



## Ka Hortag Fidista Jeermiga

**Halkan waxa ku yaala dhawr talo oo fudud oo gargaar ka geysan kara in laga hortago fidista cudurada neefsashada iyo cudurada kale ee la kala qaado, gaar ahaan inta lagu jiro xilliga qufaca, hargabka iyo “fuluuga” ama infiluwensaha.**

Cudurada neefsashadu waxay saameyaan sanko, cunaha iyo sambabada; waxa ku jira infiluwensaha (“fuluuga”), hargabka iyo kixda (xiiq dheerta). Jeermiga (fayrasyada iyo bakteeriyada) sababa cuduradaas waxay ka fidaan qofka oo ku fidaan qofka kale iyaga oo ah dhibco yaryar oo ka imana sanko, cunaha iyo sambabada qofka jirran.

Waxa aad gargaar ka geysan kartaa in la joojiyo fidista jeermigaas adiga oo ku dhaqmaya “edebta neefsashada,” ama akhlaaqda caafimaadka ee fiican.

### Jeermigaagu adiga ha kugu koobnaado

- Masar ama safaleeti ku dabool sankoaga iyo afkaaga marka aad hindhisaysid, qufacaysid ama duufka ka keenaysid sankoaga.
- Sida ugu dhakhsaha badan ee aad kartid qashinka ku tuur masarada ama safaleetiyada aad isticmaashay.
- Markasta dhaq gacmahaaga ka dib marka aad hindhistid, sanko duuf ka keentid, ama qufacdid, ama ka dib marka aad taabatid masaro ama safaleetiyo la isticmaalay. Marrar badan dhaq gacmaha haddii aad jirran tahay.
- Istimaal biyo diiran iyo saabuun ama gacmo nadiifiyeyaasha ka sameysan aalkolo si aad u dhaqidid gacmahaaga.
- Isku day inaad joogtid guriga haddii aad qabtid qufac iyo qandho.
- Sida ugu dhakhsaha badan ee aad kartid u tag dhakhtarkaaga haddii aad qabtid qufac iyo qandho, oo raac fariimahiisa. Dawada u qaado sida lagu qoray oo qaado nasasho badan.
- Haddii lagu weydiiyo, isticmaal waji-qarisyada ama maaskalooyinka lagaa siiyo xafiiska dhakhtarkaaga ama qolka sugitaanka ee xarunta caafimaadka. Raac fariimaha shaqaalaha xafiiska iyo xarunta caafimaadka si aad gargaar uga geysatid in la joojiyo fidista jeermiga.

### Jeermiga iska fogee

- Dhaq gacmahaaga ka hor cunista, ama ka hor inta aanad taaban indhahaaga, sankoaga ama afka.
- Dhaq gacmahaaga ka dib marka aad taabatid qof hindhisaya, qufacaya ama duuf iska keenaya.
- Dadka kale ha la wadaagin waxyaabaha ay ka mid yihiin tuwaalada/shukumaanada, xamuuradda, alaabta ciyaarta, ama wax kale oo laga yaabo inuu wasakheeyay jeermiga neefsashadu.
- Dadka kale ha la wadaagin cuntada, alaabta cuntada ama weelka cabitaanka.



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