

# Foomka Oggolaanshaha Jeermis-reebta Gacmaha

<b>Magaca ilmaha:</b>	<b>Taariikhda Dhalashada &amp; Da'da:</b>  (*Caruurta waa in ay jiraan 2 sano ugu yaaraan si ay u isticmaalaan jeermis-reebta gacmaha)
<b>Magaca Jeermis-reebta Gacmaha:</b>	
<b>Maadada firfircoon:</b>	
*Waa inay ku jirto ugu yaraan 60% oo aalkaholo ah	
<b>Taariikhda La-bilaabo:</b>  _____ / _____ / _____	<b>Taariikhda La-joojiyo: (ilaa 12 bilood kadib 'Taariikhda La-bilaabo')</b>  _____ / _____ / _____
<b>Aafooyinka Macquulkaa:</b>	
<b>Tilmaamo Khaas ah:</b> <ul style="list-style-type: none"> <li>• Jeermis-reebta gacmaha waa in ay marwalba ku jirto meel caruurta gaarin.</li> <li>• Jeermis-reebta gacmaha waa in aan la isticmaalin markii gacmuhu wasakh muuqata leeyihiin.</li> <li>• Isticmaalka jeermis-reebta gacmaha waa in qof weyn kormeero si liqid looga hortago.</li> </ul>	

**Waxaan ilmahayga u oggolaaday isticmaalka jeermis-reebta gacmaha ee kore.**

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**Saxiixa Waalidka/Wakiilka**

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**Taariikhda**

<b>Sababta Sheyga:</b>	Jeermis-dilista gacmaha
<b>Meesha:</b>	Oogada
<b>Qadarta la siinayo:</b>	Qadar shilin kumi leh (Sida talooyinka American Academy of Pediatrics)
<b>Waqtiyada la marinayo:</b>	Sida loogu baahdo si gacmaha loo nadiifiyo markii saabuun iyo biyo aan la hayn.
<b>Keydin:</b>	Heer-kul qoleed