

Qandhada tiifowga



Waa maxay? Qandhada tiifowga waa cudur nafta halis gelinaya oo ay sababto bakteeriya. Marka ay dadku qaadaan qandhada tiifowga iyagoo jooga gudaha Mareykanka, badanaa waa inta lagu jiro safarka caalamiga ah. Calaamadaha tiifowga waxay bilaaban karaan 3-60 maalmood kadib qaadista caabuqa. Astaamaha qaar ee cudurka waa:



Qandho sareysa



Madax xanuun



Waayida rabitaanka cuntada



Calool istaag ama shuban

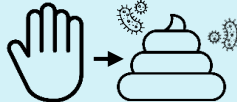


Qufac

Sidee ayuu cudurka ku faafaa?



Cunista ama cabbista cunto ama biyo wasakhaysan



Taabashada saxarada dadka xanuunsan

Yaa halis ugu jira inuu aad ula xanuunsado?



Dadka waaweyn (da'add 65+)



Carruurta yaryar (da'da 0-5)



Dadka leh habdhiska difaaca jirka oo daciif ah

Sideen uga fogaan karaa in aan ku faafiyo dadka kale?

Gacmaha si joogta ah u dhaq. Haddii adiga ama ilmahaagu aad xanuunsan tihiiin oo aadna tagtaan xarunta xanaanada carruurta ama aad ka shaqeysaan adeegga cuntada, daryeelka caafimaadka, ama goobaha xannaanaynta carruurta, la hadal dhakhtarkaaga ka hor inta aadan ku laaban.



Diyaarinta cuntada



Isticmaalka musqusha



Bedelida xafaayadda



Gacmaha dhaq

Sideen iskaga ilaalin karaa inaan la xanuunsado cudurka markaan joogo meel ka baxsan Maraykanka?



Dhakhtarkaaga kala hadal tallaalka ugu yaraan 4 toddobaad ka hor safarka.



Cun cuntooyinka inta ay kulul yihiin.



Cab biyaha dhalada/caagaga ku jira ama karkari biyaha ilaa 1 daqiiqo ka hor intaadan cabbin.



Ka fogow miraha iyo khudaarta aan maqaarka laga saari karin.



La hadal bixiyaha daryeelkaaga caafimaadka haddii aad u malaynayso inaad qabto qandhada tiifowga. Dadka jirran waa inay sida ugu dhakhsaha badan ee suurtagalka ah u helaan daawo. Si aad wax badan uga ogaato booqo www.kingcounty.gov/cd.