

## WAKHTIGA CALOOSHA

### KU NOQOSHADA HURDADA IYO CALOOSHA SI LOO CIYAARO

Carruurta waa in dhabarkooda loo jiifiyaa hurdada, laakiin waa inay wakhti ku qaataan caloosha oo ay u jiifaan markay soo jeedaan.

Laga bilaabo toddobaadka u horeeya ee ilmahu jooga guriga, u jifi iyada caloosheeda ilaa dhowr daqiiqadood 2 ama 3 waqti maalin kasta si uu u ciyaaro. Laakiin keliya u jifi ilmaha caloosheeda marka ay soo jeedo oo uu qof wayn meel dhow ka arkayo.

Wagtiga ciyaarta waxay ka caawisaa carruurta inay bartaan inay madaxooda kor u qaadaan, xoog u yeelaan muruqyada qoortooda iyo garbaha, oo u diyaariyaan iyaga gurguurashada markay waynaadaan (7-9 bilood).

Ugu horayn, carruurta qaarkood ma jecla waqtiga caloosha loo jiifo. Halkan waxaa ah dhowr waxyaabood oo aad qaban karto si aad u caawiso:

- Dhig caag ama buug ilmaha hortiisa.
- U hees ama la hadal ilmaha markay iyaddu caloosha u jiifto.
- Ugu jiiifso calooshaada sagxada addoo wejiga ku jeedinaya wejiga.
- Carruurta waa wayn hala ciyaaraan marka iyaddu ay caloosha u jiifto.

Sii wad isku dayga, oo ilmahaagu waxa uu baran doonaa inuu jeclaado waqtiga uu caloosha kuula jiifo adiga.



"Wagtiga Caloosha loo jiifo" waxaa ku taliyay:

Minnesota Sudden Infant Death Center of Children's Hospital and Clinics of MN American Academy of Pediatrics Eunice Kennedy Shriver, National Institute of Child Health and Human Development.

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*Haddii aad u baahantahay dhokiyumentigan oo ku qoran qaab kale, sidafarta waa wayn ee indhoolaha ama cajalad lagu duubay, soo wac 651-201-3650.*