



# Ammaanka Xilliga Kulul

**Kulaylka daran waxa uu sababi karaa cudur ama xiitaa dhimasho. Marka heerkulku sare u kaco oo uu gaadho xad aad u sareeya, iska yaree halista adiga oo raacaya taxadirada soo socda:**

Taxadirada xilliga kulul si loo yareeyo halista la-tabcaanidda kulaylka iyo faaligga kulaylka

- Intii suurtoagal ah oo dhan joog gudaha oo ah meel leh hawo qaboojiye adiga oo huba in jidhkaagu xamilaad sare u leeyahay kulaylka mooyaane.
- Cab cabitaano badan oo iska ilaali cabitaanada uu ku jiro aalkolo ama khamri, kafiin ama sonkor badan.
- Marrar intii hore ka badan cun cunto laakiin u hubso in cuntadu tahay mid isku miisaaman oo fudud.
- Marna qof ama xayawaanka la rabeysto ha kaga tagin baabuur meel ama baarkin la dhigay.
- Iska ilaali in ilmaha yaryar loo xidho dhar culus ama lagu duubo busteyaal ama go'yaal diiraan.
- Marrar badan soo fiiri dadka waayeel ah, jirran ama laga yaabo inay u baahan yihiin gargaar. Haddii laga yaabo inaad u baahan tahay gargaar, diyaarso in qoyska, saaxiibo ama derisku ku soo fiiryaan ugu yaraan laba jeer maalintii inta lagu jiro xilliga diiran.
- U hubso in xayawaanka gurigu haystaan biyo badan.
- Milixda/cusbada cuntada waa in la qaato kaliya haddii uu amro dhakhtarkaagu. Haddii ay kuu qoran tahay cunto gaar ah oo xadeysan, weydii dhakhtarkaaga ka hor inta aanad kordhin milixda aad qaadatid.
- Haddii aad qaadatid dawooyinka kaadi-saarista (diuretics), antihistamiin (antihistamines), dawooyinka beddela niyadda (mood-altering) ama dawooyinka lidka dubaaxinta (antispasmodic), dhakhtar kala tasho saameynta qorraxda iyo soo-gaadhista kulaylka.
- Wax ku dabool daaqadaha iftiinka qorraxdu ka soo galo subixii ama galabtii. Saqaf lagu sameeyo daaqada horteeda oo shiraaq ama darbaal ah (awnings) ama loox jeexjeex leh oo daaqada ka horeeya (louvers) ayaa yareyn kara kulaylka guriga soo galaya ilaa boqolkii 80.

Haddii aad dibadda u baxdid

- Hawlaha ama firfircoonida dibadda ah ee xoog badan ku talagal qabasheeda goor hore ama goor dambe maalintii marka heerkulku qabow yahay; ka dibna si tartiib ah u dhis xamilaadda xaaladaha sii diiran.
- Qaado nasashooyin badan marka aad dibadda ka shaqeynaysid.
- Xidho koofiyad qaro weyn, marso labeenta qorraxda oo xidho dhar nafis ah oo khafiif ah marka aad dibadda joogtid.
- Marka aad dareentid calaamadaha ugu horeeya ee jirrada kulaylka (dawakh, lallabo, madax-xanuun, maroojin muruqyo), tag meel sii qabow, naso dhawr daqiiqadood oo si tartiib ah u cab cabitaan qabow. Isla markiiba raadso gargaar dhakhtar haddii aanad dareemin soo fiicnaan.
- Iska ilaali gubashada qorraxda: waxay yareysaa awoodda uu maqaarku isku qaboojiyo. Isticmaal labeen qorrax oo leh SPF sareeya (sun protection factor).
- Iska ilaali isbeddel heerkul oo sareeya. Qubeys qabow oo la qaato isla marka laga gudaha laga soo galo heerkul kulul waxa uu keeni karaa xaaladda yaraanta kulaylka jidhka (hypothermia), gaar ahaan waayeelka ama dadka aad u da' yar.

Haddii korontadu go'do ama hawo qaboojin aan la heli karin

- Haddii aan hawo qaboojin (air conditioning) la heli karin, joog dabaqa ugu hooseeya oo ha u bixin qorraxda.
- Weydii dhakhtarkaaga inay jiraan wax dawooyin lagu qoray oo u baahan in la galiyo qaboojiyaha. (Haddii korontadu go'do, badi dawooyinku way iska fiicnaan doonaan haddii loo daayo qaboojiye xidhan ugu yaraan ilaa saddex saacadood.)
- Dhawr dhalo oo ah biyo ku hayso barafeeyahaaga (freezer); haddii korontadu go'do, u wareeji qaboojiyahaaga oo albaabadu ha xidhnaadaan.



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