

Kahortaga Masiibada Xiliga Xagaayada: Badbaadada Daaqada ee Caruurta



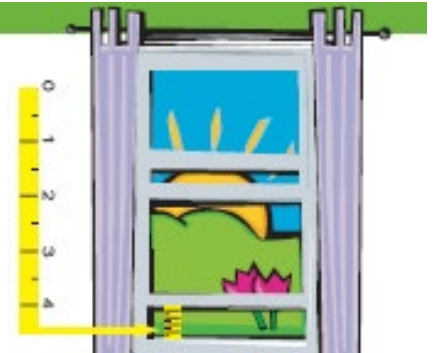
Ma ogtahay?

- Kasoo dhicista daaqaduhu inay tahay sababaha kamid ah kuwa ugu waawayn ee keena dhaawaca caruurta.
- Sanad kasta kudhawaad 5,000 ayaa dhaawacma kadib markay kasoo dhacaan daaqadaha.
- Inta badan caruurta soo dhaca waxay udhaxeeyaan da'da 2 iyo 5 sano jiro.
- Soo dhicitaanada intooda badan waxay dhacaan bilaha gu'ga iyo xagaaga, marka daaqadaha furinyihiin.
- **Inta badan dhicitaanadaan waa laga hortagi karaa.**

Talaabooyin yaryar ayaa badbaadin kara nolosha ilmahaaga:

- Markasta duljoogtee caruurta yaryar.
- Marna hafurin daaqadaha wax kabadan 4 inji (10 sintimitir).
- Kafur daaqadaha qaybta sare, haday macquul tahay
- Kadurji alaabaha daaqada

Raac xeerka 4
inji: hafurin
daaqada duleel
kawayn 4 inji.



Xasuusnoow:

In daaqadaha
muraayada ah ay
cayayaanka

- Kuxir daaqadaha shabaq ama difaacyada ilmuhu siidayn karo ee badqabka daaqada.
- Marna ha isku halayn dhalada daaqadu inay kadifaacdo caruurta kadhicitaanka daaqada. Dhalooyinka daaqada waxaa loogu talagalay inaad kaboodo hadii dab kaco si aad ubadbaado - miisaanka ilmaha ayaa jabin kara dhalada.



Madoonaysaa inaad macluumaad dheeri ah ka ogaato badqabka daaqada?

Laxariir [Safe Kids Seattle](https://www.safekidsseattle.org/) oo ciwaankoodu yahay
safekids@uw.edu ama kawac 206.744.4967

Safe Kids Seattle waxaa si sharafleh uhoagaansha
Harborview Medical Center



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isticmaalay fasax labaxshay.

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