

Isticmaal macluumaadka hoose si aad wax badan uga ogaato qalabka Iisidda Naasaha ee lagu bixiyo Barnaamijka WIC ee Gobolka WA.

## Ardo

- Qalabka Iisidda Naasaha ee Alyssa - Sida loo Isticmaalo: [bit.ly/AlyssaBP1 \(Video\)](https://bit.ly/AlyssaBP1)
- Qalabka Iisidda Naasaha ee Alyssa - Sida la isugu Keeno: [bit.ly/AlyssaBP2 \(Video\)](https://bit.ly/AlyssaBP2)
- Qalabka Iisidda Naasaha ee Alyssa - Ka Hag Taleefanka: [bit.ly/AlyssaBP3 \(Video\)](https://bit.ly/AlyssaBP3)
- Hagaha Degdegga ah ee Bellis: [bit.ly/BellisGuide \(PDF\)](https://bit.ly/BellisGuide)
- Qolofka Naasaha La Galiyo- Sida la isugu Keeno: [bit.ly/Breast-shell \(Video\)](https://bit.ly/Breast-shell)
- Pumpset – Sida la isugu Keeno: [bit.ly/Pumpset1 \(Video\)](https://bit.ly/Pumpset1)
- Pumpset– Sida loo Kala furfuro oo loo Nadiifiyo: [bit.ly/Pumpset2 \(Video\)](https://bit.ly/Pumpset2)



## Hygeia

- EnDeare, Case, Universal PAS Tilmaamaha Sadka Agabka Gaarka ah: [bit.ly/HygeiaHowTo4 \(Video\)](https://bit.ly/HygeiaHowTo4)
- EnDeare iyo EnJoye – Sida la iskugu dajiyo Sadka Agabka Gaarka ah: [bit.ly/HygeiaHowTo5 \(Video\)](https://bit.ly/HygeiaHowTo5)
- Muuqaalada Bamka Enjoye, Evolve, iyo PRO: [bit.ly/HygeiaHowTo1 \(Webpage\)](https://bit.ly/HygeiaHowTo1) (Ingiriis iyo Isbaanish)
- Bamka Evolve– Sida Loogu Shaqeeyo: [bit.ly/HygeiaHowTo6 \(Video\)](https://bit.ly/HygeiaHowTo6) (Ingiriis), [bit.ly/HygeiaHowTo6-SP \(Video\)](https://bit.ly/HygeiaHowTo6-SP) (Isbaanish)
- Hal-gacan, 2-Waji Bamka Naasaha ee Manyualka ah: [bit.ly/HygeiaHowTo3 \(Video\)](https://bit.ly/HygeiaHowTo3)
- Muuqalka Tilmaamaha Bamka Naasaha ee Pro G2: [bit.ly/HygeiaHowTo2 \(Video\)](https://bit.ly/HygeiaHowTo2) (Ingiriis), [bit.ly/HygeiaHowTo2-SP \(Video\)](https://bit.ly/HygeiaHowTo2-SP) (Isbaanish)



## Lansinoh

- Soo-ururiyaha Caanaha Naaska ee Bamka Naasaha ee Silicone: [bit.ly/LBCollector \(Video\)](https://bit.ly/LBCollector)
- Macluumaadka Bamka Naasaha ee Silicone: [bit.ly/LSiliconeBP \(PDF\)](https://bit.ly/LSiliconeBP)
- Smartpump 2.0: [bit.ly/smartpump2 \(Video\)](https://bit.ly/smartpump2)
- Smartpump 2.0 – Sida la isugu Keeno: [bit.ly/LS2HowTo \(Video\)](https://bit.ly/LS2HowTo)
- Smartpump 2.0 Qalabka Iisidda Korontada ee Naasaha ee Labada ah: [bit.ly/LS2double \(PDF\)](https://bit.ly/LS2double)
- Smartpump 3.0 – Hordhaca: [bit.ly/smartpump3 \(Video\)](https://bit.ly/smartpump3)



## Medela

- Qalabka Iisidda Naasaha ee Lactina - Sida la isugu Keeno: [bit.ly/LactinaHowTo \(Video\)](https://bit.ly/LactinaHowTo)
- Muuqaalada MaxFlow ee wata Pump In Style:
  - Billoowga: [bit.ly/PSGet-Started \(Video\)](https://bit.ly/PSGet-Started)
  - Sida Loo kala furfuro, Loo nadiifiyo, La isugu keeno, oona Loogu shaqeeyo: [bit.ly/PSHow-To \(Video\)](https://bit.ly/PSHow-To)
  - Cabbirka Gaashaanka Naasaha: [bit.ly/PS-Shield \(Video\)](https://bit.ly/PS-Shield)
  - Xallinta Nuugista Hooseysa ama Aanan jirinba: [bit.ly/PS-Suction \(Video\)](https://bit.ly/PS-Suction)
  - Xallinta Ciladaha Awoodda: [bit.ly/PS-Power \(Video\)](https://bit.ly/PS-Power)



## Medela (waa ay socotaa)

- Beddelka Tuubooyinka iyo Adabtarka: [bit.ly/PS-Tubing-Adapter](https://bit.ly/PS-Tubing-Adapter) (Video)
- Muuqalka Waafaqsanaanta Agabka: [bit.ly/PS-Accessory1](https://bit.ly/PS-Accessory1) (Video)
- Shaxda Waafaqsanaanta Agabka: [bit.ly/PS-Accessory2](https://bit.ly/PS-Accessory2) (PDF)

## Rumble Tuff



- Breeze – Hordhaca: [bit.ly/RTBreeze](https://bit.ly/RTBreeze) (Video)
- Breeze Pro Tilmaamaha Isticmaalayaasha badan: [bit.ly/BPGuide1](https://bit.ly/BPGuide1) (PDF)
- Breeze Pro Bamka Naasaha ee Isticmaalayaasha badan: [bit.ly/BreezePro](https://bit.ly/BreezePro) (Video)
- Expression Agabyada Isku-dhafka Ururinta -Sida La Isugu Keeno: [bit.ly/RTHowTo1](https://bit.ly/RTHowTo1) (Video)
- Bamka Naasaha ee Nuxurka Macaan ee Manyuulka ah ee Sweet Essence- Sida Loo Isticmaalo oo La Isugu keeno: [bit.ly/RTHowTo2](https://bit.ly/RTHowTo2) (Video)
- Wave Form – Hordhaca: [bit.ly/RTWaveForm](https://bit.ly/RTWaveForm) (Video)

## Unimom



- Isticmaalayaasha badan ee Opera
  - Tilmaamaha Muuqalka ah & Casharrada Opera: [bit.ly/Opera-videos](https://bit.ly/Opera-videos) (Webpage)
  - Opera Bamka Naasaha ee La qaadan karo ee Hospital-Grade - Sida loo isticmaalo: [bit.ly/OperaHG](https://bit.ly/OperaHG) (Video)
  - Hagaha Hawlgelinta Degdegga ah ee Opera: [bit.ly/OperaGuide2](https://bit.ly/OperaGuide2) (Video)
  - Qalabka lisidda Opera iyo Minuet oo wata Koobabka Uruurinta ee Zomee-ga aan Gacmaha Wadan: [bit.ly/OperaHF](https://bit.ly/OperaHF) (Video)
- Koobabka Ururinta Aan Gacmaha Wadan ee Silicone - Sida la isugu Keeno: [bit.ly/SiliconeHF](https://bit.ly/SiliconeHF) (Video)
- Tilmaamaha & Casharrada Zomee: [bit.ly/Zomee-videos](https://bit.ly/Zomee-videos) (Webpage)
- Ku habboon Zomee
  - Qalabka lisidda Naasaha ee la xiran karo ee Ku habboon Zomee: [bit.ly/ZFit](https://bit.ly/ZFit) (Video)
  - Zomee Fit– Sida La isugu keeno: [bit.ly/ZFitHowTo1](https://bit.ly/ZFitHowTo1) (Video)
  - Zomee Fit – Sida Loo Nadiifiyo: [bit.ly/ZFitHowTo2](https://bit.ly/ZFitHowTo2) (Video)
- Koobabka Uruurinta Zomee ee aan Gacmaha Wadan – Sida la isugu Keeno: [bit.ly/ZomeeHF](https://bit.ly/ZomeeHF) (Video)
- Zomee Z2
  - Buugga Soo Bandhigidda Z2: [bit.ly/Z2booklet](https://bit.ly/Z2booklet) (PDF)
  - Qalabka lisidda Korontada Naasaha ee Labada ah ee Z2: [bit.ly/Z2double](https://bit.ly/Z2double) (Video)
  - Z2 – Sida Loo Isticmaalo: [bit.ly/Z2HowTo1](https://bit.ly/Z2HowTo1) (Video) (Ingiriis), [bit.ly/Z2HowTo1-SP](https://bit.ly/Z2HowTo1-SP) (Video) (Isbaanish)
  - Z2 – Sida la isugu Keeno: [bit.ly/Z2HowTo2](https://bit.ly/Z2HowTo2) (Video) (Ingiriis), [bit.ly/Z2HowTo2-SP](https://bit.ly/Z2HowTo2-SP) (Video) (Isbaanish)
  - Z2 – Sida loo Daqo: [bit.ly/Z2HowTo3](https://bit.ly/Z2HowTo3) (Video) (Ingiriis), [bit.ly/Z2HowTo3-SP](https://bit.ly/Z2HowTo3-SP) (Video) (Isbaanish)



DOH 961-1281 Oktoobar 2023 Somali

Machadkani waa bixiye fursad loo siman yahay. Washington WIC cidna ma takoorto. 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](mailto:wic@doh.wa.gov).



**I ISKAAN GAREE!**  
U iskaan garee koodhkan QR ah qaabka nuqulka dhijitaalka ah ee linkiyada macluumaadka.