Hagaha caafimaadka ee loogu talgalay aadintaanka dugsiga

Aaditaanka dugsiga maalin walba waxay muhiim u tahay faayo qabka caruurta, ka qeybgalka iyo waxbarashada.

Xaqiiji inaad carruurta u direysid dugsiga haddii ay:

- Guud ahaan caafimaad wanaagsan qabaan.
- Way ka qeygali karaan hoosha maalmeedka caadiga ah.

Carruurta way aadi karaan dugsiga xitaa haddii ay:

- Qabaan hargabka, kaas oo ka mid ah diifka amy sanka oo cariiri noqda iyo qufaca.
- Indaha oo gaduudan oo aan lahayn dhacaan, qandho, indo xanuun, daboolka isha oo gaduudan ama aragtida oo isbedesha.
- Qabaan calool xanuun yar.
- Qabaan finan oo u dhigma xanuunka maqaarka oo horey loo ogaaday, tusaale., canbaarta amy nabraha jirka.
- Qabo injita madaxag. Inkastoo ay xanaaqayaan oo ay tahay in la daaweeyo, injirta ma ahan sababty loogu saaraayo carruuta dugsiga.
- Malaheen qandho 24 sac gudaheeda oo ma aysan qaadan daawada qandhada jibineyso inta lagu jiray woqtigaas.

Fadlan fiiri dhabarka qoraalkaan waxii faahfaahin ah oo ku saabsan xiliga ay tahay inay joogaan carruurta guriga. Ogow xaladaha badan, qoraalka bixiyaha daryeelka caafimaadka looma baahna si ay ugu soo noqdaan dugsiga.

Carruuta marmarka qaarkooda way ka joogi karaan sababta ay tahay dareemista ee walaaca (calaamadaha waxay ka mid noqon karaan cuntada oo yaraata, daal dareemida, calool xanuunka, madax xanuun, wlm.). Haddii aad ka welwelsan tahay inuu cunugaaga silci karo oo dareemaayo walaac, la hadal macallinkaaga, kalkaalisada dugsiga, shaqaalaha bulshada ama shaqaalaha kale ee dugsiga si loola xaajoodo caqabadda oo uu u ogaado wax caawin karo cunugaag inuu joogo dugsiga. Haddii aad dareento inuu cunugaaga la dareemaayo walaac, ka dib booqo bixiyaha daryeelka caafimaadkaaga ayaa laga yaabaa inay u noqoto cadeen waxtar leh ardeygaaga.

Haddii cunugaaga uu qabo habdhiska difaaca oo daciifka ah ama uu khatar sare ugu jiro dhibaatooyinka ka yimaada cudarada caadiga ah, fadlan la hadal dugsigaaga (kalkaalisada dugsiga haddii la heli karo) si loo sameeyo qorsho adiga iyo bixiyaha daryeelka caafimaadka cunugaaga si loo ilaaliyo caafimaadka iyo badbaadada cunugaaga xiliga uu diganaayo dugsiga.

Fadlan ogoow: Dukumiintigaang waxaa loogu talgalay inii lagu kabo waaxda caafimaadka deegaankaaga/hagidda degmada dugsiga.

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Sababaha laigu ilaalinaayo guriga laga soo bilaabo dugsiga iyo waxa loo baahan yahay inay dhacaan inta aan laabanin ka hor

Waa maxay calaamadaheyga?	Goortee ayaan joogeyaa guirga?	Goormaan ayaan ku l aaban karaa dugsiga?
Qandho	Waxaa I heeysay qandho ee 100.4°F (38°C) am aka sareysa 24-ta saacadoo ee la soo dhaafay.	Haddii aan xor ka ahaa qandhada 24 saacadood aniga oo aan isticmaalin daawada qandho jebinta oo aan deeraamaayo fiicnaan.
Matag ama shuban	Haddii aan matagay 2 ama in ka badan 24 saacadood gudaheed ee la soo dhaafay. Haddii 3 aan shubmay ama saxaro biyo ah maaling gudaheeda ama haddii aanan galani musqusha woqtigeeda.	Haddii aanan matagin 24 saacadood ee la soo dhaafay oo aniga waxaan awoodaa inaan cabo biyaha oo aan cuno cuntada. Haddii aan qabing shuban 24 saacadood gudaheeda ee la soo dhaafay.
Dhibaato neefsiga ama qufac cusub	Haddii aan qabo qufac cusub ama qufac joogto ah kaas oo dhib u keenaayo awoodeyda ka qeybgalidda hoolaha dugsiga ka jira, neefsashada igu adkaato ama dhib igu noqoto qabashada neefta.	Mar hadaan dareemaayo fiicnaan iyo calaamadaheyga oo ay isbedelayaan igu yaraan 24 saacadood. Haddii ay calaamadaheyga sabab u aheed neefta, fadalan xaqiiji inaan fasax u leeyahay inaan ku isticmaali daawada samo bixinta neefta ee dugsiga.
Fin	Haddi finka uu cusub yahay oo aan baarin bixiyaha daryeelka caafimaad, ca bbirkooda sii kordhaya, dh caankana aan si buuxda loo dabooli karin, ama haddii ay qandho iqabato.	Haddii ay finankeyga bogsadaan ama ii fasaxay soo noqoshada bixiyaha daryeelka caafimaadka iyo dhacaankeyga finanka si buuxda ay u bogsadeen.
Indhaha oo gaduutaan iyi dheecaan	Haddii aan qabo indho gaduud cusub oo aan la sharxi Karin oo dheecaan leh, qandho, indho xanuun, baalasha indhaha oo gaduudan ama aragtida isbedesha.	Mar haddii ay baxaan calaamadaha indhaha ama fasaxo noqoshada bixiyaha daryeelka caafimaadka.

Haddii aadan garaneynin inaad u direysid cunugaaga dugsiga ama uu qabo walaacyo gaar ah oo khuseeya caafimaadka cunugaaga, la xariir bixiyaha daryeelka caafimaadkaaga, bixiyaha daryeelka caafimaadka deegaangka, ama kalkaalisada dugsiga.

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