



SUNDHEDSSTYRELSEN



# Ka hortag Xaaladda Dhimashada Kediska ah ee Dhallaanka (SIDS)

-iyo sameysmida qaababka aan caadiga ahayn ee madaxa

Buug-yaraha waalidka

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**Ka Hortag Xaaladda Dhimashada Kediska ah ee Dhallaanka (SIDS)-iyo sameysmida qaababka aan caadiga ahayn ee madaxa**

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# Xaaladda Dhimashada Kediska ee Dhallaanka (SIDS) ee Denmark

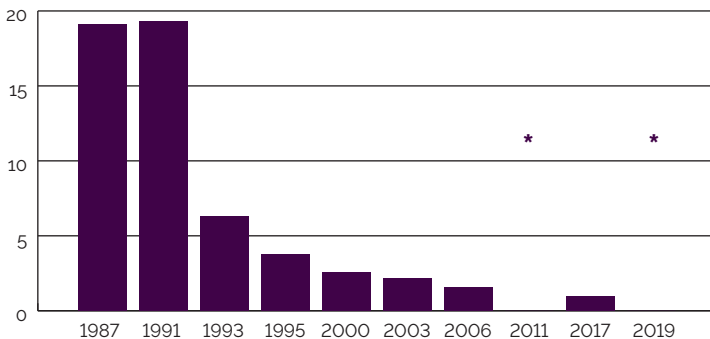
Nasiib wanaag, SIDS kuma badna Denmark. Inkastoy sidaa tahay, sannad kasta, waxaa jira carruur si lama filaan ah u dhinta iyagoo hurda inkastoo uusan jirin cudur halis ah iyo sabab la garanayaa. Tan waxa loo yaqaanaa "xaaladda dhimashada kediska ah ee dhallaanka (SIDS), sidoo kalena loogu yeedho "dhimashada xoolka".

Saddex arrimood ayaa la muujiyay inay kordhiyaan halista SIDS: ilmaha oo caloosha ama dhinac u seexda, ilmaha oo uu gaadho qiiqa tubaakadu, iyo ilmaha oo aad u diiran marka uu hurdo.

Iyadoo taas la eegayo, laga soo bilaabo 1991, Hay'adda Caafimaadka Denmark iyo qaar badan oo kale oo ka mid ah hay'addaha caafimaadka qaranka ayaa soo jeediyay tallooyinka soo socda:

1. Dhallaanku waa inay had iyo jeer u seexdaan dhabarkooda
2. Hooyoyinku waa inay iska ilaaliyaan sigaar cabista inta ay uurka leeyihiin, carruurtana waa inuusan gaadhin qiiqa tubaakadu ka dib dhalashada
3. Waalidku waa inay xaqiijiyaan in carruurta aanay aad u diiranayn marka ay hurdaan

**Tirada dhimashada kediska ah ee wakhtiga hurdada ee sannadka ugu horeeya ee nolosha ee 10,000-kii ee dhallaan ahba. Waxa laga soo ururiyaa celcelis ahaan 60,000 oo dhallaan ah sannadkiiba,**



\* In ka yar 5 carruur ah sannadkiiba

Tirada carruurta sida kediska ah u dhimata iyagoo hurda ayaa hoos uga soo dhacday qiyaastii 120 carruur ah sannadkii oo noqday qiyaastii 5 ama wax ka yar sannadkiiba iyagoo ay sabab u yihiin tallooyinkani.

# 3 tallo oo fudud

## 1. Markasta dhallaanka u seexi dhabarkiisa

In dhallaanka loo seexiyo calooshiisa ama dhinaciisu waxay si weyn u kordhisaa khatarta SIDS.

Ilmaha awooda u leh inuu iskii isugu rogo marka uu hurdo waa loo oggolaan karaa inuu calooshiisa u seexdo.

Haddii iyo kaliya haddii aad soo jeedayso ayaa uu dhallaankaagu calool-calool ugu seexan karaa laabtaada.

Tiro yar oo dhallaanka ah oo qaba cudurada lagu dhasho ayaa u seexan kara calooshooda. Dhakhtarkaaga carruurta ayaa kuu sheegi doona haddii tani ay khuseyso ilmahaaga.



## 2. Ka fogow sigaar cabbista

Carruurta uu gaadho qiiqa tubaakadu, marka ay ku jiraan uurka ama dhalashada ka dib, ayaa khatar weyn ugu jira SIDS.

Ha cabin sigaar wakhtiga aad uurka leedahay, iskana ilaali inaad sigaar ku cabto gudaha guriga ka dib marka uu ilmahaagu dhasho. Tani waxay hoos u dhigtaa khatarta SIDS.

## 3. Ka ilaali ilmahaaga inuu aad diirimaad u noqdo marka uu hurdo

Ilmaha aad diirimaad u noqda marka uu hurdo ayaa khatar weyn ugu jira SIDS.

Ilmahaagu waa inuusan dhididin marka uu hurdo. Laabta iyo xaga danbe ee qoorta ayaa ah meelaha ugu fiican ee lagu eego in ilmahaagu aad u diiran yahay.

Xaqiiji in ilmahaagu ku seexdo jawi qabow (18-20°C). Haddii aad furto daaqad si aad heerkulka uga hooseysiiso 20°C, xaqiiji in ilmahaaga aanay ku dhicin laydh qaboobi.

Aad ha ugu duubin ilmahaaga maro ama bustayaal wakhtiga hurduda. Haddii ilmahaagu hurdo ama uu soo jeedaba, had iyo jeer ka siib dharka banaanka loo xirto marka aad gudaha galayso. Ilmahaagu aad ayuu u diiranaan doonaa marka uu ku seexdo gaadhiga dhallaanka lagu riixo, xoolka dhallaanka lagu qaado, ama meel la mid ah oo guriga ah isaga oo xidhan dhar dheeraad ah.

Haddii uu ilmahaagu buko oo uu qandho qabo, ugu labis dhar khafiif ah oo kaliya oo huwi go' kaliya. Marka sidan la isticmaalo, ilmuhu wuxuu ahaan karaa qabow.



# Goob nabdoon oo la seexdo

Goobta ugu nabdoon ee uu ilmuhu seexan karaa waa sariirtiisa, oo taala isla qolka waalidkiis. Talladani waxay si gaar ah u khusaysaa lixda bilood ee ugu horreeya, laakiin waxay ku habboon tahay dhammaan sannadka ugu horreeya ee nolosha.



Furaashku waa inuu ahaadaa mid adag oo gaadhsiisan ilaa cidhifka xoolka. Ilmuhu waa inuu huwadaa buste miisaankiisu khafiif yahay oo leeg cabbirka xoolka, kaas oo ilmuhu keligii iska qaadi karo.

Si ilmaha loogu oggolaado inuu si sahlan madaxa u dhaqaajiyo marka uu hurdo, waa inuusan barkin ku seexan. Sidoo kale, ka saar bustayaasha dabacsan, alaabta lagu ciyaaro, iyo walxaha kale ee ilmaha ku duuduubmi kara marka uu hurdo.

Dhig ilmaha meel u dhow sagxada sariirta.

## Ma la seexan karaa dhallaankayga?

Haddii aad doorato inaad u oggolaato dhallaankaaga inuu ku seexdo sariirtaada, dhex dhig inta u dhaxeysa hal waalid iyo sariirta dhallaanka. Hubi in ilmuhu uusan ka dhici karin labada sariirood dhexdooda.

Ilmuhu waa inuu huwadaa bustihiisa miisaankiisu khafiifka yahay waana inuu seexda hal dhinac oo sariirtaada ah. Ilmuhu waa inuu helaa boos leeg ka uu ku seexdo sariirtiisa.



Xayawaanka carbiska ah iyo walaalaha ka weyn waa in aan loo oggolaan in ay ku seexdaan isla sariirta ilmaha iyo waalidka. Xayawaanka iyo carruurta yaryari inta badan way is tuuraan oo is rogogaan marka ay hurdaan, si ay u qaataan boos aad u badan oo sariirta ah. Dhallaanka ay dhaleen waalidiinta sigaarka cabba waxay ku jiraan halis weyn haddii ay la seexdaan waalidkood.

# Ka hortag sameysmida qaababka aan caadiga ahayn ee madaxa

Madaxyada dhallaanku waxay u sameysmi karaan qaab aan caadi ahayn haddii ay waqti badan ku qaataan dhabarka ama hal dhinac, oo ay ku jirto marka ay soo jeedaan. Waxa jira siyaabo lagaga hortagi karo tan:

- U oggolow ilmahaaga inuu ku jiifsado calooshiisa intii suurtoagal ah marka uu soo jeeda isaga oo aan la hayn. Tani waxa kale oo ay xoojisaa koboca xirfadda dhaqdhaqaaqa ilmaha.
- Marka aad beddelayso xafaayadda ilmahaaga, ama mar kasta oo ilmahaagu soo kaco, u rog ilmaha dhinaca caloosha una oggolow inuu u jiifo qaabkaas ilaa inta suurtoagalka ah.



- Ka digtoonow in aanad u oggolaan in madaxa ilmuhu had iyo jeer u janjeero hal dhinac marka aad dhabarka u seexinayso.



- Xaqiiji inaad daryeesho, la ciyaarto, oo kala hadasho ilmahaaga labada dhinac ee bidix iyo midigba. Sidoo kale mararka qaar wuxuu ilmahaagu ku jiihsan karaa gacmahaaga isagoo wejigiisu hoos eegayo.



- Qaad ilmahaaga adigoo isticmaalaya gacantaada midig iyo bidixba, oo ilmahaagu ha u leexiyo madaxiisa labada dhinac - tan maskaxda ku hay markaad ka daacinayso ilmahaaga, sidoo kale.
- Haddii ilmahaaga masaasad lagu quudiyo, bed-beddel si ilmahaagu ugu jiihsado gacantaada midig iyo gacantaada bidix waqtiga quudinta.



U adeegso kursiga gaadhiga safarka (qaadista) oo kaliya. Carruurta waa inaysan u fadhiisan si toosan wakhti dheer.

Haddii ay u muuqato in ilmahaagu uu yeelanayo qaab aan caadi ahayn (tusaale, madax dhinac ka siman), talo ka raadso xirfadle caafimaad.



# XUSUUSNOW saddexda tallo ee fudud ee ka hortagida SIDS

- 1. Markasta dhallaankaaga u seexi dhabarkiisa
- Ha cabbin sigaar inta aad uurka leedahay-kana ilaali ilmahaaga qiiqa tubaakada ka dib dhalashada
- Ka ilaali ilmahaaga inuu aad diirimaad u noqdo marka uu hurdo

sidoo kalena xusuusnow in goobta ugu nabdoon ee uu ilmuhu seexan karaa ay tahay sariirtiisa, oo taala isla qolka waalidkiis.

**Sidoo kale, XUSUUSNOW** saddexdan tallo ee fudud si aad gacan uga geysato in madaxa ilmahaaga uu ahaado qaabkiisa:

- Ka caawi ilmahaaga inuu la qabsado inuu u jiiifsado coloosha intii suurogal marka uu soo jeedo-taas oo ka bilaabmaysa marka uu dhasho
- Xaqiiji in madaxa ilmahaaga uu kolba ku nasanayo dhinacyada bidix iyo midig waqtiga hurdada
- Ka duug labada dhinac ilmahaaga marka uu soo jeedo; tani waxay ka hortagtaa in ilmuhu uu doorbido hal dhinac ama ka kale iyo inuu yeesho qaab aan caadi ahayn.

Haddii aad ka walaacsan tahay qaabka madaxa ilmahaaga, la hadal xirfadle caafimaad.

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