.

Calaamadaha nuumooniya waa:

- Qufac leh xab
- Qandho leh qadhqadhyo



## ILMAHAAGA KA GARGAAR IN ILKAHOODU YEESHAAN CAAFIMAAD

Caruurta qaba ilko bolol waxay yeelan doonaa dhibaatooyin ilkaha ah wakhti dambe oo ah noloshooda, waxana laga yaabaa inaanay yeelan ilko toosan.

U hubso:

1. Inaad siisid nuunuugaaga ama ilmahaaga yar caanaha naaska inta lagu jiro sannadka koobaad.
2. Inaad geysid ilmahaaga yar dhakhtarka ilkaha da'da hal sanno.
3. Inaad ilmahaaga yar ilkaha ugu cadeydid ama ugu rumaydid wax yar oo ah cajiinka ilkaha .
4. Inaanad ilmahaaga yar siinin cabitaanka soodhaha, cabitaanada khudaarta ee leh xumbo, ama juuska budada ah.
5. Kaliya siisid ilmahaaga juus ah boqolkiiba boqol (%100) dabiici oo lagu walaqay biyo kuna siisid koob—oo aanad ku siin dhalo.

**Wixii war dheeraad ah ee ku jira  
internetka ee ku saabsan sida ilkahaaga  
looga dhigo kuwo caafimaad qaba,  
fadlan booqo:**

[www.healthyteeth.org](http://www.healthyteeth.org)

[www.hesperian.org](http://www.hesperian.org)



*Warka ku yaala qoraalkan yar waxa laga  
soo xigtay qoraallo ka yimi:*

*Australian Research Center for  
Population Oral Health*

*California Department of Health Services*

*Federal Citizen Information Center*

*Qoraalkan yar waxa lagu soo saaray maalgalin  
laga helay Wasaaradda Caafimaadka iyo  
Adeegyada Bini'aadanka Xafiiska Dejinta  
Qaxootiga (Department of Health and Human  
Services Office of Refugee Resettlement).*

### **WARKA LA-XIDHIIDHISTA:**

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**1717 Massachusetts Ave., NW  
Suite 200**

**Washington, DC 20036**

**Teleefon: 202 • 347 • 3507**

**Faakis: 202 • 347 • 7177**

**[www.refugees.org](http://www.refugees.org)**



**Sida Ilkahaaga Loogu  
Yeelo Caafimaad**  
**Keeping Your Teeth Healthy**  
**(Somali)**



**[www.refugees.org](http://www.refugees.org)**

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## KA-HORTAGGU WAA MUHIIM

Ka-hortagga macnihiisu waxa weeye joojinta ilko xanuunka iyo ilko bololka ka hor inta aanay bilaabmin. Ilkaha oo la daweyyo ama ilkahaaga oo la beddelo waxay ku kacdaa lacag badan gudaha Maraykanka. Cudurada oo laga hortago ka hor inta aanay dhicin ayaa ka fiican daweyntooda.

## SIDA LOOGA HORTAGO BOLOLKA CIRIDKA IYO ILKAHA

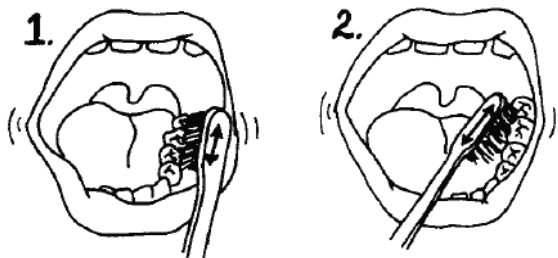
Waxa jira siyaabo badan oo aad ilkahaaga iyo ciridkaaga kaga badbaadin kartid bololka iyo waxyeelada.

- Ilkahaaga saddex jeer maalintii ku caday cajiinka ilkaha.
- Isticmaal xadhiga ilkaha (floss) ama xadhig si aad hadhaaga cuntada uga saartid ilkahaaga.
- Booqo dhakhtarkaaga ilkaha laba jeer sannadkii si ilkahaaga loo nadiifiyo.
- Cun cunooyin aan lahayn sonkor.
- Cab cabitaano badan.
- Ku luqluqo biyo ka dib marka aad cabtid cabitaanada soodhaha leh.
- Iibso burush ilko oo cusub saddexdii bilood kasta.

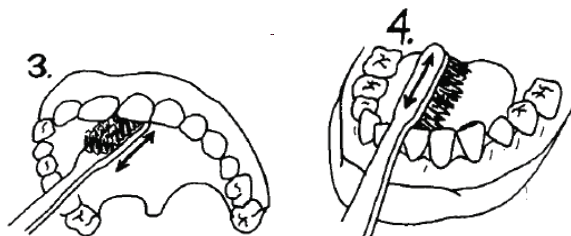
## BOOQASHADA DHAKHTARKA ILKAHA

Si fiican u daryeel ilkahaaga. Dhakhtarka ilkaha oo aad u tagtid laba jeer sannadkii si ilkahaaga loo nadiifiyo ayaa ka kharash yar in ilkahaaga la beddelo. Adeegyada ilkaha ee caruurta ayaa laga yaabaa inay bilaash yihiin gudaha gobolkaaga. Talo weydiiso shaqaalahaaga bulshada.

## QOYSKAAGA BAR INAY ILKAHA SI SAX AH U CADAYAAN



Ha iloobin inaad cadaydid xagga dambe ee ilkahaaga.



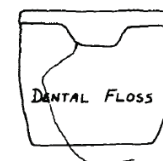
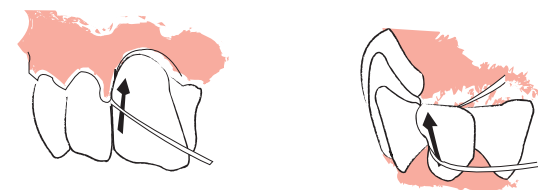
Caday xagga dambe iyo xagga kore ee ilkahaaga hore.



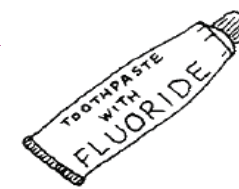
Sidoo kale caday ciridkaaga.

## WAXA AAD CARUURTAADA BARI KARTAA INAY SI SAX XADHIG UGU NADIIFIYAAN ILKAHA

Ilkahaaga oo aad ku nadiifisid xadhig waxay ka hortagaysaa waxyeelo gaadha ciridkaaga. Marka ugu horeysa ee aad xadhig isticmaashid waxa laga yaabaa in ciridkaaga dhiig ka yimaado sababta oo ah way tabar-daran yihiin. Marka aad sii wadid xadhigga isticmaalkiisa ciridkaagu wuu sii xoogeysan doonaa. Waxyaabaha afka fiqan iyo findhicilku waxay waxyeelayn karaan ciridkaaga ama sababi karaan cudur cirid ama caabuq. Isticmaalka af-dhaqdhaqu waxa uu gargaar ka geystaa dilista jeermiga ku jira afkaaga ee sababa neefta urta leh.



Xadhigga ilkaha



Cajiinka ilkaha



Af-dhaqdhaq

Ehelkaga iyo asxabtadu waxay kugu caawinkaraan inay kugu guubaabiyaan sidii aad u samayn lahayd jimicsiga jidhka kulana sameeyaan iyo inay kula dooraan cunada saxa ah.

Jimicsiga jidhku wuxuu u fiicanayahay caafimaadka, wuxuu kaa celiyaa cudurada waxa haboon in qof walaba rag iyo dumar, caruur iyo ciroole ay badiyaan dhaq-dhaqaaqa jidhka oo ay sameeyaan jimicsiga jidhka tobobaad kiib sedex maalmood. Mar walbana ay jimicsadaan uguyaraan 30 miridh.

Waxaa kale oo kaa caawinay jimicsiga adigo qaata jaran jarda adigoo qoyskaag la soo lugeeya, adigoo ciyaara kubada cagta iyo ta gacanta.

### **Hadii aad qabro cudurkan sonkorta, waa in aad:**

- Daawooyinka lagu qory u qaado sidii lagu sheegay.
- Mar walba hubi sonkortaada meeshay marayso.
- Qaado teesaro yar oo ay ku qorantahay magacaaga, ciwaankaaga, daawadaada, iyo nooca sonkortaada.
- Xidho dhar iyo kabo debacsan
- Biyo aad u badan cab.
- Joogto u samee jimicsiga jidhka.
- Mar walba sido nac-naca adag, sabiib, iyo cabitaanka khudrad macanta si hadii sonkortaada dhiigu hoos u dhacdoaad markiiba aad u cuntid.

Hadii aad u baahan tahay warar intan ka badan oo ku saabsan cudurkan sonkorta waxaad la xidhiidhaa:

American Heart Association [www.aha.org](http://www.aha.org)  
The Center for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)  
U.S. Department of Agriculture  
[www.usda.gov](http://www.usda.gov)  
(The American Diabetes)  
[www.diabetes.org](http://www.diabetes.org)



Warak ku qoran dhambaalka waxa lag soo xigtay:

American Heart Association

The American Diabetes

The Center for Disease Control and Prevention

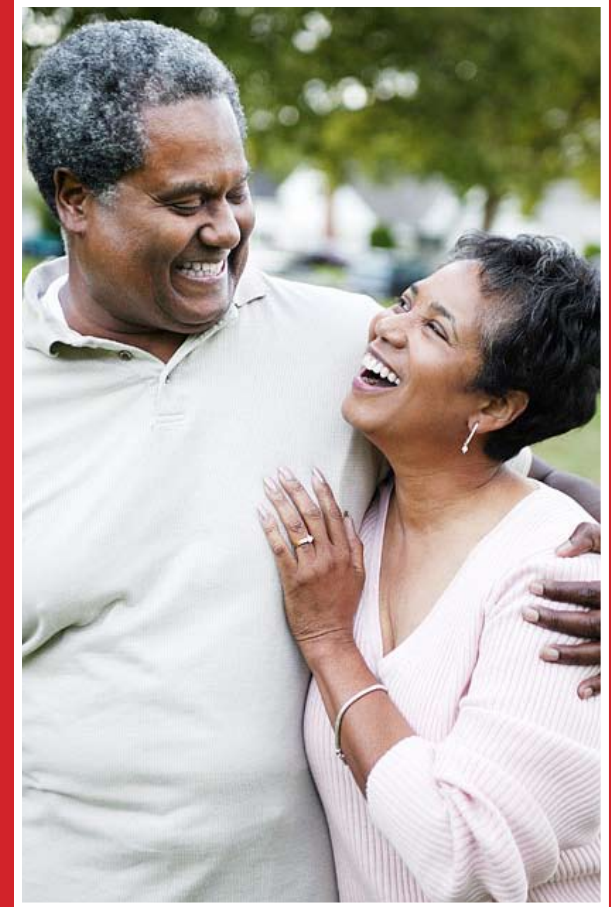
Georgia State University, Department of  
Geography and Anthropology

U.S. Department of Agriculture

*This brochure was developed with funding from  
the Department of Health and Human Services  
Office of Refugee Resettlement.*

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Fax: 202 • 347 • 7177  
[www.refugees.org](http://www.refugees.org)



**Waa maxay kaadi  
macaantu? (sonkorta)**



[www.refugees.org](http://www.refugees.org)

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Kaadi macaantu waa cudur jidhka u diida in uu samaysto Insulin macdanta cunada bur-burisa ee u rogta awood. Kaadimacaantu dhiiga waxay ku badisaa sonkorta. Marka dhiiga sonkortu ku badato waxaa khatar gala wadnaha, maskaxda, kelyaha, xididada dhiiga qaada iyo ilkaha. Kaadimacaantu waxay kale oo keentaa indho la'aan, Hamadda oo kaa guurta iyo in aad uba dhimato.

### **NOOCYADA KAADI MACAANTA AMA SONKORTU LEEDAHA**

Nooca 1 aad ee sonkorta waxaa laga helaa caruurta iyo dhalinyarada waxaana loo yaqaanaa sonkorta ku dhacda caruurta. (Juvenile diabetes)

Nooca 2 aad sonkorta caddiyan waxaa laga heli jiray dadka waawayn. Haseyeeshee, hadda badanaa waxaa laga helaa caruurta. Sababta waxay tahay in caruurta ay aad u cayilaan dhaq-dhaqaaqooduna yar yahay. cayilka caruurta wuxuu keena sonkorta

Nooca 3 aad waa sonkorta uurka ee ku dhacda dumarka uurka leh waxan loo yaqaan sonkorta uurka (Gestational diabetes)

### **SIDEE LAYSGA DARYEELAA SONKORTA?**

Cuddurkani wax daawo ah oo kaa kaxeeyaa majirto

- Haseyeeshee, waxaa jira daawooyin loo qaato daryeel. Waxa kale oo daryeelkaagu ku jiraa in:
- In aad cunadaa saxdo
- In aad noqoto qof dhaq-dhaqaaq badan (jimicsiga jidhka)
- In aad joojiso sigaar cabida iyo meelaha sigaarka lagu cabo.

- Iyo in aad qaadato daawooyinka laguugu qoro daryeelka.

### **Cuntooyinkaaga oo aad saxdo:**

- In aad cunto cuntooyin nafaqo leh oo kala duwan.
- In aad yaraysato cunooyinka ay mid yihiin buskudka, baradhada shiilan, mac-macaanka nac-naca subagyada kala duwan, milixda, jalatooyinka kala duwan iyo cabitaanka soodha ah.
- Iska yaree cuntooyinka shiilan ee dufanka badan sida mac-macaanka, buskud yada, iyo keegaga.

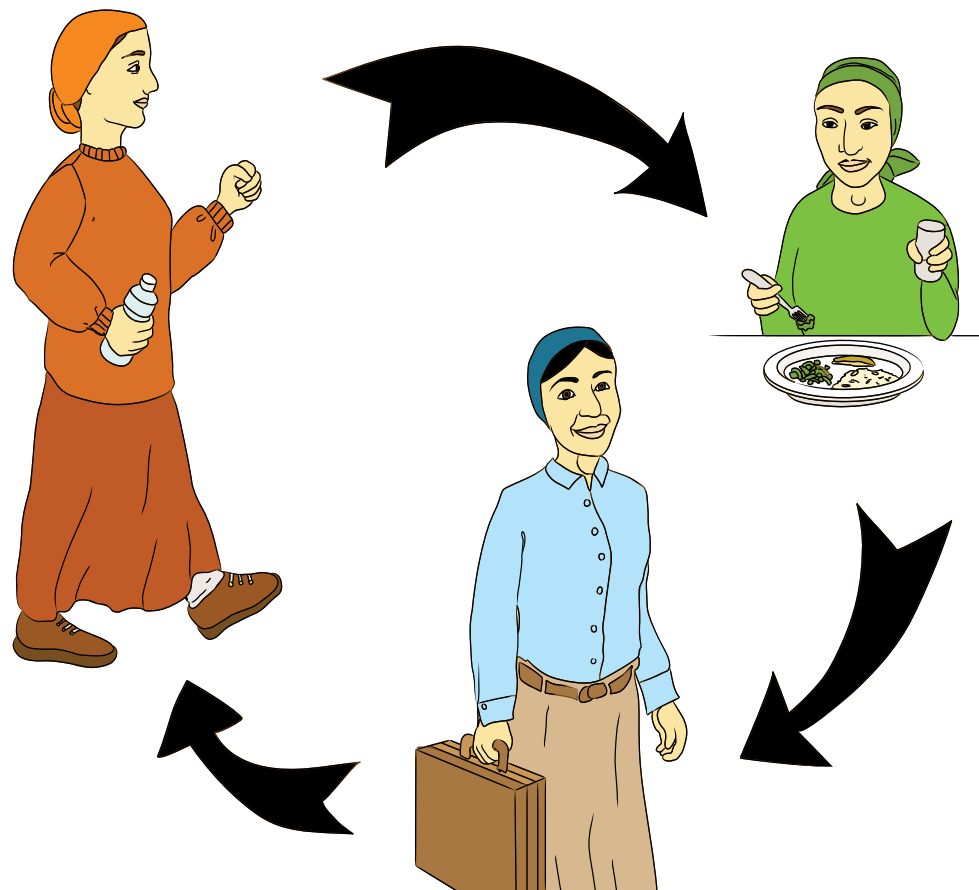
### **WAXYAA BAHA KALE EE CUNADA CAAFIMAAD IYO SAXO KU KORDHIYA:**

Dooro cunooyinka nafaqada leh sida rootiga guduudan, bariiska aan cadaanka ahayn. Markaad cunada karinayso ha ku badinin dufanka.

Markaad cunad karinayso ha shiilin. Cuntada dup, huuri, kari, foornee, ama umatee.

Dooro hilibka aan baruurta lahayn ama hilibka cad sida digaaga, digirinka iyo kalunka (malayga).

Dooro caanaha aan dufanka badan lahayn (1%) gubnada (chees), caano-fadi iyo caanaha aan dufanka lahayn (skim)



## MAXAAN SAMEEYAA HADDII BUDHCADNIMO KA JIRTO GURIGA DHEXDIISA?

Haddii qof jooga gurigaaga uu waxyeelo gaadhsiiyo adiga ama caruurtaada, waxa muhiim ah inaad raadsatid gargaar:

1. La hadal qof aad aaminsan tahay: saaxiib, deris, xubin qoys, ama shaqaalahaaga bulshada.
2. Wac 911 haddii aad ku jirtid halis dhakhso ah. Boliiska ayaa iman doona gurigaaga oo badbaadin doona adiga iyo caruurtaada.
3. Haddii aanad ku hadlin Ingiriisi, wac Khadka Qaran ee Budhcadnimada Guriga Dhexdiisa (National Domestic Violence Hotline) oo ah: 1-800-799-7233. Wicitaanadu waa bilaash. U sheeg shaqaalaha teleefonka kaa qabta afka aad ku hadashid. Turjubaanka ayaa kuu sheegi doona waxa aad sameyn kartid iyo meesha aad ka heli kartid gargaar gudaha magaaladaada.

*Wicitaanada lagula xidhiidho Khadadka Budhcadnimada Guriga Dhexdiisa waa QARSOODI. Lagaama rabo inaad sheegtid magacaaga. Shaqaalaha teleefonku cidna uma sheegi doono wicitaankaaga.*

**Si aad u heshid war dheeraad ah oo ku yaala internetka oo ku saabsan budhcadnimada guriga dhexdiisa ee dhacda beelaha qaxootiga ah, fadlan booqo:**

[www.endabuse.org](http://www.endabuse.org)

[www.atask.org](http://www.atask.org)

[www.apiahf.org/apidvinstitute](http://www.apiahf.org/apidvinstitute)

[www.tapestri.org](http://www.tapestri.org)

[www.mosaicservices.org](http://www.mosaicservices.org)

[www.hotpeachpages.net](http://www.hotpeachpages.net)



*Rugaha internetka ee sare waxa ku jira war dheeraad ah oo ku qoran afaf badan oo ay ku hadlaan qaxootigu.*

*Qoraalkan waxa lagu soo saaray maalgalin laga helay Xafiiska Dejinta Qaxootiga, Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka (Office of Refugee Resettlement, Department of Health and Human Services).*

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Teleefon: 202 • 347 • 3507

Faakis: 202 • 347 • 7177

[www.refugees.org](http://www.refugees.org)



## Budhcadnimada Guriga Dhexdiisa Violence in the Home (Somali)



[www.refugees.org](http://www.refugees.org)

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## **WAA MAXAY BUDHCADNIMADA GURIGA DHEXDIISU?**

Budhcadnimada guriga dhexdiisa waxa badanaa loogu yeedhaa xumeyn. Xumeyntu waxay dhacdaa marka qof uu waxyeelo ama cabsi soo celcelis ah gaadhsiyo qof kale. Xumeynta waxa ku jira waxyeelo loo geysto jidhka qofka, dareenkeeda oo wax la waxyeelo, ama iyada oo lagu qasbo inay sameyso waxyaabo ay ka xumaanayso ama aanay doonaynin inay sameyso. Xumeyntu waxa kale oo ay dhacdaa marka qofka lagu yidhaahdo ma lihid maskax ama xoog ma lihid, ama ma awoodid inaad gaadhid go'aamo ku saabsan noloshaada.

## **AYAA LA XUMEYN KARAA?**

Qof kasta ayaa la xumeyn karaa: dad waaweyn, caruur iyo waayeel. Qoysaska xumeyntu ka dhex dhacdo, badanaa waxa la xumeeyaa haweenka, caruurta iyo waayeelka.

## **CARUURTA**

Caruurta budhcadnimo ku arka guriga waxay dareemaan cabsi iyo murugo. Badanaa, waxay rumeystaan in dhaqankoodu sababo budhcadnimada. Caruurta caafimaad uma laha inay ku noolaadaan guri ay ka jirto budhcadnimo. Caruurta budhcadnimo ku arka gurigooda badanaa waxa dhib ku ah dugsiga, waxay bilaabaan isticmaalidda maandooriyeyaasha ama daroogada iyo khamriga waxana ay noqon karaa laftooda kuwo isticmaala budhcadnimo.

## **MIYAA LAGUGU HAYAA BUDHCADNIMO?**

Waxa lagugu hayaa budhcadnimo haddii qof jooga gurigaaga:

- uu ku riixriixo, ku dhirbaaxo ama feedh kugu dhufto,
- uu ku hanjabo inuu ku dili doono ama waxyeelo ku gaadhsiiin doono,
- uu ku hanjabo inuu kaa qaadan doono caruurta,
- uu ku canaanto oo niyadda kaa jabiyo wakhti kasta,
- aanuu kuu ogalaan inaad aragtid qoyskaaga iyo saaxiibadaa,
- uu kugu qasbo galmo marka aanad rabin,
- aanuu kuu ogalaan inaad shaqeysid oo aad heshid lacag kuu gaar ah,
- aanuu kuu ogalaan inaad baratid Ingiriisiga ama aad baratid wadista baabuurka,
- uu ku hanjabo inuu kugu celin doono wadankaagii, iyo
- inuu kaa qaadi doono dukumentigaaga imigarayshanka.

## **WAA DAMBI**

Waa inaan budhcadnimada guriga dhexdiisa ka dhacda la qarin. Budhcadnimo jidhka ama galmo ah oo lagula kaco xubin qoys waa sharci-daro gudaha Maraykanka. Boliiska iyo maxkamadaha ayaa badbaadiya dhamaan dhibaneyaasha budhcadnimada guriga dhexdiisa. Badbaadin gaar ah ayaa la siiyaa caruurta, haweenka, iyo waayeelka. Waa la xidhi karaa qofka ku kaca budhcadnimo guriga dhexdiisa ah.

## **ADIGU KHALAD MA LIHID**

Haddii lagu xumeeyo, macnaheedu ma aha inaad ahayn afo ama hooyo fiican. Qofka ku xumeeya waxa uu rabaa inuu xukummo noloshaada.

## **MA TIHID KALIGAA**

Haddii qof ka tirsan qoyskaaga uu ku xumeeyo, waa inaad ogaatid inaad kaligaa ahayn. In ka badan laba malyan oo haween ah ayaa waxa sannad walba xumeeya ragga qaba iyo rag la saaxiib ah gudaha Maraykanka.

Haddii aad taqaanid qof la xumeeyo, u sheeg inay heli karto gargaar:

- Gargaarka Degdegga ee 911: Boliis iyo ambalaas.
- Gabood Ka-badbaadin Budhcadnimo (Shelter): waa hoy amaan iyo bilaash ah oo loogu talagalay haweenka iyo caruurtooda.
- Amar Badbaadin oo Ku-meelgaadhsiis ah (Temporary Protection Order): Xaakin Maxkamad Qoys ayaa amri kara in qofka budhcadnimo ahi ka baxo guriga una soo dhawaan xaaskiisa iyo caruurtiisa.
- Gargaar Sharci: dhibaneyaasha dakhligoodu hooseeyo waxay heli karaan qareen ama looyar bilaash ah oo ka gargaari kara arrimaha sharciga, sida amar badbaadin, haynta ilmaha, taageero ama masruuf ilmo, ama furis.

### Waco gar-gaarka deg-dega hadii:

- Aad suuxdo
- Lafi ku jabto
- Qufacdid ama mantagtid dhiig
- Ku qabto xanuun culus oo kugu soo booda
- Waax ama dhinac ku qalalo
- Aad gubatid
- Uu madaxu ku dhaawacmo
- Ilmahaagu dhaawacmo

### Ha utegin gar-gaarka deg-dega hadii:

- Dhagugu ku dilaacaan
- Hargab, qufac ama oof-wareen kugu dhaco
- Aad si fudud u gabatid (gubasho fudud)
- Aad murkacatid (waxyelo turunturo)
- Aad u baahatid talaalada guud
- Aad u baahatid talaalka hargabka
- Cunuhu ku bararo

Hadii wax halis ah kugu dhacdo, uyeedho gar-gaarka deg-dega ah adiga oo kala hadlaya telefanka 911.



Soo-saaridda dhambaalkan waxaa caawiyey Wasaaradda Caafimaadka iyo Horumarinta Bulshada, Xaafiiska Dib-udejinta Qaxoontiga

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## DARYEELKA CAAFIMAADKA EE MARAYKANKA

(Somali)



[www.refugees.org](http://www.refugees.org)

Protecting Refugees, Serving Immigrants,  
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## **DARYEELKA CAAFIMAADKA EE MARAYKANKA**

Wadanka Maraykanku wuxuu leeyahay siyaabo badan oo loo helo daryeelka caafimaadka, waxayna kala yihiin:

- Adiga oo dhakhtarkaaga u taga
- Adiga oo taga kaalmaha caafimaadka ee ballan la'aanta ah
- Adiga oo taga kaalmaha daryeelka deg-dega ah

### **GOORMA AYAAN BOOQAN KARAA DHAKHTAR?**

Dhakhtarkaaga waxaad booqan kartaa marka aad ballan ka dhigatid. Waxaad ugu tegi kartaa waxyaabaha ay ka mid yihiin:

- Qufac, hargab ama oof-wareen
- Dheguhu ku dilaacaan
- Talaalada sanboorka iyo xasaasiyadda
- Talaalada guud
- Isbaadhitaanka guud ee sanad walba

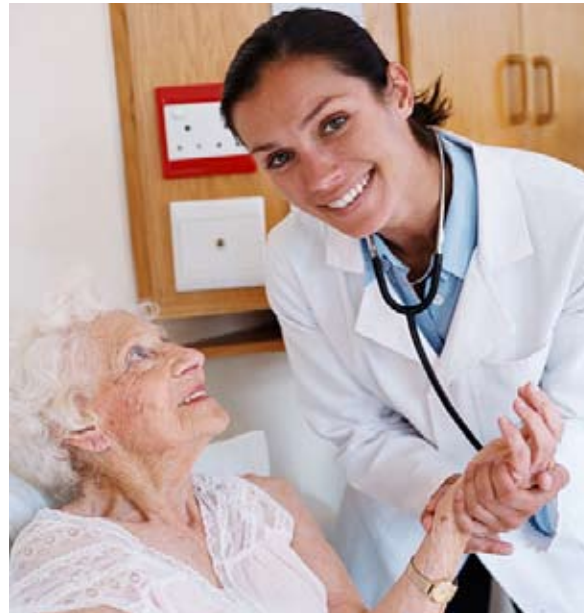
### **GOORMA AYAAN TEGI KARAA KAALMAHA BALLAN LA'AANTA?**

Kaalmaha ballan la'aantu waxay la mid yihiin xafiisyada dhakhtarada, laakiin waxaad arkaysaa kolba dhakhtarka kugu soo beegma. Caadiyan, kaalmahani waxay kuyaalaan agagaarka suuqyada ama isbitaalada waawayn, waxaanay furanyihii subaxa hore ilaa habeenka. Waxaa haboon in aad kaalmahan u booqato waxyaabaha yaryar sida dhaawaca sahlan iyo xanuunada fudud. Waxyaabaha aad ugu tegi karto waxaa ka mid ah:

- Dhago xanuun ama dhagaha oo ku dilaaca
- Gubasho fudud ama qoraxda oo ku iirta ama ku fiqda
- Xumad aan waynayn (qandho yar)
- Dugsiga ama shaqada oo ku tidhi isa soo baadh
- Talaalada sanboorka iyo xasaasiyada

### **GOORMA AYAAN U TEGI KARAA KAALMAHA DARYEELKA DEG-DEG AH?**

Daryeelka deg-deg ah wuxuu caadiyan ku dhex yaalaa isbitaalada waawayn waxaana uu furanyahay 24-kasacadood, 7-damaalmoodba. Booqashada gargaarka dag-daga ahi way ka qalisantahay kaalmaha kale ee caafimaadka, wayna ka gacan-culusyihiin. Daryeelka deg-dega ah waxaa loogu talagalay in lagu arko waxyaabaha khatarta ah ee marxaladohoodu tahay geeri iyo nolol sida:



- Laab xanuun; wajiga, gacmaha ama lugaha oo qalala ama dareenka uu ka tago; qofka oo hadalka kasoo bixi waaya qofka
- Xummad aad uu sareysa, wareer xad-dhaaf ah, qoorta oo ku xanuunta iyo naqaska oo ku qabta
- Haddii ay sun khatar ahi jidkhaaga gasho
- Haddii aad miyir beeshid
- Qufaca xun ama qufaca dhiigu la socdo
- Isbadal dag-dag ah oo ku dhaca jidha oo dan

### **HADII AAD TAGAYSID GAR-GAARKA DEG-DEGA AH:**

- 1) Hore u sii qaado dhaqtarkaaga magaciisa iyo nambarka telefankiisa.
- 2) Hore u sii qaado magacyada dawooyinka aad istimaashid.
- 3) U sheeg dhaqtarka ama kal-kaaliyaha caafimaadka hadii aad qabto xanuun aanay arki karin



ka mid ah biilasha caafimaadka. Cisbitaalada qaarkood ma aqbalaan qorsheyaasha caymiska qaarkood. Fadlan weydii dhakhtarkaaga haddii ay aqbalaan qorshahaaga caymiska ka hor inta aanad u tagin. Haddii aad haysatid caymis markasta sido ama hayso kaadhkaaga caymiska.

### **MAXAA IGU KALIFAYA CAYMIS CAAFIMAAD?**

Daryeelka caafimaadku gudaha Maraykanka si weyn ayuu qaali u yahay. Haddii aad u baahan tahay inaad tagtid cisbitaalka waxa lagaa rabi doonaa inaad iska bixisid dhamaan biilasha haddii aanad haysan caymis. Haysashada caymis caafimaad waxay kaa gargaari doontaa bixinta qayb ka mid ah kharashyada. Haddii aad haysatid caymis caafimaad waxa aad badbaadinaysaa dhaqaalahaaga.

### **SIDEE BAAN CARUURTAYDA UGU HELI KARAA CAYMIS CAAFIMAAD?**

Shaqo-bixiyeyaasha qaarkood waxay shaqaalahooda iyo xubnaha qoyskooda siiyaan caymis caafimaad. Badi dawladaha goboladu waxay caymis

caafimaad oo bilaash ah siiyaan caruurta qoysaska dakhliga yar. Weydii shaqaalahaaga bulsho qorsheyaasha dawladeed ee ka jira gobolkaaga.

### **KA WARAN HADDII AANAN AWOODIN INAAN ISKA BIXIYO CAYMIS CAAFIMAAD?**

Waxa laga yaabaa inaad caymis caafimaad ka heshid shaqadaada, ama shaqada ninkaaga/xaaskaaga. Shaqo-bixiyeyaasha qaarkood waxay bixiyaan dhamaan ama qayb ka mid ah kharashka bishii ee caymiska caafimaadka. Waxa muhiim ah inaad ka fikirtid in shaqadaadu leedahay faa'iidooyin caafimaad. Haysashada faa'iidooyin caafimaad waa muhiim waxana ay badbaadin kartaa qoyskaaga marka degdeg yimaado. Weydii shaqaalahaaga bulshada talo ku saabsan caymiska caafimaadka ama barnaamijyo caafimaad oo kale.

**Si aad u heshid war dheeraad ah oo ku jira internetka oo ku saabsan Medicaid, fadlan booqo:**

[www.cms.hhs.gov/home/medicaid](http://www.cms.hhs.gov/home/medicaid)

• • •

*Qoraalkan yara waxa lagu soo saaray gargaar ah war iyo maal oo laga helay:*

*Centers for Medicare and Medicaid Services  
Administration for Children and Families  
U.S. Dept. for Health and Human Services*

*Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka Xafiiska Dejinta Qaxootiga (Department of Health and Human Services Office of Refugee Resettlement).*

#### **WARKA LA-XIDHIIDHISTA:**

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## **Medicaid iyo Caymiska Caafimaadka Medicaid and Health Insurance (Somali)**



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## **MEDICAID IYO CAYMIS CAAFIMAAD**

Adeegyada caafimaadku ma aha bilaash gudaha Maraykanka, waxana ay noqon karaan kuwo si weyn qaali u ah. Qaxootigu waxay heli karaan gargaar ah bixinta kharashka daryeelka caafimaadka iyada oo la marayo barnaamijyo la yidhaahdo “Medicaid” iyo “Refugee Medical Assistance”. Dadka kale iyo qoysaskoodu waxay iibsadaan caymis caafimaad iyaga oo maraya shaqadooda ama iskood u iibsada. Qoraalkan yari waxa uu gargaar ka geysanayaa sharaxaadda sida qaxootigu u isticmaali karaan Refugee Medical Assistance, Medicaid iyo caymis caafimaad si loo bixiyo kharashka adeegyada caafimaadka.

### **WAA MAXAY MEDICAID?**

Medicaid waa barnaamij gargaar caafimaad oo qoysaska dakhligoodu hooseeyo ka gargaara inay iska bixin karaan qaar ama dhamaan biilashooda caafimaadka. Qoysaska qaxootiga ah ee leh caruur waxay heli karaan

Medicaid marka ay yimaadaan Maraykanka. Gobol kastaa waxa uu leeyahay shuruudo gaar u ah oo ku saabsan qofka heli kara Medicaid iyo mudada uu heli karo. Haddii aad ku jirtid Medicaid waa inaad haysatid kaadh Medicaid oo leh lambar.

### **WAA MAXAY NOOCYADA QORSHEYAASHA MEDICAID?**

Qorsheyaasha Medicaid ee kala duwani waxay leeyihiin dhakhaatiir kala duwan oo ka shaqeeya meelo kala duwan. U hubso inaad dooratid qorshe leh dhakhtar ka shaqeeya meel kuu dhow. Waxa laga yaabaa inaad boosta ka heshid foomam ama waraaqo ku saabsan qorsheyaal kala duwan. U hubso inaad dooratid qorshe kuu fiican, ama gargaar weydiiso shaqaalahaaga bulshada.

### **AYAA IGA GARGAARI KARA INAAN HELO MEDICAID?**

Shaqaalahaaga bulshadu waxa uu kaa gargaari doonaa inaad Wasaaradda Adeegyada Caafimaadka (Department of Human Services) ka codsatid

Medicaid bisha kuugu horeysa ee aad joogtid Maraykanka. Waa inaad boosta ka heshid kaadh aad ku isticmaali kartid cisbitaalka.

### **KA WARAN HADDII AANAY II BANAANAYN MEDICAID?**

Qaxootigu waxay ku jiri karaan Medicaid mudo ah 7 sannadood haddii ay uga banaan tahay gudaha gobolkooda. Qaxootiga aan lahayn caruur ee sameeya lacag badan uma banaana Medicaid. Qaxootiga aanu u banaanayn Medicaid waxa laga yaabaa inay helaan Refugee Medical Assistance sideedda bilood ee ugu horeeya ka dib marka ay soo gaadhaan Maraykanka. Refugee Medical Assistance waxa loo heli karaa qaxootiga, magangalyo-heleyaasha, soo-galeetiga Kuuba/Hayti, iyo dhibaneyaasha ka-ganacsiga dadka.

### **HADDII AAN KU JIRO MEDICAID, HALKEE BAAN U TAGI KARAA DARYEEL CAAFIMAAD?**

Qaar ka mid ah cisbitaalada iyo dhakhaatiirta jooga Maraykanka ayaa aqbala Medicaid qaarna ma aqbalaan. U hubso inaad wacdid

dhakhtarka oo aad ogaatid haddii ay aqbalaan barnaamijka Medicaid ka hor ballantaada.

### **MUDO INTEE LEEG AYAY SOCONAYSAA MEDICAID?**

Ka dib sideedda bilood ee hore ee ay joogaan Maraykanka, qaxootiga uma banaana inay u sii socoto Refugee Medical Assistance, laakiin waxa laga yaabaa inay wali heli karaan Medicaid. Waxa muhiim ah in qoysaska qaxootigu helaan dhamaan talaalada inta lagu jiro sideedda bilood ee ugu horeeya taasoo ah inta ay bilaash u yihiin. Ka dib marka Medicaid dhamaato, haysashada caymis caafimaad ayaa qoysaska ka gargaari kara inay iska bixiyaan kharashyada daryeelka caafimaadka.

### **WAA MAXAY CAYMIS CAAFIMAAD?**

Caymis caafimaad waa barnaamij qofka ka gargaara bixinta kharashka daryeelka caafimaadka. Qofku waxa uu bil kasta qadar lacag ah siin karaa shirkadda caymiska ama waxa laga jari karaa jeeggiisa mushaharka. Haddii qofku xanuunsado, shirkadda caymisku waxay bixisaa qayb

- caano, caano-fadhi (yogurt), ama jiis/faramaajo, iyo
- hilib iyo digir.

Ilmaha ku jira uurkaga waxa waxyeelo gaadhsiin kara soo-gaadhista waxyaabaha qaarkood. Fadlan ka fogow waxyaabahan soo socda:

- sunta cayayaanka, waxyaabaha nadiifinta, iyo rinjiga,
- qiiqa sigaarka
- cabitaanada khamriga (biir, fiino iyo khamriga adag), iyo
- qadar badan oo ah kafee, shaah, ama cabitaanada fudud. Cabitaanada khamriga ahi waxay sababi karaan cilado ilmuhu ku dhasho, waxyeeleyn maskaxda ah, ama xiitaa geeri. Qiiqa sigaarku waxa uu sababi karaa in ilmuhu dhasho isaga oo si weyn u yar ama uu goor hore dhasho taasoo aan caafimaadkiisa u fiicnayn.

### **HALKEE BAAN TAGI KARAA SI AAN U HELO DARYEELKA KA HOREEYA DHALMADA OO BILAASH AH AMA QIIMIHIISA LA DHIMAY?**

Waxa aad heli kartaa gargaar aad iskaga bixinaysid kharashka daryeelka caafimaadka inta aad uurka leedahay. Daryeelkan ka horeeya dhalmada waxa uu kaa gargaari karaa inaad dhashid ilmo caafimaadqaba. Gobol kastaa waxa uu leeyahay barnaamij gargaar. Si aad u heshid war dheeraad ah oo ku saabsan barnaamijka ka jira gobolkaaga, fadlan wac: 1-800-311-2229, ama shaqaalahaaga bulshada weydii war ku saabsan ikhtiyaaro kale.

### **Si aad u heshid war dheeraad ah oo ku saabsan uur caafimaad leh oo laga helo internetka, fadlan booqo:**

[www.nlm.nih.gov/medlineplus/prnatacare](http://www.nlm.nih.gov/medlineplus/prnatacare)  
[www.4women.gov/faq/prenatal](http://www.4women.gov/faq/prenatal)  
[www.cdc.gov/ncbddd/bd/abc](http://www.cdc.gov/ncbddd/bd/abc)  
[www.kidsheslth.org/parent/](http://www.kidsheslth.org/parent/)



*Warka ku yaala qoraalkan yar waxa laga soo xigtay qoraallo ay leeyihiin:*

*U.S. Department of Health and Human Services*

*Centers for Disease Control*

*International Food Information*

*Council Foundation*

*March of Dimes*

*State Family Planning Administrators*

*Center for Health Training, WA*

*Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka Xafiiska Dejinta Qaxootiga (Department of Health and Human Services Office of Refugee Resettlement).*

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## **UUR CAAFIMAAD LEH** **Healthy Pregnancy** **(Somali)**



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Lahaanshaha uurku waa wakhti si weyn muhiim ugu ah nolosha haweenayda. Qoraalkan yari waxa uu bixinayaa war ku saabsan sida aad u lahaan kartid uur caafimaad leh adiga oo raacaya “dareemid goor hore ah”, “daryeelka ka horeeya dhalmada” oo joogto ah, iyo adiga oo cuna noocyo cuntooyin oo sax ah.

### **WAA MAXAY DAREEMIDDA GOOR HORE AHI?**

Dareemidda goor hore ahi waa iyada oo goor hore la ogaado inaad uur leedahay. Waxay taasi kaa gargaari doontaa inaad daryeel fiican siisid naftaada iyo ilmahaaga.

### **MAXAA LA SAMEEYA HADDII AAD U MALEYNAYSID INAAD UUR LEEDAHAY?**

Haddii aad isku aragtid calaamadaha lahaansho uur, waxa aad iibsana kartaa qalab baadhitaan uur kaasoo aad ka iibsana kartid farmasi kasta adiga oo aan haysan warqad dhakhtar. Haddii baadhitaanku soo saaro inaad uur leedahay, fadlan u tag dhakhtar. Dhakhtarkaaga ayaa natiijada ku xaqiijin doona baadhitaan kale. Waxa muhiim ah inaad u tagtid gudaha laba bilood ee hore ee uurka. Dhakhtarkaaga ayaa ka jawaabi doono wixii ah su’aalo ama walaac ee aad qabtid. Waxa muhiim ah sida ugu dhakhsaha badan ee suurogalka ah ugu tagtid dhakhtarkaaga daryeelka ka horeeya dhalmada.

### **WAA MAXAY DARYEELKA KA HOREEYA DHALMADA?**

Daryeelka ka horeeya dhalmada waa daryeelka caafimaad ee aad heshid marka aad uur leedahay.

Daryeel sii naftaada iyo ilmahaaga adiga:

- oo goor hore hela daryeelka ka horeeya dhalmada
- oo si joogto ah u hela baadhitaanada daryeelka ka horeeya dhalmada. Dhakhtarkaaga ayaa dhawr ballamood kuu sameyn doono inta aad uurka leedahay. Midna ha gafin!
- raac talada dhakhtarkaaga.

Waxa kale oo daryeelka ka horeeya dhalmada ku jira baadhitaano shaybaadh, baadhitaano ah “ultrasound”, iyo baadhitaano kale oo fiirin ah. Waxa baadhitaanadaa loo sameeyaa si loo sugo caafimaadqabkaaga iyo caafimaadqabka ilmahaaga inta aad uurka leedahay.

### **WAA MAXAY SABABTA AAN UGU BAAHANAHAY DARYEELKA KA HOREEYA DHALMADA?**

Daryeelka ka horeeya dhalmada waxa adiga iyo ilmahaagu ka heli karaan caafimaad. Ilmaha u dhasha hooyooyin helay daryeelka ka horeeya dhalmada waxay u badan yihiin inay yeeshaan miisaan dhalasho oo sare, hooyooyinkana uu ka yaraado dhibka uurku. Dhakhaatiirtu waxay goor hore ogaan karaan dhibaatooyinka marka ay hooyooyinka arkaan bil ama labadii bilood kasta. Daweynta goor hore ahi waxay ka hortagi kartaa in dhibaatooyinku sii xumaadaan. Daryeelka caafimaad ee joogtada ahi waxa uu u fiican yahay adiga iyo ilmahaaga. Weydii shaqaalahaaga bulshada talo ku saabsan dhakhtarka la rabo inaad u tagtid, ama war ku saabsan adeegyada tarjumidda.

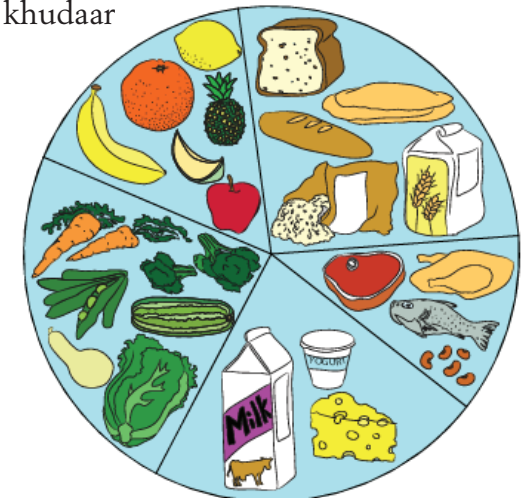
### **SIDEE BAAN KU YEELAN KARAA UUR CAAFIMAAD LEH?**

Ilaali caafimaadkaaga iyo caafimaadka ilmahaaga inta aad uurka leedahay adiga oo:

- cabaya lix ilaa sideed koob oo ah biyo, cabitaan ah miir khudaar dabiici ah, iyo caano maalin kasta,
- qaadanaya fitamiino ay ku jirto “Folic Acid”, iyo “Bir”, iyo “Kaalshiyam”,
- sameynaya jimicsi ah socod,
- qaadanaya hurdo kugu filan,
- weydiinaya dhakhtarkaaga in dawooyinka aad qaadanaysid ay amaan u yihiin adiga iyo ilmahaaga,
- qaadanaya talaal ifilo ama hargab, iyo
- iska ilaalinaya walaac ama giigsanaan.

Si aad u yeelatid uur caafimaad leh u hubso inaad maalin kasta cuntid:

- xabuubley (bariis, rooti/roodhi, “couscous”, ama soor/shuuro),
- cagaar iyo caleen
- khudaar



## WAA MAXAY DUFANKA DHIIGU?

Dufanka dhiigu waa wax jilicsan oo barrurta u ego o ku jira dhiiga. Waa caadi in dufan ku jiro dhiiga . Dufanka dhiigu wax uu sameya seliska (cells) jidhka u suurto geliya in uu qabto shaqadii loogu talo galay. Haseyeeshee, marka dufanka dhiigu ka bato intii loo baahnaa dhibaatooyin badan buu keenaa. Dhibaatooyinka dufanka dhiigu keeno waxaa ka mida: cudurada wadnaha. Ugu dambaystana wuxu keenaa in wadnuhu joogsado.

## CALAAMADHA LAGU GARTO DUFANKA DHIIGA:

Ma jiraan calaamadu lagu garto in uu dufanka dhiigu kugu badan yahay. Haseyeeshee, qofku hadii uu dhaafo 40 waa in uu si joogto ah isaga baadho dufanka dhiiga.

## KA HORTAGA CUDDURADA WADNAHA

Wadna xanuunka waa sahaalo sida laysaga difaaca. Cuntooyinkaaga oo aad saxdo iyo adigoo badsada jimicsiga jidhka ayaa kaa difaacaysa in dufanka dhiigagu bato

- Adigoo badiya dhaq-dhaqaaqa jidhka, ciyaara jimicsiga jidhka, lugee 30 daqiiqadood maalintii, todobaadkiiba sedex jeer.
- Adigoo iska ilaaliya sigaar cabida iyo in sigaarka lagugu ag cabo.
- Adigoo iska ilaaliya cadhada badan iyo wel-welka
- Adigoo iska yareeya cabida khamriga
- Adigoo iska ilaaliya cayilka badan
- Adigoo cuna khudrado badan oo kala duwan sida khudrada macaan iyo ta kariskaba.

## Hadii aad u baahato warar ka badan intan, waxad la xidhiidhaa:

Ururka maraykanka ee agaasimka wadnaha  
[www.americanheart.org](http://www.americanheart.org)  
Ururka guud ee agaasimka faalidka  
[www.stroke.org](http://www.stroke.org)  
Ururka dabargoynta iyo ka hortaga cudurada  
[www.cdc.gov](http://www.cdc.gov)  
Wasaarada beeraha mareykanka  
[www.usda.gov](http://www.usda.gov)

• • •

*Wararka ku qoran dhambaalkan waxaa laga soo xigtay:*  
*The Centers for Disease Control and Prevention (CDC)*  
*U.S. Department of Agriculture (USDA)*  
*American Heart Association*  
*National Stroke Association*

*This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.*

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**Waa maxay wadna xanuunku?**  
(Heart Disease - Somali)



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Wadna xanuunku marxalad ay keento marka macdanta aynu ka helo cunada iyo naqaska hawada ee aynu qaadano (oxygen) uu gaadhi waayo wadnaha. Taasi waxay keentaa in wadnuhu istaago oo joojiyo hawshuu waday ka dibna qofku dhinto (mawtal qafle, ama dhimasho ku soo booda qofka)

### **WHAA MAXAY WADNA JOOGSIGU?**

Wadnuhu wuxuu shaqeeyaa 24ka sacadooba wuxuu jidhka ku afuufaa dhiig wata macdan (nutrient) iyo hawo (oxygen). Dhiigaa uu wadnahu afuufayo waxaa qaada halbowlayaal waawayn oo u gudbiya jidhka dhamaantiis. Marka dadku cuno cunooyin aan nafaqo lahayn iyo cunooyin dufanku ku badanyahay xoog bay u naaxaan. Naaxitaankaas ayaa keena in xaydhi gufayso halboowlayaasha dhiiga qaada. Dhiigii baa guntama oo noqda xinjiro fadh-fadhiya. Xaydhaha iyo xinjarahaa gufeeyay halbowlayaashii waxay keenaan in aanuu wadnuhu helin dhiig ku filan oo uu ku afuufo jidhka. Ka dib waxaa istaaga wadnaha oo howshisii odhan gaba.

### **CALAAMADAHA LAGU GARTO WADNA JOOGSIGA?**

- Shafka ama laabta badhtankeeda oo xanuun xoog badani kaa qabto. Xanuunkaas oo marna taga marna soo noqda.
- Gacmaha oo mid ama labaduba ku xanuunan, qoorta, daamanka iyo caloosha oo ku xanuuna.
- Naqaska oo kugu dhega, xiiqitaan iyo hiinraag aan daal keenin. Mar-marna uu laab xanuun la socdo.
- Qofka oo dhidid qaboowi ka so boodo, yalaalugo iyo dawakhaad ama wareer.

Dumarku iyagoo raga lawadaaga calaamadahan oo dhan ayaa hadana caadiyan waxaa xoog u qabta yalaalugada, wareerka, naqaska oo ku dhega, daamanka oo xanuuna iyo weliba mantag ay mantagaan.

### **MAXAD SAMAYN LAHAYD HADII AAD MODO IN WADNO JOOGSI KU HAYO?**

Si dhakhso ah ugu waco gar-garka deg-dega ah 911. Sida ugu dhakhsaha badan u tag dhaktarka. Hana isku deyin in aad gaadhiga adigu kaxaysato.

### **WAA MAXAY FAALIDKU? (WADNAHA OO HAKIYA HAWSHIISA)**

Caadiyan wadnahu wuxuu hakadaa ama bilaaba in is istaago marka xididada biiga macdantaleh iyo hawada keena ay qarxaan. Xididadu waxay qarxaan marka xaydhi isku gufeyso. Mar-mar xididada waxaa owda xaydh iyo xinjiro. Kadib wareegii dhiigu jidhka ku wareegayay ayaa kala go,a. Markaa, masxada dhiigu gaadhi waayo ayaa dhinacii aan dhiiga iyo hawada helini dhintaa. Maskaxdu markay dhimato waxaa la dhinta neerfayaa dhaq-dhaqaaqa jidha, hadalka, cunada iyo firkirka inoo suuto geliya. Halkaas ayaa qofka waxaa ku dhaca maskaxda oo gadoonta iyo jidhka o qalal qaada. Qof kaasi markuu heerkaas gaadho waxynu nidhaahnaa “faalid” baa ku dhacay.

### **CALAAMADAHA LAGU GARTO WADNAHA HOWSHA HAKIYA (FAALIDKA)**

- Iyadoo dhinac lagaaga soo boodo oo uu ku cuslaado. Wejiga oo dhinac ku qalalo, gacan ama lug oo ku bakhtida.
- Hadalka oo kaa gedmada ama aad googoyso. Fikirkaagoo luma ama aad noqoto qof dayaysan
- Indhaha oo aad wax ka arki waydo mid ama labadaba.
- Adigoo dheel-dheeliya ama dhac-dhaca oo socodka sixi waaya iyo adigoo wareera.
- Madax xanuun xun oo kugu soo booda sabab la’aan.

### **SIDEED YEELI LAHAYD HADII WADNAHAGU HAKIYO HAWSHIISI OOD MODID IN “FAALID” KU SOO HAYO?**

Si dhakhso ah ugu waco gar-garka deg-dega ah 911. Sida ugu dhakhsaha badan u tag dhaktarka. Hana isku deyin in aad gaadhiga adigu kaxaysato.

Isku day in aad xasuusato markii ugu horaysay sidii lagu qabtay. Daawooyinka lagugu dawaynayaa waxay kaa yaraynayaa dhibaatooyina uu faalidku kaaga tegayo.

### **WAA MAXAY DHIIGKAR KU?**

Markasta oo halbowlayaasha dhiiga qaada ee wadnaha habayaa iyo xididada wadnaha dhiiga ka qaada ay gufaysmaan oo dhiigu sidii la rabay uu u socon waayo dhiigu wuxu isku cidhiidhyaa quwad ka wayn tii hore. Isku cidhiidhigaa iyo quwada xoogaha ayaa keenta dhiigkar ka. Waad dareemaysaa in wadnahaagu xoog u garaacmayo oo uu hayo shaqo culus oo ka wayn kana duwan shaqadii sii hore. Quwaada cadaadinta ee dhiigu isku cidhiidhyayo halbowlayaasha iyo xididada ayaa dhiigkar ka keenta:

- Wadnaha oo hawsha gaba (Wadna fadhiisi) (Heart failure)
- Kelyaha oo fadhiista (kidney failure)
- Wadnaha oo joogsada ama istaaga (**heart attack**)
- Indho la’aan ama aragtida oo is dhinta (**vision changes and blindness**)

### **CALAAMADAHA DHIIGKAR KU LEEYAHAY**

Calaamado gaara oo lagu garto dhiigkar ku ma jiraan. Badanaa, waxaa dhiigkar ka loogu yeedhaa “dilaaga aamusan”. Dhiigkar ka waxaa lagag hortagaa adigoo ilaaliya cunadaad cunayso oo cunna cunooyinka aan dufanka badanayn iyo adigoo si joogto ah u sameeya jimicsiga jidhka. Joogto isga baadh in dhiigkar kugu soo socdo.

dhacda in ay ka soo baxaan meelo badan oo ka yara durugsan gudaha qofka sida lab-laabyad hoosta u dhow ilaa cajirada.

- Qofku markuu qaado cudurkan wuxuu ku soo baxaa asbuucyo.

Dumarka qaar waxaa laga yaabaa in isbaadhitaankooda sanadka laga dareemo in wax ka si yihiin ka hor inta aanu cudurku soo bixin. Sideedaba, waxaa haboon in dumarku is baadhaan sanad walba si ay uga hor tagaan cuduradan iyo kuwo la mida.

### Daaweynta:

Wax dawo ah oo uu lehay cudurkan booguhu ma jirnaan. Boogaha dhakhtar wuu kaa goyn karaa, iyaguna mar-mar iskood ayay isaga tagaan. Marna weligood way iska joogaan oo naftaada ayay khatar geliyaan. Waxaa haboon in dumarku mar walba iska baadhaan hoosta.

### Siyaabaha la'isaga difaaco:

Cudurka Boogaha (HPV) iyo cudurada kale ee galmada sida keliya ee la'isaga ilaalinkaraa waa in lajooyiyo galmada ama lala galmoodo qof aan cuduradan qabin. Waxaa kale oo aad ku badbaadi kartaa adigoo xidha bambiirada galmada.

### CUDURKA URJADA

Cudurka Urjadu waxa uu ka mid yahay cudurada lagu kala qaado galmada ee ka dhasha bakteriyada. Waxaa laga qaadaa marka uu qofku taabto meel bararsan oo Urjo qabta.

### Astaamaha/Calaamadaha Cudurka:

Calaamado badan ayaa Urjada lagu gartaa inkasta oo ay la wadaagto calaamado badan cudurada kale ee galmadu gudbisu. Hadana waxay Urjadu martaa sadex marxaladood.

Marxalada 1aad: Urjadu waxay ku soo baxdaa inta u dhaxaysa 10 ilaa 90 maalmood, waxayna leedahay barar. Hadii aan bararkaa dhakhso loo daawaaynin way ka sii dartaa.

Marxalada 2aad: Urjadu waxay ka soo

baxdaa jidhka meelo kala duwan, waxayna u eegtahay cadhada oo aan cuncun lahayn. Hadii aan markiiba la daweyn way sii xumaataa.

Marxalada 3aad: Marxaladan oo ah marxalada ugu dambaysa wixii jidhka ka soo baxay ee cadhada u ekaa wuu baaba'aa. Haseyeeshee, waxaa bilowda xanuunadeedi kale oo ay ka mid yihiin jidhka oo dareenku ka tago; qofka oo dayooba oo garaadkiisu hoos u dhaco, iyo iyadoo waaxyaha jidhku hawl gabaan. Sidda iyadoo qofku lug, gacan ama qaarka dambe oo dhan nuuxin kari waayo. Hadii aan laga gaadhin oo si dhakhso ah loo daweynin, urjadu waa cudur loo dhinto.

### Daaweynta:

Marka hore ee ay bilaabato urjadu waa la daawayn karaa. Laguma daaweeyo dawo aan dhakhtar kuu qorin ee layska iibsado. Laguma daaweeyo waxyaabaha dabiiciga ah ee guryaha lagu sameeyo. Waxa keliya ee kaa daweyn karaa waa in aad dhakhtar u tagto oo uu dawo kuu qoro inta aanu cudurku kugu waynaan. Hadii aad ka bogsato oo dawadu wax ku tarto, wixii waxyeelo ah ee ay urjadu ku yeeshay waxkaqabad malaha.

### Siyaabaha la'isaga difaaco:

Waxaa cudurka urjada kaa celin kara waa adigoo iska ilaaliya ama iska daaya galmada iyo adigoo u galmooda qof aan cuduradan qabin. Waxa kale oo aad kaga badbaadi kartaa Urjada adigoo xidha bambiirada galmada.

Hadii aad u baahatid faahfaahin dheeraad ah oo ku saabsan cuduradan, fadlan ka eeg Internet-ka:

Body Health Resources Corporation

[www.thebody.com](http://www.thebody.com)

American Social Health Organization

[www.iwannaknow.org](http://www.iwannaknow.org) and [www.ashstd.org](http://www.ashstd.org)

The Centers for Disease Control National Prevention Information Network

[www.cdcnpi.org](http://www.cdcnpi.org)

Wixii ku saabsan wararka caafimaadka oo telefoonka, la xidhiidh:

CDC National STD Hotline

1-800-227-8922

• • •

24-ka saacadood, 7-da maalmood ee asbuuca  
National Women's Health Information Center, U.S.  
Department of Health and Human Services

1-800-994-9662

*This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.*

### CONTACT INFORMATION:

[riht@uscrdc.org](mailto:riht@uscrdc.org)  
U.S. Committee for Refugees and Immigrants  
1717 Massachusetts Ave., NW  
Suite 200  
Washington, DC 20036  
Phone: 202 • 347 • 3507  
Fax: 202 • 347 • 7177  
[www.refugees.org](http://www.refugees.org)



**Cudurada Galmadu  
Gudbisu iyo Waxyaabaha  
la Rabo in Qofkasta uu  
Ka Warhayo**  
(Somali)



[www.refugees.org](http://www.refugees.org)  
Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911

## **CUDURADA GALMADU GUDBISO (STDS) WAA LA'ISKA DIFAACI KARAA!**

### **CUDURKA XABADDA**

Xabaddu waa cudur galmadu gudbiso wuxuuna gudbaa marka laba qofisu galmoodaan. Galmadaasi ha noqato mid ninku qofta dumarka ah uga tagayo laanka, afka, amase dabada. Meel kasta galmadaasi ha ahaatee, hadii uu qofku qabo xabadda, wuxuu u gudbin karaa qofka kale. Hooyada xabadda qabtaa way u gudbisaa cunugeeda marka ay umulayso. Ragga iyo dumarka galmadoodu badantahy, gaar ahaana kuwa da'doodu u dhaxayso 20 ilaa 30 sano, waxaa haboon in ay joogto iskaga baadhaan cudurka xabadda. Cudurkani wuxuu dilaa tarankta, waxaana laga yaabaa in aanay qofta dumarka ahi uuraysan karin, ninkuna aanu waxba uurayn karin oo ay labaduba lumiyaan awoodii taranka.

### **Astaamaha/Calaamadaha Cudurka:**

Dumarka: sida badan dumarka qaba cudurka xabadda astamahoodu way yar yihiin ama maba laha calaamado lagu garto. Ragga: inta badan raggu ma laha astaamo ama astamahoodu way yar yihiin. Ragga qaar baa dheecaan ka yimaada guska (qoodhaha).

### **Daawaynta:**

Cudurkan waxaa lagu daweeeyaa dawada caabuqa baabi'isa (antibiotics). Qof kasta oo qaba cudurada galmadu gudbiso waa inuu u tagaa dhakhtar si looga daweeyo.

### **Siyaabaha la'isaga difaaco:**

- Adiga oo iska daaya galmada oo dhan
- Adiga oo iska ilaaliya in aad u galmooto qof qaba cudurkan.
- Adiga oo si saxa u gashada rag iyo dumarba bambiirayinka galmad loogu talo galay.

## **CUDURKA JABTADA**

Cudurka Jabtadu waa wax la iska daweyn karo. Cudurkan waxaa laysugu gudbiyaa hadii la isaga galmoodo laaka, afka iyo futada. Hooyadu way u gudbisaa cunugeeda marka ay dhalayso. Jabtadu waxay keentaa cudurka xabadda, waxayna wax yeeshaa taranka qofka.

### **Astaamaha/Calaamadaha Cudurka:**

Dumarka: inta badan dumarku malaha astaamo; haday leeyihiina ma badna oo waxaa laga yaabaa:

- Inay dareento xanuun iyo kaadida oo gubta
- In mar-mar dheecaan ka yimaado

Ragga: sida badan ragu ma arko calaamada cudurkan; hadii uu arkana waxay kusoo baxdaa shan cisho kadib markuu qaado. Wuxuuna dareemaa:

- Kaadida oo gubta iyo xanuun
- Dheecaan ah cadaan, jaale ama cagaar oo ka yimaada
- Raga qaarna xiniinyaha ayaa barar

### **Daaweeynta:**

Jabtada waxaa lagu daaweeyaa dawada caabuqa baaabi'isa (antibiotics)

### **Siyaabaha la'isaga difaaco:**

- Iyada oo qofku joojiyo galmada oo dhan
- Iyada oo qofku iska ilaaliyo inuu u galmoodo qof jatot qaba
- Iyada oo qofku si saxa u gashado bambiirayinka galmada

## **CUDURKA FANTADA**

Fantada waa cudur galmadu gudbiso, badanaana wuxuu ka dhashaa saxal (viruses). Fantada waxay ku dhacdaa afka ama guska iyo laanka. Cudurkani waxaa gudbiya marka jidhka labada qof istaabtaan. Cudurkani aad buu u badanyahay, dadkuna caadiyan ma gartaan in ay qabaan ama waxay ku khaldaan cudurada kale. Cudurkan dawo malaha.

## **Astaamaha/Calaamadaha Cudurka:**

- Qofka waxaa ka soo baxa furuuruc; marka dambe qolofa ayaa kora hadana dilaacyo dhiig leh ayay isu bedelaan.
- Qofku wuxuu dareemaa cudurkan fantada in uu qabo asbuucyo kadib. Mar marna dadku waxay is ogaadaan bilo kadib amaba sanado kadib.
- Dadka intooda badanina madareemaan in ay qabaan ama waxay ku khaldaan cuduro kale ee laga qaado galmada.

### **DAAWEYNTA:**

Cudurka fantadu dawo ma laha, wax layskaga difaacaana ma jirto.

## **SIYAABAHA LA'ISAGA DIFAACO:**

Sida keliya ee laysaga badbaadin karo cudurkani waa in uu qofku joojiyo galmada. Isla markaana waxaa dhacda in dad badan oo aan weligood galmoonini qaadaan saxalka fantada (simplex virus).

## **CAATEEYE (CUDURKA DILA DIFAACA JIDHKA)**

Cudurka dila difaaca jidhku waa saxal dhiiga gala (virus), lana dagaalama difaaca jidhka. Markuu jidhka ka dhameeyo difaaciina, cudurkani wuxuu isu badalaa cudurka loo yaqaan AIDS. Cudurkan waxaa la qaadaa marka la isu galmoodo ama marka dhiigga wata saxalka HIV-ga lagugu shubo ama marka ay hooyada qabta saxalkan ay cunugeeda nuujiso naaska. Cudurkan si hawl yar ayaa la isaga difaaci karaa. Daadku inta aanay ogaanin in ay qabaan cudurka si hawl yar ayay ugu gudbin karan dadkay u galmoodaan.

### **Astaamaha/Calaamadaha Cudurka:**

- Waxaa laga yaabaa in qofku aanu isku arag calaamadaha cudurka HIV lagu garto isagoo sanado qabay cudurkan.
- Qofka inta aad eegto ma garan kartid inu cudurka dilaha difaaca jidhka (HIV) qabo

iyo in kale.

- Sida keliya ee lagu garan karo in uu qofku cudurka qabo waa iyadoo dhakhtaradu baadhaan.

### **Daaweeynta:**

Cudurkani ma laha daawo kaa kaxaynaysa hase yeeshee, wuxuu leeyahay daawooyin gaabinaya xawliga uu cudurku jidhka u dilayo. Haddii qofku daawooyinkaas qaato cuntadiisa iyo caafimaadkiisa kalena daryeelo, wuxuu ku noolaankaraa nolol dheer oo caafimaad leh. Dumarka uurka leh ee qaba cudurkan waa in ay qaataan daawooyin ilmaha ka difaaca cudurka.

## **Siyaabaha la'isaga difaaco:**

Cudurka Caateeye waxaa la'isaga ilaanin karaa:

- Adiga oo galmada la iska daaya dhamaanteedba
- Adiga oo la iska ilaaliya in aad la galmoodo qof qaba cudurka
- Adiga oo bambiirada galmada (ta ragga iyo ta dumarba) si sax ah u isticmaala

## **BOOGAHA HOOSTA KASOO BAXA**

Cudurka booguhu waa saxalo kaladuwan oo isu tagay oo lagu kala qaado galmada. Intabadan, saxalkani wuxuu isu bedelaa hudhe ama goosato, cudur khatar ah oo loo dhinto. Cudurka boogaha (HPV) waa boogo ka soo baxa qaska ama laanka, futada iyo guska ragga. Waxa kale uu ka soo baxaa dhuumaha rimayga, laanka gudhiisa iyo laanka korkiisa (gidirka).

### **Astaamaha/Calaamadaha Cudurka:**

- Dadka qaba cudurka booguhu (HPV) inta hore isma dareemaan.
- Booguhu (HPV) marka hore ee ay hoosta kasoo baxaan way jilicsan yahiin waana sida hilib dheerada oo kale. Waana bar-bar qoyan oo yara buuran. Caadiyan, waxay ka soo baxaan laanka iyo guska korkiisa iyo aagiisa oo dhan. Haseyeeshee, waxaa



Haddii finanku ay jiraan wax ka badan saddex maalmood ama ay ka sii darayaan, ilmahaaga u gee dhakhtarka. Gacmahaaga markasta ku dhaq saabuun ka dib marka aad beddeshid xafaayadda si aad uga hortagtid fidinta jeermiga.

### **U-QUBEYNTA/ U-MAYDHISTA ILMAHAAGA**

MARNA ilmahaaga oo kaligii ah ha ka tagin. Haddii aad rabtid inaad ka baxdid qolka musqusha, ilmaha ku duub tuwaal/ shukumaan oo sii qaado ilmaha. Ka dib qubeynta, isla markiiba ilmahaaga ku duub tuwaal/shukumaan, adiga oo u habsanaya inaad dabooshid madaxa.

### **LA-CIYAARISTA ILMAHAAGA**

Ilmahaaga oo aad la ciyaartid waxay noqon kartaa mid leh maaweelo isla markaana waxay u fiican tahay korniinka maskaxda ilmahaaga. Xiitaa haddii ilmahaagu wali si weyn uga yar yahay inuu fahmo waxa aad sameynaysid waxa haddana ilmaha u muhiim ah inuu barto sida isgaadhsiin loo yeesho. Halkan waxa ku yaala dhawr waxqabad oo aad qaban kartid si aad gargaar uga geysatid korniinka bulsho ee ilmahaaga.

- Xeji ilmahaaga intii suurogal ah oo dhan oo u muuji jaceylkaaga.
- Wax u akhri ilmahaaga ugu yaraan 6 saacadood todobaadkii.
- U hees ilmahaaga.
- La hadal ilmahaaga.

### **Si aad u heshid war dheeraad ah oo ku jira internetka oo ku saabsan caafimaadka ilmaha, fadlan booqo:**

[www.cdc.gov/women/kids/index](http://www.cdc.gov/women/kids/index)

[www.momandbaby.org](http://www.momandbaby.org)

[www.kidshealth.org](http://www.kidshealth.org)

• • •

*Qoraalkan yar waxa lagu soo saaray gargaar ah war iyo illo oo laga helay:*

*Centers for Disease Control*

*National Center for Education in Maternal and Child Health*

*Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka (Department of Health and Human Services Office of Refugee Settlement).*

#### **WARKA LA-XIDHIIDHISTA:**

**[riht@uscridc.org](mailto:riht@uscridc.org)**

**U.S. Committee for Refugees and Immigrants**

**1717 Massachusetts Ave., NW  
Suite 200**

**Washington, DC 20036**

**Teleefon: 202 • 347 • 3507**

**Faakis: 202 • 347 • 7177**

**[www.refugees.org](http://www.refugees.org)**



## **Ilmahaaga Yar Oo Caafimaad Yeesha**

**Keeping your Baby Healthy  
(Somali)**



**[www.refugees.org](http://www.refugees.org)**

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

## **DARYEELISTA ILMAHAAGA YAR**

Adiga oo arka ilmahaaga yar ama nuunuugaaga oo soo koroya oo wax baranaya waxay waalidka u noqon kartaa wakhti xiiso badan. Waxa jira hawlo aad qaban kartid si aad ilmahaaga yar uga gargaarid inuu koro jidh ahaan iyo niyad ahaan. Qoraalkan yari waxa uu kaa gargaarayaa inuu ilmahaagu noqdo mid faraxsan oo ku caafimaad qaba gurigaaga cusub ee Maraykanka.

## **DHAKHTARKA ILMAHAAGA**

Waalidka iyo dhakhaatiirku waa iskaashato wada-jir uga shaqeynaya in ilmuhu yeesho caafimaad. Waalidku iyaga ayaa ilmahooda yar ka yaqaana cid kasta sababta oo ah waxay wakhtigooda inta badan la qaataan ilmahooda. Dhakhtarka ilmahaagu waxa uu yaqaana caafimaadka, korniinka iyo nafaqada.

## **QUUDINTA ILMAHAAGA**

Caanaha naasku waa il muhiim ah oo ilmahaaga yar uu ka heli karo quud waana ay ka nafaqo badan tahay caanaha lo'da, ama caanaha budada ah. Ilmahaaga yar nuuji naaska mudada ugu badan ee suurogalka ah. Ilmahaaga yar sii cunto adag kaliya marka uu jiro 6 bilood oo da' ah. U hubso in ilmahaaga yari uu helo cagaar iyo khudaar badan. Ka ilaali malabka, juuska, iyo caanaha lo'da ilaa ilmahaagu ka gaadho da'da hal sanno.

## **BOOQASHADA DHAKHTARKA ILMAHAAGA**

Dawrka sannadood ee ugu horeeya noloshooda, ilmuhu dhakhso ayay u

koraan oo u hormaraan. Dhakhaatiirta iyo kalkaaliyeyaasha Maraykanku waxay rabi doonaan inay ilmahaaga yar arkaan marrar badan. Badanaa marka ilmahaagu jiro laba maalmood, hal bil, laba bilood, afar bilood, lix bilood, sagaal bilood, iyo hal sanno.

Booqashooyinku si weyn bay muhiim u yihiin sababta oo ah waxay dhakhtarka siiyaan fursad uu ku eego oo uu ku hubsado in ilmahaagu caafimaad qabo oo si fiican u koroyo. Dhakhtarka ilmahaagu waxa uu fiirin doonaa indhaha iyo dhegaha ilmahagaa, waxana uu siin doonaa talaalo.

Gudaha Maraykanka, waxay dhakhaatiirtu ku taliyeen in ilmahaaga la siiyo talaalada soo socda:

- cagaarshow/joonis nooca B,
- Gawracato, teetano iyo kix/xiiq-dheer (DtP),



- PCV (talaalka nuumookokal)
- hib (talaalka ifilada)
- dabeysha,
- Jadeeco, jadeeco jarmal iyo qaabow-qashiir/teeriyo-tanbuur (MMR)
- cagaarshow/joonis nooca A (hep A) iyo
- busbus.

Dhakhtarka ilmahaaga ayaa ku siin doona liiska talaalada ilmahaagu u baahan doono, iyo goorta la rabo in la siiyo.

## **KA-HORTAGGA FINANKA XAFAAYADDA (DAYBARKA)**

Ilmaha loo xidho xafaayad ama qoyaan-celis badanaa waxay yeeshaan finan. Si looga hortago oo loo bogsiiyo finanka xafaayadda, waa inaad dhawr talo xusuusnaatid:

- Ka beddel xafaayadda wakhti kasta oo ay qoyaan.
- Isticmaal labeen xafaayad si aad u bogsiiid finanka. Raadi mid leh 'zinc oxide', ama labeenta A&D.
- Ilmahaaga ka dhaaf xafaayadda qayb ka mid ah maalinta.
- Haddii finan uu ilmahaagu ku yeesho lugta iyo sinnaha, beddel nooca xafaayadda ee aad isticmaalaysid.
- Marmarka qaarkood finanku waxay yimaadaan marka ilmahaagu uu xajiin ama alerji ku noqdo nooc cunto oo cusub. Jooji cuntooyinka cusub si aad u ogaatid in finanku iska tagayaan.

**DADKA MARAYKANKA AH EE CAANKA AH EE  
LAHAA AMA LEH NAAFO**

Franklin Roosevelt, *U.S.  
Madaxweyne Maraykan*  
Naafo Jidhka ah

Marlee Matlin, *Jille*  
Dhago la'aan

Terrance Parkin, *Dabaashe Heer Olimbig*  
Dhago la'aan

Jim Abbott,  
*Ciyaartoy Baysbool oo Xirfadle ah*  
Lug la jaray

Magic Johnson,  
*Ciyaartoy NBA oo Fadhiistay*  
Waxa uu Qabaa HIV

Ray Charles, *Fanaan*  
Indhoole

Chris Burke, *Jille*  
Cillada Maskaxda ee 'Down's'

**Si aad u heshid war dheeraad ah oo ku  
jira internetka oo ku saabsan adeegyada  
loogu talagalay naafada, fadlan booqo:**

[www.disabilityinfo.gov](http://www.disabilityinfo.gov)



*Warka ku yaala qoraalkan yar waxa  
laga soo xigtay:*

*U.S. Department of Commerce  
Economics and Statistics Administration*

*U.S. Census Bureau*

*The National Women's Health  
Information Center*

*U.S. Department of Health  
and Human Services*

*Office on Women's Health*

*Qoraalkan yar waxa lagu soo saaray maalgalin  
laga helay Wasaaradda Caafimaadka iyo  
Adeegyada Bini'aadanka Xafiiska Dejinta  
Qaxootiga (Department of Health and Human  
Services Office of Refugee Resettlement).*

**WARKA LA-XIDHIIDHISTA:**  
[riht@uscridc.org](mailto:riht@uscridc.org)  
**U.S. Committee for Refugees and  
Immigrants**  
1717 Massachusetts Ave., NW  
Suite 200  
Washington, DC 20036  
Teleefon: 202 • 347 • 3507  
Faakis: 202 • 347 • 7177  
[www.refugees.org](http://www.refugees.org)



**Qabitaanka Naafada  
gudaha Maraykanka  
Living with Disabilities in  
the United States  
(Somali)**



[www.refugees.org](http://www.refugees.org)

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

## **WAA MAXAY CALAAMADAHA NAAFOOYINKU?**

Dadka qaba naafooyin waxay qabi karaan xaalad jidh ama maskaxeed oo dhib kaga dhigaysa inay qabtaan waxyaabaha qaarkood. Xaaladahaasi waxay saameyn karaan awoodda qofka xagga:

- waxbarashada,
- maqalka,
- hadalka,
- neefsashada,
- socodka,
- aragga, iyo
- isdaryeelka.

## **QABITAANKA NAAFADA GUDAHA MARAYKANKA**

Waxa jira waxyaabo badan oo ay ku fiican tahay ku-noolaanshaha gudaha Maraykanka. Waxyaabaha ugu fiican waxa ka mid ah in dadka Maraykanku rumeysan yahay in dadka naafada qabaa ay noqon karaan kuwo firfircoon oo shaqeeya, laakiin ay u baahan yihiin gargaar.

Waxa jira dad ka badan 50 malyan oo ku nool gudaha Maraykanka oo qaba naafooyin. Tiro ku dhow kala-badh dadka qaba naafooyin ayaa shaqeeya.

Dadka Maraykanku waxay dadka naafada qaba u arki karaan si ka duwan dadka jooga wadankaagii hooyo. Qoraalkan yari waxa uu kaa gargaari doonaa inaad wax ka baratid adeegyada dadka qaba naafooyinka gudaha Maraykanka.

Gudaha Maraykanka, dadka qaba naafooyin:

- waxay tagi karaan dugsi,
- way guursan karaan ama noqon karaan waalid,
- way shaqeeyn karaan,
- wax bay wade karaan,
- waxay ciyaari karaan ciyaaro, iyo
- waxay noqon karaan xirfadle.

Waxa Maraykanka ka jira sharci dadka qaba naafooyin ka gargaara inay ku noolaadaan nolol farxad iyo waxqabad leh.

## **CARUURTA QABA NAAFOOYIN**

Caruurta qaarkood waxay la dhashaan ama yeeshaan naafooyin. Badanaa ma jiro qof taa eeddeeda leh. Waxa laga yaabaa inaad u baratay inaad kaligaa daryeeshid ilmahaaga, laakiin gudaha Maraykanka, waxa lagu hayaa gargaar. Waa caadi inaad weydiisatid oo aad heshid gargaar.

Caruurta qaba naafooyin waxay tagi karaan dugsiga degmada waxana ay heli karaan gargaar dheeraad ah oo la yidhaahdo “waxbarasho gaar ah”. Macallimiinta iyo shaqaalaha dugsigu waxay abuuri karaan barnaamijyo waxbarasho oo gooni ah oo loo qorsheeyay inay haqabtiraan baahida gaarka ah ee ilmo kasta oo qaba naafo.

## **ADEEGYADA TAAGEERADA**

Waxa kale oo jira kooxo iyo ururo gaar ah oo dadka naafo qaba bara:

- inay wax akhriyaan, ama isticmaalaan bakooraad,
- inay bartaan sidii ay naftooda u daryeeli lahaayeen,

- inay bartaan farsamooyin cusub, iyo inay helaan shaqo,
- inay bartaan inay ku socdaalaan magaalaada ama isticmaalaan bangi,
- inay bartaan inay naftooda cunto u kariyaan, iyo
- inay bartaan isticmaalidda kursiga curyaanka.

Dadka daryeela qof qaba naafo waa inay la hadlaan shaqaalaha bulsho si ay u ogaan adeegyada ka jira beeshooda iyo sida loo isticmaalo.

## **DARYEELISTA DADKA QABA NAAFOOYIN**

Waxay noqon kartaa wax si weyn u dhib badan in la daryeelo dadka qaba naafooyin. Gudaha Maraykanka, waxa jira adeegyo la heli karo si qofka looga gargaaro inuu daryeelo qof qoyskiisa ah oo qaba naafo. Dadka qaba naafo qaarkood waxay la nool yihiin qoyskooda, ama waxay ku nool yihiin guryo gaar ah. Weydii shaqaalahaaga bulshada war ku saabsan adeegyada loo heli karo qoysaska dadka qaba naafooyin.

Daryeel-bixiyeyaashu waxay u baahan yihiin inay daryeelaan naftooda. Halkan waxa ku yaala dhawr siyaabood oo aad ku daryeeli kartid naftaada:

- Hel wakhti aad ku sameysid jimicsi,
- wax ka ogow adeegyada beesha,
- weydiiso oo ka faa'iideyso gargaarka,
- cun cunto caafimaad leh,
- hel nasasho kugu filan,
- hel hab taageero,
- qaado wakhti aad ku nasatid, iyo
- naftaada sii wakhti.

- Yaree TVga daawashadiisa oo soc-soco marka xayaysiisku soo galo.
- Gaadhiga kaga tag meel suuqa ka fog is aad u lugayso xoogaa.
- U lugee markaad waxyaabaha yar-yar soo iibsanaasid.

### MARKAAD DHAQ-DHAQAAQAGA BADIYSO WAXAY KAA CAAWISA:

- In ay kaa yarayso khatartii cudarada sonkorta, wadnah joogsiga iyo faalidka.
- Inay debciso xubnahaag laab-laabma
- Inay xoojiso dhaq-dhaqaaqaga
- Inay kaa ilaaliso lafaha is gala marka dadku gaboobo
- Inay kaa ilaaliso lafaha khfiifa ee dil-dilaaca (osteoporosis)
- Inaad noqoto qof farxsan oo aan madulumna ahayn oo aan cadhoonayin.
- Inay ka dhigto qof isku kalsoon oo hanwayn.
- Inay kaa ilaaliso wel-welka iyo welbahaarka.

### Wararka dhambaakan ku qoran waxaa laga soo xigtay:

The Centers for Disease Control and Prevention

U.S. Department of Agriculture

American Heart Association

American Diabetes Association

American Obesity Association

Georgia State University, Department of Geography and Anthropology

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*Wixii akhbar dheerad waxad ka eegtaa:*

[www.americanheart.org](http://www.americanheart.org)

[www.diabetes.org](http://www.diabetes.org)

[www.cdc.gov](http://www.cdc.gov)

[www.usda.gov](http://www.usda.gov)

[www.medlinplus.gov](http://www.medlinplus.gov)

*This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.*

#### CONTACT INFORMATION:

[riht@uscrdc.org](mailto:riht@uscrdc.org)

U.S. Committee for Refugees and Immigrants

1717 Massachusetts Ave., NW

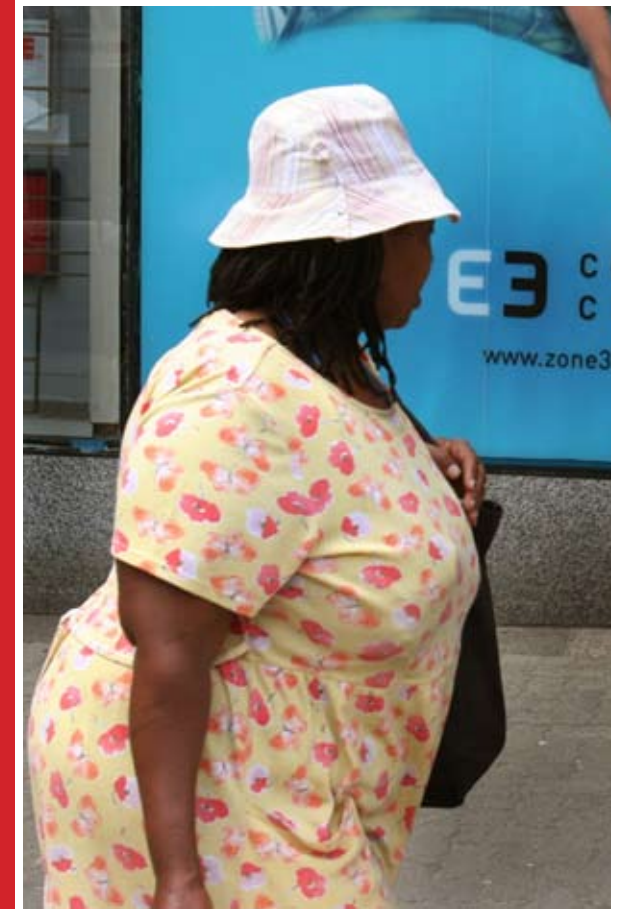
Suite 200

Washington, DC 20036

Phone: 202 • 347 • 3507

Fax: 202 • 347 • 7177

[www.refugees.org](http://www.refugees.org)



## Waa maxay cayilka xad dhaafaka ahi?

(Somali)



[www.refugees.org](http://www.refugees.org)

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## WAA MAXAY CAYILKA XAD DHAAFKA AHI (SHULUQ AMA SHAXAM)?

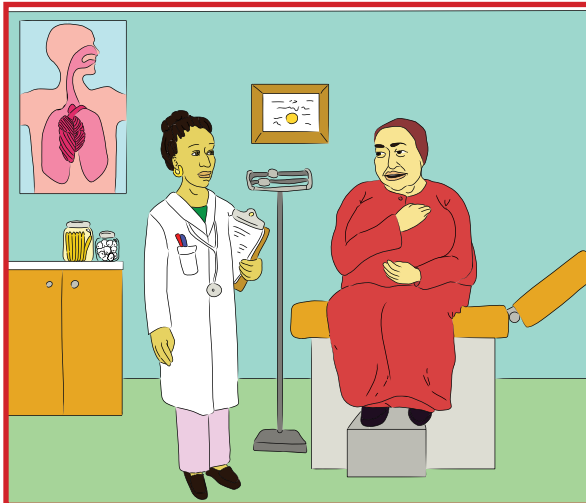
Cayilka xad dhaaka ahi waa cudur.

Waana marka qofka baruurta fara badani korto ee qoka culayskii noqdo xad dhaaf.

Waxa ugu wayn nee keena calikan cudurka ah waa qofka oo cuna cuno badan iyadoo dhaq-dhaqaaqisuna yar-yahay. Dadka qaxootiga ah caadiyan waxay qaadan cudurka markay yimaadaan dhul aany garanayn. Cudurka cayilku wuxuu wax yeelaa wadnah, sambabda, xunaha laabma, iyo lafaha. Cudurka cayilku waxa laga yaabaa in aad is dhaawacdo oo xunahaaga laabma iyo lafaha wax is yeeho waxaana laga yaabaa in uu ku dilo ood u dhimato.

Waxyaabaha khatarta naftaada gelinaya ee cudurka cayilku keeno waxa ka midda:

- Dhiigkar ka
- Sonkorta ama kadimacanta
- Cudurada wadnaha sida wadno joogsiga iyo Faalidka.
- Neefta (xiiqda iyo xurquunka)



## SIDEE LAYSAGA DIFAACA CUDURKA CAYILKA

- Adigoo dhaq-dhaqaaqa badiya oo lugeeya , ciyaara kubada cagta, ta gacanta ugu yaraan sedex goor todobaadkii .
- Adigoo joojiya sigaar cabida iyo meelaha sigaarka lagu cabo.
- Adigoo cuna cuntooyin saxan oo khudran u badan
- Adigoo yareeya cabitaanka khamrada.

## CUNTOOYINKAAGA OO AAD SAXDO:

- Waxaad cuntaa khudrada macan iyo ta la kariyo oo noocyo badan isugu jirta si jidhkaagu uga helo nafaqooyinka iyo macdanta uu u bahanyahay jidhku.
- In aad cunto cuntooyin nafaqo leh oo kala duwan.
- Yarayso cunooyinka ay ka mid yihiin buskudka, baradhada shiilan, mac-macaanka nac-naca subagyada kala duwan ,milixda, jalatooyinka kala duwan iyo cabitaanka soodha ah.
- Iska yaree cunooyinka shiilan ee dufanka badan sida mac-macaanka, buskudyada, iyo keegaga.

## WAXYABAHA KALE EE CUNADA CAAFIMAAD IYO SAXO KU KORDHIYA:

- Dooro cunooyinka nafaqada leh sida rootiga guduudan, bariiska aan cadaanka ahay.
- Markaad cunada karinayso ha ku badinin dufanka.
- Markaad cunad karinayso ha shiilin. Cunada dub, huuri, kari, foornee,

ama umatee.

- Dooro hilibka aan baruurta lahayn ama hilibka cad sida digaaga , digirinka iyo kalunka (malayga) .
- Dooro caanaha aan dufanka badan lahayn (1%) gubnadda (chees), caano-fadi iyo caanaha aan dufanka lahayn (skim)

## WAXYABAHA KUU KORDHINAYA DHAQ-DHAQAAQA JIDHKA: (JIMICSIGA JIDHKA)

- Lugee! Malin walba xaware ku soco 15 miridh
- Ciyaar ciyaarah qoobka ciyaarka
- La ciyaar ama la bardoodan caruurtaada.
- Haraaciin wishka guriga ee kor jaranjarda.
- Baska ka deg halbusteejo ka hor inta aan la gadhin taada si aad uyara lugayso.



## MAS'UULIYADA SAARAN QOFKA JIRAN

- U sheeg dhibaatooyinkaaga oo dhan dhakhtarkaaga ama kalkaaliyahaaga.
- Ku dadaal in aad ogaato dhibaataada ku haysa iyo siyaabaha loo dawayn karo.
- Runta ka sheeg xanuunkaaga, si xog-agaalnimo ahna ugu waran dhakhtarka.
- Dawoyinka iyo dabiibka lagu siiyo si toos ah u qaado
- Warayso dhakhtarkaaga waxyaaba dabiibkani u kuu keeni karo ee dhibaato iyo faa'iidaba leh
- Diwaan geli dhakhtarkaaga wixii isbedel ah ee dabiibku kugu soo kordhiyo
- Ilaali balamaha lagu qabto. Hadii aanad imaan karin balantaada, soo wargeli dhakhtarkaaga
- Jeebkaaga in aad ka bixisid wixii dheeraad kuu raaca (inta laaga bixiyo mooyaane inta kale adiga ayaa mas'uul ka ah).

Hadii aad u baahatid faahfaahin dheeraad ah ee ku saabsan xuquuqda iyo mas'uuliyada qofka jiran, fadlan ka eega Internet-ka:  
Department of Labor  
[www.dol.gov](http://www.dol.gov)

Agency for Healthcare Research and Quality  
[www.ahrq.gov](http://www.ahrq.gov)

American Hospital Association  
[www.hospitalconnect.com](http://www.hospitalconnect.com)

• • •

Akhbaarta ku qoran dhambaalkan waxaa laga soo xigtay qoraalo ay qoreen hay'adaha:

*This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.*

### CONTACT INFORMATION:

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U.S. Committee for Refugees and Immigrants  
1717 Massachusetts Ave., NW  
Suite 200  
Washington, DC 20036  
Phone: 202 • 347 • 3507  
Fax: 202 • 347 • 7177  
[www.refugees.org](http://www.refugees.org)



**Xuquuqda iyo Mas'uuliyada  
uu Leeyahay Qofka Jirran**  
(Patient's Rights - Somali)



[www.refugees.org](http://www.refugees.org)  
Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911

## WAXYAABA AAD XAQ U LEEDAHA:

- Caafimaad heer sare ah iyada oo aan lagugu diidayn middabkaaga, da'daada, diintaada, dhadig, lab, dhalasho iyo la dhaqankaaga ragga ama dumarka;
- In aad hesho daryeel ku salaysan xishmada fikradaada, dhaqankaaga iyo iimaankaaga oo intuba waxay ku qaybleeyihiin sida aad u aragto xanuunkaaga;

- In aad hesho daryeel ku salaysan ixtiraam iyo xishmad;
- In lagula socodsiiyo kuli wixii war ku saabsan caafimaadkaaga (siiba waxa khusaynaya cusbitaalka, dhakhtarka iyo daawoyinkaaga;
- In akhbaartaada oo dhan laguugu sheego luuqad aad fahmayso;
- Hadii aad u baahato, in aad hesho daryeel deg-dega (in kastoo aad

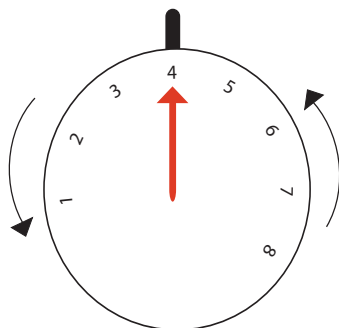
adigu kamuul tahay kharashka lasocda daryeelka deg-dega ah)

- In aad ra'igaaga dhiibankarto oo aad sheegankarto waxyaabaha aad dhibanayso lagaana jaahil jaahil-bixiyo waxyaabaha aanad fahmayn;
- In akhbaartaada caafimaadka ay sir kuu ahaato oo aan cidna lala wadaagi karin;
- In aad helikarto, arki karto iyo akhriyo karto akhbaartaada caafimaad mar walba ood u baahato;
- In aad ka saari karto oo aad sixi karto akhbaartaada hadii aad ku aragto wax khalad ah;
- In aad waydiin karto su'aalaha aad qabto dhakhtarkaaga ama kalkaaliyah caafimaadka ee kula shaqaynaya;
- In lagu macneeyo cudurkaaga, dawadaada iyo daryeelkaaga si aad u fahantid waxa lagu qabanayo oo dhan;
- In aad doorankarto nooca lagu dawaynayo iyo in aad ka qaybqaadan karto go'amada dabiibka lagu siinayo.





- Looxa aad wax ku jarjartid, suxuunta, iyo dusha miiska madbakha/jikada ku dhaq biyo saabuun leh oo kulul ama biliij ka dib marka aad isticmaashid.
- Khudaarta/cagaarka iyo hilibka ku jarjar looxyo jarjaris oo kala duwan.
- Isticmaal looxyo jarjaris oo balaastig ah halka aad ka isticmaali lahayd kuwo ka sameysan qori sababta oo ah balaastiggu ma laha meelo badan oo ay bakteeriyadu ku gabato.
- Isticmaal tuwaal/shukumaan waraaq ah halka aad isticmaali lahayd mid maro ah si aad goobta u nadiifisid ka dib sameynta cuntada.
- Hilibka la kariyay ha saarin saxan ama sagxad uu taabtay hilib qaydhin/cayrin.
- Markasta caanaha dhayda ah ku hay qaboojiyaha.
- Dib ha u barafeyn hilibka barafkii laga dhalaaliyay.
- Cuntada ha ku kaydin daasad/qasac furan.
- Qaboojiyaha ku aadi qabowgiisa dhexdhexaad si cuntadaadu u badbaado.



“Badbaadi cuntadaada adiga oo qaboojiyahaaga ka dhigaya mid qabow”

**Si aad u heshid war dheeraad ah oo ku jira internetka oo ku saabsan amaanka cuntada iyo nadaafadda, fadlan booqo:**

[www.cdc.gov/cleanhands](http://www.cdc.gov/cleanhands)

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

• • •

*Warka ku yaala qoraalkan yar waxa laga soo xigtay qoraallo ay soo saareen:*

*European Union Risk Analysis Information Network*

*Media Materials Clearinghouse*

*Centers for Disease Control*

*Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka Xafiiska Dejinta Qaxootiga (Department of Health and Human Services Office of Refugee Resettlement).*

**WARKA LA-XIDHIIDHISTA:**

**riht@uscridc.org**

**U.S. Committee for Refugees and Immigrants**

**1717 Massachusetts Ave., NW**

**Suite 200**

**Washington, DC 20036**

**Teleefon: 202 • 347 • 3507**

**Faakis: 202 • 347 • 7177**

**[www.refugees.org](http://www.refugees.org)**



**Nadaafadda Shakhsiga  
iyo Guriga  
Personal and Home Hygiene  
(Somali)**



**[www.refugees.org](http://www.refugees.org)**

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

## **JOOJI FIDISTA JEERMIGA—DHAQ GACMAHAAGA**

Gacmo-dhiqiddu waa habka ugu fiican ee lagaga hortagi karo cudurada sida hargabka iyo iflada. Geermigu si fudud ayuu qof uga talaabi kara oo ugu gudbi karaa qofka kale iyada oo jidkiisu yahay taabashada. Isticmaalka saabuun ah “dilaa-bakteeriya” ama “carfiye” ayaa ah habka ugu fiican ee lagu dilo jeermiga fidiya cudurada.

## **JIDH NADIIF AHI WAXA UU KUU KEENAYAA CAAFIMAAD**

Saabuun ah dilaa-bakteeriya ama carfiye oo aad ku qubaysatid ama ku maydhatid waxay kaa gargaaraysaa dilista jeermiga abuura urta jidhka.

Gasho dhar iyo hoos-gashi nadiif ah ka dib marka aad maydhid jidhkaaga.

Timahaaga oo aad laba jeer ku maydhid shaambooo waxay ka hortagaysaa in maqaarka dhakadaadu toxob yeesho. Shaambooga ah “conditioner” waxa uu timahaaga ka ilaalin kara inay si weyn u qalalaan ka dib dhiqista. Noocyada kala duwan ee timaha waxay u baahan yihiin shaambooyo iyo “conditioner” kala duwan. Talo weydiiso saaxiibadaa iyo qoyska.

Shaambooga aad ka iibsatid dukaanka ma dili karo injirta. Haddii aad leedahay injir, waa inaad u tagtid dhakhtarkaaga si aad heshid shaambooo gaar ah.

## **ILMAHAAGA IYO QOYSKA BAR INAY GACMAHOODA KU DHAQAAN SAABUUN**

1. Ka hor cunista, karinta, iyo taabashada cuntada.
2. Ka dib isticmaalidda musqusha/suuliga.
3. Ka dib nadiifinta ilmo, ama beddelista xafaayadda ilmaha.
4. Bar ilmahaaga iyo qoyska sida saxda ah ee loo dhaqo gacmaha.

## **BAR ILMAHAAGA IYO QOYSKA SIDA SAXDA AH EE LOO DHAQO GACMAHA**

1. Gacmahaaga ku qoy biyo kulul.
2. Isticmaal saabuun oo isku xoq gacmahaaga 45 sekan.
3. Si taxadir leh u dhaq inta u dhexeysa farahaaga iyo hoosta cidiyahaaga.
4. Raaci biyo socda kuna qalaji shukumaan/tuwaal waraaq ah ama maro nadiif ah.
5. Jeermigu waxa uu ku gaban karaa hoosta cidiyahaaga sidaa daraadeed u hubso inaad iska gaagaabisid.

Carfiyuhu ama ur-diluhu waa wax lagu isticmaalo kirkisha si loo yareeyo urta jidhka. Carfiyaha waxa lagu heli karaa nooc ah hoore, burcad (gel), ama buufin. Waxa isticmaali kara ragga iyo haweenka labadaba. Waxa fikrad fiican ah inaad feedhid/shanlaysid timahaaga haddii tagtid dugsii ama shaqo.

## **DHARKA NADIIF AHI WAXA UU KAA FOGEEYAA JEERMIGA**

Dharkaaga iyo gogosha oo aad ku nadiifisid saabuunta dharka ugu yaraan hal mar todobaadkii waxay ka hortagtaa finanka maqaarka.

## **AQAL NADIIF AHI WAXA UU KAA FOGEYNAYAA JEERMIGA**

Cayayaanka iyo jirku waxay fidiyaan jeermiga. U hubso inaad xaaqdid jikadaada/madbakhaaga marrar badan oo aad dhulka ama sagxadda gurigaaga ku nadiifisid saabuun iyo biliij.

## **JIKO/MADBAKH NADIIF AHI WAXA UU KA HORTAGAA CUDURKA**

Geermiga soo raaca cuntada waxa badanaa laga helaa caanaha, ukunta, digaagga, hilibka doofaarka, hilibka lo’ada, iyo kaluunka. Si weyn ayay u leeyihiin waxyeelo waxana ay sababi karaan xiitaa geeri ku dhacda caruurta. Si aad uga hortagtid jeermiga soo raaca cuntada raac talaabooyinka guud.



xiiqo dhakhso.

- Shaqada sambabadiisaa korodha.

Markuu qofku ka maqan yaha sigaarka sagaal bilood.

- Waxaa ka taga qufacii, hindhisadii, cabudhkii , daalkii iyo xiiqidii.

Marka qofku sigaarka ka maqan yahay hal sano

- Khatartii wadna xanuunka iyo cudurada habowlayaasha wadnaha ayaa kala badh noqota oo yaraata.

### **FAA'IIDOOYINKA AAYATIINKA DHEER EE JOOJINTA SIGAARK CABIDA**

- Marku qofku ka maqan yahay sigaar cabida shan sano ilaa shan iyo toban sanadood waxay khatartiisa wadna xanuunku la mid noqotaa siada qof aan weligii sigaar cabin.
- Marka uu qofku sigaar cabida ka maqanyahay toban sano waxaa hoos u dhacda khatartii samabadiisu ku suganaayeen. Waxaa yaraada baqdintii looga qabay in hudhe kagalo afka, cunaha,kaadihayta, kelyaha iyo laab jeexii badnaa.
- Markuu qofkaasi ka maqanyahay shan iyo toban sanadood. Way dhamaatay khatartii halbowlayaashiisa iyo wadnahiisu. Wuxuu la mid yahay qof aan weligii sigaar cabin.

### **Ciwaanada laga helo wararkanWaco:**

Toll-free Nation Quitline: 1-800-QUIT-NOW  
America Cancer Society: 1-800-ACS-2345.  
The Center for Disease Control and Prevention:  
1-800-CDS-1311  
Cosmetic Executive Women Cancer Information  
Services 1-800-4-CANCER  
America Heart Information Services  
1-800-AHA-USA1  
EEG:

U.S Government – [www.smokefree.gov](http://www.smokefree.gov)  
National Cancer Institute – [www.cancer.gov](http://www.cancer.gov)  
American Lung Association – [www.lungusa.org](http://www.lungusa.org)  
American Heart Association –  
[www.americanheart.org](http://www.americanheart.org)

• • •

Akhbaarta ku taala dhambaal kan waxa lag so xigtay:

World Health Organization (WHO)  
The Center for Disease Control and Prevention (CDC):  
The National Cancer Institute  
American Lung Association  
America Cancer Society  
America Heart Services

*This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.*

#### **CONTACT INFORMATION:**

[riht@uscridc.org](mailto:riht@uscridc.org)  
**U.S. Committee for Refugees and Immigrants**  
1717 Massachusetts Ave., NW  
Suite 200  
Washington, DC 20036  
Phone: 202 • 347 • 3507  
Fax: 202 • 347 • 7177  
[www.refugees.org](http://www.refugees.org)



**Jooji sigaarka aad in badan noolaatideWaxyeelada sigaar cabidu caafimaadka gaadhsiiso!**  
(Stop Smoking! - Somali)



[www.refugees.org](http://www.refugees.org)  
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Upholding Freedom since 1911

## **WAXYEELOOYINKA CAFIMAADKA EE SIGARKU KEENO**

Sigar cabidu waxay keentaa cudurada sambabada dila (lung cancer). Sigaarka la cabayo waxaa ku jira 4,800 oo kimiko. 69 ka mida kiimikooyinka ayaa waxaa la hubiyay in ay keenaan cudurka hudhaha am goosatada ah (Cancer). Intaa wuxuu kusii darsaday sigaar ku wuxuu wax yeelaynayaa inta halbowle jidhkaaga ku taal iyo shaqaynta jidhka ee dabiiciga ah.

Ururaka caafimaadka ee caalamku wuxuu qiyaasay in 6.5 daqiqadoodba qof u dhito cudurada sigaarku keenay.

## **DHAKHTARADA MARAYKANKA EE WAX QALAA WAXAY SOO TEBIYEEN IN CABIDA SIGAAKU KEENTO DHIBAATOYINKAN HOOS KU XUSAN:**

- Gumaarka cuduradiisa
- Burooyika madaxa kasoobaxa
- Indha hoosta ka qalala (cataract)
- Minka lingaxiisa oo hudhe galo (cervical cancer)
- Kelyaha ku fadhiista (Kidney cancer)
- Ganac oo ku caabuqa (Pancreatic cancer)
- Burooyina caloosha (pneumonia)
- Cidika o ku caabuqa (Periodontitis "gum disease")
- Acaloolsha oo hudhe galo (stomach cancer)
- Kaadi hayta oo hudhe galo (bladder cancer)
- Qanjidhada cunaha (Esophageal cancer)
- Cidibta cunaha oo ku bararta (Laryngeal cancer)
- Sambabada oo hudho galo (Lung cancer)

- Ciridka oogoosato iyo hudhe galo (oral cancer)
- Cunaha oo hudhe galo (Throat cancer)
- Sambabada oo qaada xanuun aan tegin (Chronic lung diseases).
- Xanuunada wadnaha iyo halbowlayaasha wadnaha.
- Dhasha oo kaa guura.
- Caruurta oo deg-deg kaaga dhimata.

## **KHARASHKA UU LEEYAHAY SIGAARKA CABITAANKIISU**

Sanadkii 2006 dii qiimaha baakada sigaarka ahi dunidoo dhan waxa ka ahay \$4.35. qofaka caba baako sigaara maalin walba sanadkii wuxuu sigaar ku kharash gareeyaa \$1600.

Qofkaasi marku 20 sanadood cabayo baakadaa sigaarka ah wuxuu kharashkii su noqday \$32,000.

Cariga maraykanka sanad walba waxa daryeelka daawaynta dadka sigaarka caba ku baxda \$167 bilyan.

## **TARANTA DUMARKA IYO SIGAARKA CABIDIISA**

Tijaabooyin caaimaad oo badan ayaa cadayey in dumarka sigaarka cabaa ayan dhakhso u uuraysan. Haday uuraystaana ay la kulmaan dhibaatooyin badan oo uurka ah. Waxaa kale oo la cadeeyay in caruurta ay dhalaan dumarka sigaarka cabaa ayka caafimaad daranyihiin caruuraha kale. caruurtaas oo ku dhasha miisaan aad u yar. Caruurtaasi markay dhalatana waay u dhintaan si deg-dega (Infant death).

(Cariga maraykanka sigaarku waa cudurka koowaad ee dila caruurta).

## **QOFAKA DUL JOOGA DADKA SIGAARYA CABKA AH**

Qofaka la nool ama jooga meel sigaar lagu cabo waxaa loogu yeedhaa sigaaryacabka dahsoon (Passive smoker). Qof kaasi waxaa ku baxa qiiqa ka soo baxaya sigaarka dabadiisa ama beebka dabadiisa (pipe) isagoon u qastiyina wuxuu qaadanaayaa qiiqii. Sigaarka sidaa loo cabaa aad buu khatar u yahay. Sigaaryacabka dahsoon wuxuu sanad walba dilaa 3,000 qof. Cariga maraykanka cudurada dila dadkaasi waxa u badan cudurka sambabada dila (Lung cancer) cudurkaas oo dilla dad lagu qiyaasay ka dila 3500 oo qof sanad walba. Sigaaryacanka dahsoon (secondhand smoke) caadiyan waxa cun-cuna indha, sanko iyo cunaha qufac xad dhaafa oo sambabada wax yeelana way leeyihiin.

Sigaaryacabka dahsoon (Secondhand smoke) wuxuu khaasan aad ugu sii xunyahay caruurta yar-yar. Waxaa ku dhaca dhagaha oo caabuqa, oofwareen xiiq iyo sambabo xanuun. Caadiyan ilmaasi wuxu yeesha neef aan tegin oo marwelba ku soo kacda.

## **FAA'IIDOOYINKA JOOJINTA SIGAAR CABIDA**

Marka uu mooganyahay qofku 20 daqiqadood sigaarkiisi ugu dabeyey ayaa jidhku wuxuu bilaayaa is bedel wayn.

Afar iyo labaatn sacadood markuu ka maqan yahayna

- Wuxu ka badbaadayaa wadnaxanuunka soo booda

Laba asbuuc ilaa sadex bilaad markuu ka maqanyahayna

- Wareega dhiiga yaa si wacan u socda
- Awoodiisa socodka yaa badata oo uma

### **Astaamaha/Calaamadaha cudurkan.**

- Dadka qaba cudurka Booguhu (HPV) inta hore isma dareemaan.
- Booguhu (HPV) marka hore ee ay hoosta kasoo baxaan way jilicsan yahiin waa sidii hilib dheerada oo kale, waa qo-qoyaan iyo barbar soo yara buuran. Caadiyana waxay ka soo baxaan laanka iyo guska korkiisa iyo aagiisa oodhan. Haseyeeshee, waxaa dhacda in ay ka soo baxaan meelo badan oo kayara durugsan udaha qofka sida lab-laabyad hoosta u dhow ilaa cajirada.
- Qofku markuu qado cudurkani wuxuu ku soo baxaa asbuucyo.

**Women:** dumarka qaar waxaa laga yaabaa in is baadhitaankooda sanadka (Pap tests) laga dareemo in wax ka si yihiin ka hor inta aanu cudurku soo bixin. Sideedaba, waxaa haboon in dumarku is baadhaan sanad walba si ay uga hor tagaan cuduradan iyo kuwo la mida..

### **Daaweeyn:**

wax daawo ah oo uu leyahay cudurkan Booguhu (HPV) hu majirto. Boogahaa dhakhtar wuu kaa goyn karaa, iyaguna iskood way isga tagaan mar-mar. Marna weligood way iska joogaan oo naftaaday khatar geliyaan. Waxaa haboon in dumarku mar walba is ka baadhaan hoosta.

### **Iska ilaalinta ama iska difaacida**

Cudurka Boogaha (HPV) iyo cudurada kale ee galmada STDs sida keliy ee laysaga ilaaliyaa waa adigoo iska daaya galmada iyo adigoo u galmooda qof aan cuduradan qabin. Waxaad kale oo ku badbaadin kartaa adigoo xidha bambiirada galmada(condom)

### **Cudurka Urjada**

Cudurka Urjadu waxa uu ka mid yahay cuduraha lagu kala qaado galmada ee ka dhasha bakteriayada (bacteria) . Waxaalaga qaadaa marka uu qofku taabto meeshii oo barbarsan oo Urjo (syphilis) qabta.

### **Astaamaha/Calaamadaha cudurkan.**

Calaamadada badan yaa Urjada lagu gartaa inkasta

oo ay wadaag calaamado badanad cudurada kale ee galmadu gubbiso. Hadana wax Urjadu martaa sadex marxaladood.

### **Marxalad 1 aad:**

Urjadu waxay ku soo baxdaa inta u dhaxays 10 ilaa 90 maalmood waxayna leedahay barar . hadii aan bararkaa dhakhso loo daawaaynin way ka sii dartaa.

### **Marxalad 2 aad:**

Urjadu waxay ka soo baxdaa jidhka meela kala duwan, waxayn au egtahay cadhada oo aan cun-cun lahayn. Hadii aan markiiba la dawaeynin way sii xumaataa.

### **Marxalada 3 aad:**

Marxaladan oo ah marxalada ugu dambaysa wixii jidhka ka soo baxay ee cadhada u ekaa wuu baaba'aa. Haseyeeshee, waxa bilowda xanuunadeedi kale oo ay ka midyihiin jidhka oo dareenku ka tago, qofka oo dayooba oo garaad kiisu hoos u dhaco iyo iyadoo waax yaha jidhku hawl gabaan. Sidda iyadoo qofku lug, gacan ama qaarka dambe oodhan nuuxin kari waayo. Hadii aan looga gaadhin si dhakhso leh oo aan la daaweeynin Urjadu (syphilis) waa cudurada loo dhinto.

### **Daaweeyn:**

Marka hore ee ay bilaabato Urjadu (syphilis) waa la daawayn karaa. Laguma daaweeyo daawo aan dhakhtar kuu qorin ee layska iibsado. Laguma daaweeyo waxyaabaha dabiiciga ah ee guryaha lagu sameeyo. Waxa keliy ee kaa daweyn karaa waa in aad dhakhtar u tagto oo uu daawo kuu qoro inta aanuu curuku kugu waynaan. Hadii aad ka bogsato oo daawadu wax ku tarto wixii waxyeelo ah ee ay Urjadu ku yeeshay wax ka qabad malaha.

### **Iska ilaalinta ama iska difaacida**

Waxaa Urjada (syphilis) kaa celinkaraa waa adigoo iska ilaaliya ama iska daaya galmada iyo adigoo u galmooda qof aan cuduradan qabin. Waxaad kale oo kga badbaadi kartaa Urjada adigoo xidha bambiirada galmada.(condom)

### **Wixii ku saabsan wararka caafimaadka waxad eegtaa:**

Body Health Resources Corporation

[www.thebody.com](http://www.thebody.com)

American Social Health Organization

[www.iwannaknow.org](http://www.iwannaknow.org)

[www.ashastd.org](http://www.ashastd.org)

The Centers for Disease Control National Prevention Information Network

[www.cdcnpi.org](http://www.cdcnpi.org)

### **Wixii ku saabsan wararka caafimadka oo telefon ah:**

800 227 8922

24 ka saacadood, 7 da maamood ee asbuuca.

800 994 9662

National Women's Health Information Center  
U.S. Department of Health and Human Services.

• • •

### **Wararka ku qoran dhambaalkan waxa laga soo xigtay:**

The Centers for Disease Control National Prevention Information network

[www.cdcnpi.org](http://www.cdcnpi.org)

Body Health Resources Corporation

[www.thebody.com](http://www.thebody.com)

The American Social Health Association

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## **Cudurada Galmadu Gudbiso iyo Waxyaabaha la Rabo in Qofkasta uu Ka Warhayo**



**[www.refugees.org](http://www.refugees.org)**

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## Cudurada galmadu gudbiso (STDs) waa wax layka difaaci karo!

### CUDURKA XABBADA

Xabbadu waa cudur galmadu gudbiso (STDs) wuxuuna cudurka xabbadu gudbaa marka laba qof isu galmoodaan . Galmaasi ha noqato mid ninku qofta dumarka ah uga tagayo laanka, afka amase dabada (futada). Meel kasta galmadaasi ha ahaatee hadii uu qofku qabo xabbad wuxuu u gudbinayaa qoka kale. Hooyada xabadda qabtaa way u gudbisaa cunugeeda marka ay umulayso (dhalayso). Raga iyo dumarka gamadoodu badantahy gaar ahaana kuwa da'adoodu u dhaxayso 20 ilaa 30 waxaa haboon in ay joogto isga baadhaan cudurka xabbada. Cudurkani wuxuu dilaa taranta. Waxaa laga yaabaa in aanay qofta dumarihi uuraysankarin, ninkuna aanuu waxba uurayn karin oo ay labaduba lumiyaaan awoodii taranka.

### Astaamaha/Calaamadaha cudurkan

*Dumarka:* sida badan dumarka qaba astamahoodu way yar yihiin ama maba laha calaamado lagu garto cudurka.

*Raga:* inta badan ragu ma laha astaamo amaba astaamahoodu way yar yihiin. Raga qaar baa dheecaan ka yimaada guska (qoodhaha).

### Daawaynta:

Cudurkan waxaa lagu daawaeeyaa daawada caabuqa baabi'isa (antibiotics). Qof kasta oo qaba cudurada galmadu gudbiso (STDs) waa in uu u tagaa dhakhtar si looga daaweeyo.

### Iska ilaalinta ama iska difaacida

Adigoo iska daaya galmad oo dhan

- Adigoo iska ilaaliya in aad u galmooto qof qaba cudurkan.
- Adigoo si saxa u gashada rag iyo dumarba bambiirayinka galmad loogu

talo galay ( condom and dental dams).

### CUDURKA JABTADA

Cudurka Jabtadu (STDs) waa wax layska daawayn karo. Waxaa laysugu gudbiyaa hadii la isga galmoodo Laaka , afka iyo futada. Hooyadu way u gudbisaa cunugeeda marka ay dhalayso . Jabtadu waxay keentaa cudurka Xabbada layidhaahdo, waxayna wax yeeshaa taranta qofka

### Astaamaha/Calaamadaha

*Women:* inta badan dumarku malaha astaamo haday leeyihiina ma badna waxa laga yaabaa:

- Inay dareento xanuun iyo kaadida oo gubta
- In mar-mar dheecaan ka yimaado

*Men:* sida badan ragu ma arko calaamada cudurkan hadii uu arkana waxay kusoo baxaa shan casho kadib markuu qaaday. Wuxuuna dareemaa:

- Kaadida oo gubta iyo xanuun
- Dheecaan ah cadaan, jaale ama cagaar oo ka yimaada
- Raga qaarna xiniinyaha ayaa barar.

### Daaweeynta:

Jabtada waxaa lagu daaweeyaa daawada caabuqa baaabi'isa (antibiotics)

### Iska ilaalinta ama iska difaacida

Iyadoo qofku joojiyo galmada oodhan

- Iyadoo qofku iska ilaaliyo inuu ugalmoodo qof jabot qaba
- Iyadoo qofku si saxa u gashado bambiirayinka galmada ( condom and dental dams)

### Cudurka fantata ama

Fanto waa cudur galmadu gudbiso badanaana wuxuu ka dhasha saxal (viruses) fantada oo afka(oral herpes) ama guska iyo laanka ( genital herpes) ku dhacda. Cudurkani wuxuu

ku gudbaa iyadoo jidhka lada qof is taabtaan. Cudurkani aad buu u badanyahay ; dadku caadiyan ma gartaan in ay qabaan ama waxay ku khaldaan cudurada kale. Cudurkan lagama daawoobo.

### Astaamaha/Calaamadaha cudurkan

- Sida la gu yaqaan qofka waxaa ka soo baxa furuuruc marka dambe intay qolofi fuusho noqda dilaacyo dhiig leh.
- Qofku wuxu dareemaa curkan fantada in uu qabo asbuucyo kadib. Mar-mara dadku waxay is ogaadaan bilo kadib amaba sanado kadib.
- Dadka intooda badanina madareemaan in ay qabaan ama waxay ku khaldaan cuduro kale eelaga qaado galmada.

### Daaweeynta:

cudurka fantadu daawo ma laha. Wax daawo ah oo layskaga difaacana ma jirto.

### Iska ilaalinta ama iska difaacida

Sida keliya ee laysaga badbaadinkaro cudurkani waa in aanu qofku joojiyo galmada. Inkastoo dad badan oo aan weligood galmoonini qaadan saxalka Fantada (simplex virus).

### Cudurka dila difaaca jidhka(caateeye)

Cudurka dila difaaca jidhku waa saxal dhiiga gala (Virus) lana dagaalama difaaca jidhka. Markuu jidhka ka dhameeyo difaaciina cudurkani wuxuu isu bedelaa (AIDS). Cudurkan waxaa la qaada iyadoo marka la isu galmoodo ay istaabtaan , shahwada ninka, xaylka dumarka (dheecaanka dumarka ka yimaada markay galmoodaan) (vaginal fluid).dhiiga wata saxalka(virus) oo lagugu shubo iyo hooyada qabta oo cunugeeda nuujisa naaska. Cudurkan si hawl yar yaa la isaga difaaci karaa. Daadku inta aanay ogaanin in ay qabaan cudurka si hawl yar ayay ugu gudbin karan dadkay u galmoodaan.

### Astaamaha/Calaamadaha cudurkan.

- Waxaa laga yaabaa in qofku aanuu isku arag calaamadaha cudurkan (HIV) lagu garto isagoo sanado qabay cudurka.
- Qofka inta aad eegto ma garan kartid inu cudurka jilaha difaaca jidhka (HIV) qabo iyo in kale.
- Sida keliya ee lagu garan karo in uu qofku cudurka qabo waa iyadoo dhakhtaradu baadhaan.

### Daaweeyn:

Cudurkani ma laha daawo kaa kaxaynaysa haseyeeshee, wuxuu leeyahay daawooyin gaabis ka dhigaya xawliga uu cudurku jidhka u dilayo. Haddii qofku daawooyinkaas qaato cunadiisa iyo caafimaadkiisa kalena daryeelo wuxuu ku noolaanaya nolol dheer oo caafimaad leh. Qofta dumara ee qabta cudurkan haday uur leedahay waa in ay qaadata daawooyin cunuga ka difaaca cudurka.

### Iska ilaalinta ama iska difaacida

Cudurka dilaha difaaca jidh ka (HIV) waxaa la isga ilaanin karaa sidan:

- Iyadoo galmada la iska daayo dhamaanteedba.
- Iyadoo la iska ilaaliyo in loo galmoodo qof qaba cudurka
- Iyadoo bambiirada galmada rag iyo dumarba si saxa loo gashado (condom and dental dams).

### Boogaha hoosta gala (hoosta oo hunbuluuqda ama buq-buqda)

Cudurkan Booguhu waa saxalo is galay (viruses) waxaana lagu kala qaadaa galmada. Wuxuuna isu bedelaa Hudhe ama Goosato (cervical cancer) .Cudurka hudhuhu waa cudur khatar ah oo loo dhinto. Cudurka Boogaha HPV waa Boogo ka soo baxa qaska ama laanka, futada iyo guska raga waxay kale oo ka soo baxaan dhuumaha rimayga, laanka gudhiisa iyo laanka korkiisa (gidirka).

u caafimaaday. Daawada waa in aad dhamaysato una qaadato sidii loogu talo galay. Hadii aad seeg-seegto oo aad kolba joojiso qaaxadu kaa tegimayso wayna adagtahay sida looga saara qofkaa marka dame.

### **HADII AAD ISLEEDAYAH WAAD QABTAA QAAXADA:**

Hadii aad la xidhiidho dad qaba ood is leedahay waad la kulantay jesimka qaaxada waa in aad u tagtaa dhakhtar kaaga ood iska baadho cudurka qaaxada (TB)

### **HADII AAD U BAAHATID FAAHFAAHIN DHEER- AAD AH OO KU SAABSAN QAAXADA, FADLAN KA EEG INTERNET-KA:**

The Centers for Disease control and  
prevention:  
*www.cdc.gov*

The US Department of Health and Human  
Services:  
*www.omhrc.gov*

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Akhbaarta ku qoran dhambaalkan waxaa laga soo xigtay qoraalo ay qoreen hay' adaha:

*The Centers for Disease control and Prevention  
(CDC)*

*The US Department of Health and Human  
Services*

*The Directors of Health Promotion and  
Education (DHPE)*



**Waa maxay Qaaxadu  
ama Feedhuhu?**  
(Somali)



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#### **CONTACT INFORMATION:**

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**Washington, DC 20036**  
**Phone: 202 • 347 • 3507**  
**Fax: 202 • 347 • 7177**  
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*Soo-saaridda dhambaalkan waxaa caawiyey  
Wasaaradda Caafimaadka iyo Horumarinta  
bulshada, Xaafiska Dib=udejinta Qaxoontiga*

## WAA MAXAY QAAXADU AMA FEEDHUHU?

Qaaxadu waa cudur aad u xun xoogna loo gala qaado oo jeemis (germs) kiisu ku gudbo hawada. Waana halis oo waa loo dhintaa hadaan layska daawayn.

## SIDEE LOO KALA QAADAA QAAXADA?

Qaaxadu waxay ku fidaa marka qofka qaba cudurku uu qufoco, hidhiso, neefsado, qoslo ama candhuufo iyo xaako ku tufo dhulka. Jeermis (germs) kii cudurka ayaa hawada galaya halkaana waxaa ku sadhooba dadka. qofka u dhow ee qaata hawadii siday jeermisku (germs) wuxuu halis u yahay in uu markiiba qaado qaaxo.

## YAA QAADA QAAXADA?

Ururka caafimaad ka aduunwaynaha (The World Health Organization 'WHO') ayaa wuxuu qiyaasay in ay qabaan cudurka qaxada ugu yaraan dad lagu qiyaasay lix bilyan oo qof. Marka la indha indheeyay caalamka oo dhan. Waxaa la sheegay in ay sanad walba udhintaan cudurkan dad lagu qiyaasay laba milyuun oo qof.

Qaaxadu waa cudur si fudud loo kala qaado waxayna khatar gelinaysaa dad badan oo u dhaw-dhaw qofka qaba. Sida dadka isku dugsiga ay yihiin, wada shaqeeyaan, iyo qoyska qofku la nool yahay.

## MAXAY KU KALA DUWANYIHIIN QOFA UU JEERMISKII QAAXADU KU JIRO IYO QOFKA QAAXADU HAYSO?

Dadka sida bacteriyada (bacteria) cudurku ma bukaan cidna cudurka ma qaad siin karaan haseyeeshee, wax halis u yihiin in ay bakteriyadu isu bedesho qaaxo oo ay u soo dhacaan qaaxo.

Dadka qaba qaaxada (active TB) qaaxadii ayaa jidhkooda ku jirta oo ku tarmaysa. Qaxadu maka dambe waxay dilaysaa jidhka. Qaaxada si fudud ayaa look ala qaadaa. (TB)

Qaaxadu waa cudur si dhakhso badan loogu gudbinkaro asxaabtaada eheladaada, daka kula shaqeeya iyo kuwa wax kula dhigta.

## QAAXADA AANAY DAAWADU KARIN

Hadii aanuu qofka qaaxada laga dawaynayaa aanuu daawada sidii loogu talo galay u qaadan ee kolba joojiyo cudurkii jidhka ku jiray wuxuu yeelanayaa awood uu daawada iskaga difaaco. Daawaduna waxba ka tarimayso marka dambe. Markaaa waxay dantu khasbaysa in qofka la siiyo daawo aad uga xoog badan tii hore mudo mudadii hore ka dheerna la siiyo. Dawadaas oo ka qaalisan tii lagu bilaabay markii hore.

## SIDEE LOO DAWEYAA QAAXADA

Qaaxada waa laga bogsadaa laakiin waxay qaadataa mudo dheer. Mar-mar waxay qaadataa 6 ilaa 12 bilood inay daawadu kuu socoto. Ma aha in qofku joojiyo daawada marka uu dareemo in





- inay ku daydaan dadka waaweyn iyo saaxiibada ciyaarta, iyo
- inay ciyaar iska-yeelyeel ah ku ciyaaraan caruusado, xayawaan, iyo dad.

### **KORNIINKA IYO HORUMARKA DA'DA AFAR SANNADOOD**

Ilmaha caafimaadqaba ee gaadhay da'da afar sannadood waxay awoodaan:

- inay isticmaalaan weedho ka kooban shan ilaa lix erey,
- inay raacaan fariimo ka kooban saddex talaabo ("Gasho dharka, feedho/shanlee timaha. Caday ilkahaaga, oo dhaq wajigaaga.") iyo
- inay iskaashi la yeeshaan caruurta kale.

### **WAA MAXAY CALAAMADAHA ILMO KORNIINKIISU HOOSEEYO?**

- Korniin jidh oo aan jirin
- Nafaqo-daro
- Lafo jilicsan
- Arag indho oo daciif ah
- Niyad-xumi
- Miisankiisa oo hooseeya
- Lumis maqal

### **WAA AYO QOFKA LA RABO INAAD LA HADASHID HADDII ILMAHAAGA KORNIINKIISU GAABINAYO?**

Haddii aad ka walwalsan tahay sida ilmahaagu u korayo, fadlan la hadal dhakhtarka ilmahaaga. U hubso inaad ilmahaaga geysid baadhitaanada iyo talaalada caadiga ah.

### **Si aad u heshid war dheeraad ah oo ku saabsan korniinka ilmahaaga oo ku yaala internetka, fadlan booqo:**

[www.cdc.gov/ncbddd/autism/ActEarly](http://www.cdc.gov/ncbddd/autism/ActEarly)

[www.nidcd.gov/health/voice/speechandlanguage](http://www.nidcd.gov/health/voice/speechandlanguage)



*Qoraalkan yar waxa lagu soo saaray gargaar ah war iyo illo oo laga helay:*

*National Center for Birth Defects and Developmental Disabilities*

*Centers for Disease Control*

*Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Adeegyada Caafimaadka iyo Adeegyada Bini'aadanka Xaftiska Dejinta Qaxootiga (Department of Health and Human Services Office of Refugee Resettlement)*

#### **WARKA LA-XIDHIIDHISTA:**

[riht@uscridc.org](mailto:riht@uscridc.org)

**U.S. Committee for Refugees and Immigrants**

1717 Massachusetts Ave., NW  
Suite 200

Washington, DC 20036

Teleefon: 202 • 347 • 3507

Faakis: 202 • 347 • 7177

[www.refugees.org](http://www.refugees.org)



## **La-socodka Ilmahaaga Koroya**

**(Bartilmaameedyada Korniiinka)**

## **Watching Your Child Grow**

**(Development Milestones)**

**(Somali)**



[www.refugees.org](http://www.refugees.org)

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## LA-SOCODKA KORNIINKA ILMAHAAGA

Sannadaha ugu horeeya nolosha ilmahaaga waa wakhti muhiim u ah korniinkooda jidh ahaan, niyad ahaan iyo bulsho ahaan. Tan waxa la yidhaahdaa korniin ilmo. Waxa jira heerar kala duwan oo ah korniin ilmo oo ay waalidku la socon karaan si ay u ogaadaan in ilmahoodu ku korayo xawli fiican. Gudaha Maraykanka, waxa waalidka lagula taliyaa inay si joogto ah ula socdaan korniinka maskaxda, indhaha, dhegaha iyo adimada ilmahooda iyaga oo ka eegaya wax ah calaamado aan caadi ahayn.

## WAA MAXAY WAXA AAN KA FIIRINAYO ILMAHAYGA?

Ilmuhu siyaabo kala duwan bay u koraan marka la eego heerarka koritaanka. Ilmo kasta waxa uu ku koraa xawli u gaar ah, waxana laga yaabaa in ilmhaagu uu gaadho heerarkaa ka hor ama ka dib ilmaha kale ee da'diisa ah. Qoraalkan yari waa tilmaan-bixin fudud oo loogu talagalay inuu kaa gargaaro inaad fahamtid korniinka ilmaha iyo wixii aad weydiin lahayd dhakhtarka ilmahaaga haddii aad su'aalo qabtid. Halkan waxa ku yaala qaar ka mid ah calaamadaha la rabo in waalidku u fiirsado marka ilmahoodu korayo.

## KORNIINKA IYO HORUMARKA DA'DA TODOBA BILOOD

Marka ay dhamaato todoba bilood, ilmo badan oo caafimaad qaba ayaa awoodi kara:

- inay madaxa leexiyaan marka magacooda loogu yeedho,

- inay u riyaaqaan qof kale,
- inay jawaab-celin ku sameeyaan dhawaaqa,
- inay ku istareexaan ciyaarta bulshada
- inay xejistaan caruur-ciyaarsiisyada yaryar, iyo
- inay indhaha la raacaan alaabta/iftiinka lagu dhaqaajiyo meel u dhow indhahooda.

## KORNIINKA IYO HORUMARKA DA'DA HAL SANNO (12 BILOOD)

Ilmaha caafimaadqaba marka ay jiraan hal sanno waxay awoodaan:

- inay isticmaalaan dhaqdhaqaaqyo fudud (sida gacan-haadin ah nabadgalyo),
- inay sameeyaan dhawaaqyo fudud,
- inay ku daydaan hawlqabadyo marka ay ciyaaraan (sacbin), iyo



- inay jawaab-celin sameeyaan marka loo sheego “maya”.

## KORNIINKA IYO HORUMARKA DA'DA I ½ SANNO

Ilmaha caafimaadqaba ee gaadhay da'da 1 ½ sanno waxay awoodaan:

- inay sameeyaan ciyaar iska-yeelyeelis ah oo fudud (sida ku-hadalka teleefoon ah caruur-ciyaarsiis),
- inay tilmaamaan alaabta xiisaha u leh,
- inay eegaan alaabta marka aad tilmaantid oo aad tidhaahdid “eeg”, iyo
- inay iskood u isticmaalaan dhawr erey.

## KORNIINKA IYO HORUMARKA DA'DA LABA SANNO

Ilmaha caafimaadqaba ee gaadhay da'da laba sanno waxay awoodaan:

- inay isticmaalaan weedho ama jumlado ah laba erey,
- inay raacaan fariimo fudud,
- inay xiiseeyaan caruurta kale, oo
- ay tilmaamaan shay ama sawir magaciisa la sheegay.

## KORNIINKA IYO HORUMARKA DA'DA SADDEX SANNOOD

Ilmaha caafimaadqaba ee gaadhay da'da saddex sannood waxay awoodaan:

- inay dhunkadaan caruurta kale,
- inay isticmaalaan weedho ah laba erey,

- In ay qaataan waxbarashada dumarka uurka leh
- In ay qaataan faytamiinada loogu talagalay dumarka uurka leh sida fitamiinka loo yaqaan folic acid

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**Hadii aad u baahantahay akhbaar dheerada oo ku saabsan baadhitaanka caafimaadka haweenka, fadlan ka eeg Internet-ka:**

The Center for Disease Control and Prevention  
www.cdc.gov

U.S. Department of Health and Human Services  
www.womenshealth.gov

U.S. Department of Health and Human Services Office of Minority Health.  
www.omhrc.gov

**Hadii aad u baahantahay faahfaahin talefanka ah, fadlan lasoo xidhiidh:**

National Women's Health Information Center (NWHIC)  
1-800-994-9662

Plan Parenthood Federation of America  
1-800-230-7526

**Hadii aad u baahantahay xarun caafimaadeed oo lagu baadho caafimaadka haweenka u khaaska ah, fadlan ka eeg Internet-ka:**

The Center for Disease Control and Prevention (CDC)  
www.cdc.gov/cancer

Plan Parenthood Federation of America  
www.plannedparenthood.org

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Akhbaarta ku qoran dhambaalkan waxaa laga soo xigtay qoraalo ay qoreen hay'adaha:

The Office of Women's Health and Office of Minority Health at U.S. Department of Health and Human Services

The Centers for Disease Control and Prevention (CDC)

The National Cancer Institute

*This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.*

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Fax: 202 • 347 • 7177  
www.refugees.org



**Baadhitaanka caafimaadka ee Haweenka (Somali)**



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## **BAADHITAANKA MAKAAANKA (MINKA)**

Baadhitaanka ilmo galeenka waa baadhitaan caadiyan ah oo la eegayo makaanka. Waxaa haboon in dumarka da'doodu ka wayn tahay 18 jir ay maraan baadhitaankan sanadkiiba hal mar. Waxaa baadhitaanka sameeya dhakhtar ama kalkaaliye dakhtar, muhiimka baadhitaankan waa in dheecaaan yar laga sooqaado makaanka lingaxiisa kore. Hadii qofta dumarka ahi bilowdo in ay galmooto iyada oo aan gaadhin 18 jir, waa in ay isbaadho sanad walba.

Marka lagugu samaynayo baadhitaankan, waxaad iska bixinaysaa dharka, siiba kuwa qaarka hoose, markaana lugahaaga ayaa kor loo taagayaa si uu dhakhtarka ama kalkaaliyaha caafimaadka uu u fadhiisto lugahaag dhexdooda. Dhakhtarku wuxuu kugu ifinayaa toosh ama karbuuno si uu u arko hoostaada. Markaa kadib, wuxuu hoosta kaa gelinayaa qalabka caafimaad ee minka lagu baadho. Baadhitaankan waxa loogu tala galay in uu dumarka ka bad-baadiyo cuduraka hudhaha ah ee hoosta dumarka kudhaca (cervical cancer).

Marka baadhitaankan la samaynayo, waa in qof kale oo dhakhtar ama kalkaaliye ah ku weheliyo. Qofka ku baadhayaa wuxu eegayaa hoostaada (uddahaaga), wuxuuna faraha gelinayaa minkaaga, khaasatan lingaxa iyo minka guudkiisa. Baadhitaankan waxaa loogu talo galay in la ogaado hadii ay finan ama kurxamo kugu yaalaan.

Si baadhitaankani ugu hirgalo, waa in aad tixgalisid waxyaaba hoos ku qoran:

- Waa in aad sadex casho ka hor aad joojisid maydhista laanka gudahiisa

- Waa in aanad xidhan suufka caaddada laga xidho
- Waa in aanad is gelin ama isku shubin wax daawo ah
- Waa in aanad is ku buufin wax yaabaha hoosta lagu carfiyo
- Waa in aanad isku shubin bootar amd boolbare
- Waa in aanad galmoonin

## **BAADHITAANKA NAASAHA**

Caafimaadka naasuhu qayb wayn ayay ka qaataan caafimaadka guud ee haweenka. Marka la samaynayo baadhitaanka caafimaadka ee sanadka, waa in labaadho naasaha. Waxyaabaha laga baadhao waxaa ka mid ah in ay finan leeyihiin; in kurxin ama buruq ku jiro, iyo in uu midabkoodu bedelmay. Waxyaabahaasi waa astaamaha xanuunka naasaha waana muhiim in haweenku kafeejignaadaan caafimaadkooda. Baadhitaankan waxaa sameeya dhakhtar ama kalkaaliyihisa.

Baadhitaanka naasuhu waa wax sahlan oo aad adiguba guriga ku samayn karto. Waa in aad bishii hal mar is baadho si hadii wax jiraan dhakhso laguugu gurmado.

## **RAAJADA NAASAHA**

Raajada naasaha la saaraa waa mid loogu talo galay in lagu arko hadii ay jiraan wax yar oo aanay gacantu dareemaynin, isla markaana si dag-dag ah loo daweyo. Dumarka da'doodu tahay 40 sano iyo wax kabadan waa in ay iska qaadaan raajada naasaha sanad ama labadii sanadoodba mar.

Marka raajada naaska la saarayo, dhakhtarka ama kalkaaliyaha ayaa naaska dhex gelinya

laba saxan dhexdood si loo sawiro. Waxaa laga yaabaa in qoftu dhabsato jiid-jiidka raajada, inkasta oo aysan xanuun lahayn, oo howsha oo dhani qaadato muddo daqiiqado dhan. Raajadu aad bay ugu wacantahay baadhitaanka naasaha sababtoo ah in laga hortagayo dhibaatada cudurku hudhaha ee naasaha gala (breast cancer) inta aanay waynaan.

## **DARYEELKA DUMARKA UURKA LEH**

Daryeelka dumarka uurka leh waxay suurto gelisaa in uu dhasho cunug caafimaad qaba. Waxaa haboon in dumarka uurka leh in ay raadsadaan xarunta lagu bixiyo warfaafin kusaabsan daryeelkooda isla marka ay uurka yeeshaan. Waxaana muhiim ah in ay raacan waxa dhakhtarku farayo, kuwaas oo kamid yihiin:

- In ay cunaan khudrado kala duwan oo badan
- In aanay khamri iyo sigaar cabin
- In ay isku dayaan jimicsi fudud oo ay dhaq-dhaqaaqsiga badiyaan
- In ay iska ilaaliyaan qaxwaha, soodhaha iyo shaaha
- In ay iska ilaaliyaan kiimikooyinka cayayaanka lagu dilo iyo kuwa guriga lagu nadiifiyo



## GOORMA AYAY TAHAY IN AAD DOONATO DARYEEL CAAFIMAAD?

Dhaktarkaaga u tag hadii aad lakulantid waxyaaba ay ka mid yihiin:

- Si kedis ah caaddadaadu isu bedesho iyadoo aanay kugu imaanin waxyaabo is bedelkaa keeni kara sida (adigoo buka ama isku buuqsan iyo adigoo naaxa ama caatooba).
- Dhiig badani kaa socanayo mudo ka badan 7 maalmood (dhabarfur)
- Mudada caaddada u dhexaysa dhiig kaa yimaado
- Dhabar xanuun ku haya 2 maalmood ka badan
- Aad u malayso in aad uur qaaday
- Uu kaa socdo dheecaan qadhmuun oo cagaar, jaale ama dameeri (bay) ah. Dhecaankaas oo noqon kara mid adag oo cad sida kiriimkana isu jiidanaya. Mar-marna sida xumbada u eeg. Cadiyan, dheecaankaasi waa qadhmuun sida kaluunka oo kale u ura.

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Hadii aad u baahatid faahfaahin dheeraad ah oo ku saabsan caafimaadka haweenka, fadlan

ka eeg Internet-ka:

[www.womenshealth.gov](http://www.womenshealth.gov)

[www.4women.gov](http://www.4women.gov)

[www.omh.gov](http://www.omh.gov)

[www.girlshealth.gov](http://www.girlshealth.gov)

[www.youngwomenshealth.org](http://www.youngwomenshealth.org)

[www.girlhealth.org](http://www.girlhealth.org)

Wixii faahfaahin dheeraad ah oo telefanka ah, fadlan lasoo xidhiidh:

CDC National STD Hotline

1-800-227-8922

24-ka saacadood, 7-da maalmood ee asbuuca

CDC National AIDS Hotline

1-800-342-AIDS (1-800-342-2437)

24-ka saacadood, 7-da maalmood ee asbuuca

National Women's Health Center

1-800-994-9662

The U.S. Department of Health and Human Services

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Akhbaarta ku qoran dhambaalkan waxaa laga

soo xigtay qoraalo ay qoreen hay'adaha:

The American Academy of Pediatrics:

Puberty Information for Boys and Girls

The U.S. Department of Health and Human

Services Office of Women's Health

Advocates for Youth

*This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.*

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**Waxyaabaha Muhiimka ah ee Kusaabasan Jidhka Haweenka**  
(Somali)



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## **BAALUQ/QAAN-GAADH**

Baaluqu waa marka jidhku iska bedelo caruurnimadii oo isu badalo qof hano-qaada ah (qof wayn). Isbdalka baaluqaasu wuxuu wiilasha iyo gabdhahaba ku bilowdaa 9 jir ilaa 13 jir. Habluhu markay baaluqaan waxaa u soo baxa naaso, sinnahooda ayaa balaadha, timaha jidhkooda u hadhsana way u soo baxaan. Marka isbedeladan jidhka ku yimid dhamaystirmaan, hablaha waxaa u bilaabmata caadada. Isbedelaadan oo dhami waa wax caadi ah oo koritaanku keeno hadii uu qofku caafimaad qabo.

## **WAA MAXAY CAADDADU?**

Bil walba jidhka dumarku wuxuu sameeyaa ugaxda dhasha oo ku abuuranta minka (rimayga) gudahiisa. Ilma galeenku wuxuu bilwalba soo daayaa ugaxdii oo burburtay oo noqotay dhiigga aynu u naqaano caaddada. Hadii ugaxaanta shahwo ku dhici lahayd way bacrimin lahayd oo cunug ayaa ku abuurmi lahaa ilmo galeenka (makaanka).

Helidda caadadu kaa celin mayso in aad dabaalato, orrodo, shaqaysato ama aad jimicsiga jidhka samayso. Weliba, way u badantahay in dhaq-dhaqaaqa badani kaa debciyo juuc-juuca caaddada.

## **CAADDADU INTEE AYAY KAA SOCOTAA?**

Inta badan caaddadu waxay qaadataa saddex ilaa todoba maalmood wareegii walba. Wareegu waa sadex ilaa shantii asbuucba mar. Mar-marka qaarkood waxaa dhacda in aanay gabadhu helin caaddo joogto ah markay baaluqaan. Haseyeeshee, xoogaa ka dib, marka jidhkeedu dhamaysto isbedelka ayay heshaa caddado joogtaysan.

## **SIDEE LA'ISAGA DARYEELA MARKA CAADDADU KUGU TAALO?**

Waxaa la gashadaa suufafka dhiigga sida ka lays geliyo (la'isku gufeeyo) iyo ka dhiigga la'isaga dhigo. Midkastoo aad gashataba, wuu kaa celinayaa in dhiiggu dharka kaa gaadho. Waxaa muhiim ah in aad iska ilaaliso isgalinta ama isticmaalka suufafka la carfiyay maadaama ay waxyaabahaasi keenaan in ay caabuq kugu beeraan.

Suufka la xidho waxaa lagu dhejiyaa nigiska (kastuumada) aad gashantahay. Suufku wuxuu leeyahay xabag loogu talo galay in ay ku dhegto kastuumada. Waa in aad iska bedeshaa mar walba si aanay suufku u fatahin oo aanu kaa gaadhin dharka aad xidhantahay. Hadii aanad dhakhso u bedelin waxaa laga yaabaa in aad dareento ur xoog ah. Hadaba si aad uga hortagto waxyaabahaas oo dhan, waa in aad si joogto ah isaga bedesho suufka. Weliba marka ay kuleylaha tahay, waxaa wacan in aad iska bedesho suufka mar walba oo aad musqusha gasho.

Suufka la'isku gufeeyo ama la'is geliyo waxaa la geliyaa gudaha, waana in la'iska bedelo afartii sacadoodba ama lixdii sacadoodba mar.

Jidhka dumarku si dabiici ah ayuu isu nadiifiyaa. Ma aha in aad isku shubto biyaha carfoon ee gudaha dumarka lagu nadiifiyo. Marka caaddadu kaa dhamaato ha isticmaalin waxyaabaha udgoon ee lagu dhaqo gudaha dumarka. Waxyaabahaasi caafimaadka ayay u daran yihiin, waxaanay dhaliyaan caabuqa jidhka gala.

## **ISBADALKA JIDHKA KUDHACA MARKA CAADDADU KAA TIMAADO**

Dumarku way kala duwanyihiin; qaarkood caaddadu si xoog ah ayay uga socotaa, inkasta oo tani caadi tahay. Dhiigga caaddadu qiyaas ahaan waa 1 ilaa 3 wiqiyadood (30 ilaa 90 ml) oo dhiiga ah bilkasta. Waa wax lagu qiyaasay dhalada yar ee kiriiimka xayaysiiska lagu shubo. Hadii uu dhiigga caaddadu kaaga yimaado si xad dhaaf ah, u sheeg dhakhtarkaaga.

Dumarka qaarkood waxay dareemaan xanuun caaddada ka hor, inta ay caaddadu socoto ama caddada ka dib. Waxaana loo qabtaa siyaabaha hoos ku qoran:

- Gumaarka ama mindhicirada oo xanuuna
- Barar jidhka ah, gaar ahaana naasaha
- Daal xad dhaaf ah
- Madax xanuun
- Dhabar xanuun
- Cadho iyo xanaaq badan
- Naasaha oo damqada

Hadii ay dhib kugu hayaan waxyaabahan kor ku qorani, waa in aad u tagto dhakhtarkaaga.

