



Macluumaadka waalidka ku socda waalidka Inaad ilmahaaga infegshanka/caabuqa ka ilaaliso

Fayraska RS waa infegshan aanay inta badan carruurta waaweyn iyo dadka waaweyn/qaan gaarka ahi aanay si gaar ah ugu jiranin, laakiin carruurta aadka u yaryar iyo dadka waayeelka ah ayaa carqalado yeelan kara taas oo keeni karta in cisbitaal la is dhigo.

Waxan ayaad sanadka oo dhan samayn kartaa si aad ilmahaaga infegshanka uga ilaaliso:

- Haddii ay suurto gal tahaya u ogolow inay carruurta waaweyni dugsiga xanaanada ka joogaan 6 -da bilood ee ugu horreeya, markaas oo ay inta badan yihiin walaalada cida infegshanka guriga dugsiga xanaanada uga keenaysa oo markaasna ilmaha yar ee dhashay qaadsiinaysa.
- Illaali nadaafada gacmaha, gaar ahaan haddii ay jiraan calaamado aad adigu ama walaalaha leeyihiin oo infegshanka hawo mareenka ah, waxa fiican inaad saabuun iyo isbiirtada/dawada gacmaha isticmaasho. Haddii ay suurto gal tahay, isku day inaad kala kaxayso ilmaha dhashay iyo kan infegshanka qaba.

Marka ilmaha dhashay uu la kulmaayo dadka ka baxsan qoyska – si adag uga fogee dadka qaba diif sanka ka da'aaya, qufac, qandho ama infegshan kale.

- Iska ilaali goobaha ay dadka badani iskugu yimaadaan sida dukaamada raashinka, suuqyada laga adeegto iwm.
- Sii ilmaha bay'ad aan sigaar lahayn.
- Naaska nuuji haddii aad karto.

Haddii ilmaha soo dhashay uu xilli hore soo dhashay ama uu leeyahay cudur wadneha/sanbabada oo khatar ah, ayaa waxaa sidoo kale jirta sabab si ka sii badan looga taxadiraayo.

Wixii macluumaad dheeraad ah oo ku saabsan infegshanka RS iyo infegshanada kale fiiri 1177

(Barn- och ungdomsmedicin 2021-10-27)

1177
VÅRDGUIDEN

 **Region
Värmland**