

QASIDA CAANO BOORAHA ILMAHA

KAHOR INTAADAN BILAABIN

- Fiiri taariikhda ku qoran qasaca. Waxay dhahaysaa Best if used by (Waxaa ugu fiican in la isticmaalo) ama best by (waxaa fiican in la isticmaalo) Ha adeegsan foormulada
- Nadiifi meesha aad ku shaqaynayso.
- Dhaq dusha sare ee qasaca.
- Gacmahaaga ku dhaq saabuun iyo biyo ugu yaraan muddo 20 sikin.
- Waydii dhakhtarkaaga haddii aad u baahan tahay inaad karkariso biyaha tuubadaada kahor intaad cuntada qasin. Wax ka waydii adeegsiga biyaha dhallada ku jira.

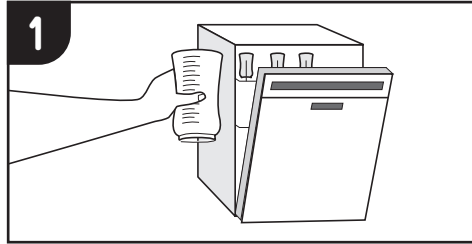
FARXALO KADIB MARKAAD DHAMAYSO

Xaraynta qasacyada caane booraha ilmaha:

- Xaqiiji in daboolku si fiican ugu xiran yahay qasacyada la furay.
- Geli meel aan kululayn, oo qalalan. Ha gelin qasaca caane booraha talaagada.
- Ku dhamee bil gudaheed kadib marka aad furto.



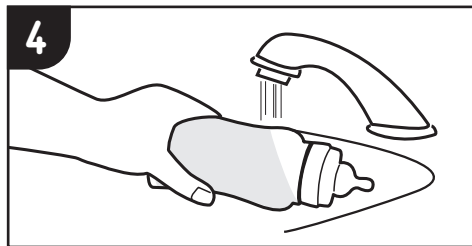
DOH 961-996 October 2022 Somali
Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-841-1410. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir WIC@doh.wa.gov.



NADIIFI MASAASADAHA

Ku dhaq dhammaan masaasadaha iyo qaybaha masaasada mashiinka weelasha dhaqa adoo adeegsanaaya wareeg buuxa, **AMA** raac talaabooyinka:

1. Ku dhaq biyo kulul, oo saabuun leh. Si adag biyaha ugu shub.
2. Geli masaasada iyo qaybaha masaasada ee aad dhaqday digsi kadibna ku dabool biyo. Karkari ilaa muddo shan daqiiqo ah.
3. Ka saar digsigaba dabka. Ka bixi masaasada iyo qaybaha masaasada. Saar meel nadiifi ah si dabayshu u qalajiso.



QASAB MAAHA INAAD CUNTADA KULULAYSO

Haddii aad doorato inaad cuntada kululayso:

- Ku qabo masaasada caanaha hoosta biyo kulul oo socda ama geli baaquli biyo qandac ah (maaha kuwo kulul).
- **Ha gelin mikrooweefka.**
- Tani waxay keenaysaa kululayn aan sinayn waxayna gubi kartaa afka cunugaaga.

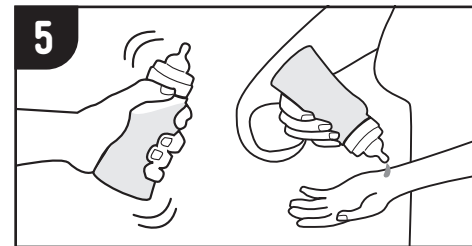


U RAAC TILMAAMAHA SI SAX AH

- U qas caanaha sida ku qoran qasaca.
- Muhiim ayay u tahay caafimaadka ilmahaaga inuu adeegsato cadadka saxda ah ee caane booraha iyo biyaha.

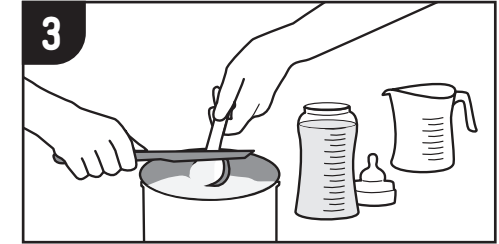
Biyo aad u yar ayaa adkanaysa in caanaha ilmuhu liqo.

Biyo aad u badan ayaa barxaysa caanaha, taasoo ka dhigan inaan ilmahaagu heli doonin cadadka saxda ah ee koloriyada iyo nafaqooyinka.



MARKASTA SI FIICAN U RUX MASAASADA

- Ha walaaqin
- Ku shub dhawr dhibcood oo caanaha aad qastay ah gacantaada. Waa inaad kululay dareemin.
- Ku quudi cunugaaga isla markaba marka aad isku qasto.
- Kadib marka aad quudiso, mar kasta iska tuur caano kasta oo ku haray masaasada. Bakteeriyada ka timaada afka cunugaaga ayaa ku milmaysa caanaha inta uu dhuuqaayo.



SI TAXADAR LEH U CABIR

- Adeegso cabirada caanaha ee ku qoran masaasada si aad ugu shubto biyaha qaboow masaasada marka hore.
- Ku cabir caanaha furka la socda qasaca caanaha. Buuxi furka (adon caanaha aad ugu ciriiryayn) oo ka tir dusha sare adoo adeegsanaaya caarada mindida.
- Ku dar caane booraha kadibna masaasada rux si aad u qasto.



TALAAGAD GELINTA MASAASADAHA CAANAHA

- U qas hal quudin in ku filan ama, inta ugu badan, cadad ku filan 24 saacadood.
- Ku dabool masaasad kasta furka masaasada.
- Geli talaagada ilaa ay isticmaal diyaar u tahay.
- Ha dhigin caanaha la qasay banaanka talaagada. Ha gelin baraf dhaliyaha.