

Is your child well enough to attend school?

MIDOWGAAGA KA QAYB QAADASHO ISKUULKA DUGSIGA?

Fadlan tixgeli xeerarka MDH markaad go'aansato haddii ilmahaagu caafimaad qabo oo ku filan inuu dugsiga dhigto

Ilmahaagu ma leeyahay qandho?

Ilmo leh qandho ka badan 100 waa in lagu hayaa guriga. Xitaa haddii maqnaanshaha calaamadaha kale, qandhadu badanaa waxay muujinaysaa infekshin, oo laga yaabo in la isku qaadsiiyo. Fadlan ha siin ilmahaaga Tylenol ama Ibuprofen si loo yareeyo xumadda kadibna u diro dugsiga. Ilmahaagu ma dareemayo fiicnaan marka daawadu ka baxdo 4 saacadood, waxaana laga yaabaa inay carruurta kale ku soo bandhigaan cudurkan. Haddii qandhadu ka maqnayd 24 saacadood ama ka badan oo ilmahaagu si fiican u dareemayo, isaga / iyadu waxay ku noqon karaan dugsiga.

Ilmahaagu miyuu leeyahay firiiric?

Nabaro kasta oo aan la baarin waxay u baahan yihiin in ay baaraan bixiyaha xanaanada caafimaadkaaga ka hor inta aadan ku soo noqon dugsiga. Haddii finanku uusan faafin, ilmahaagu wuxuu si dhaqso ah ugu soo noqon karaa dugsiga. Haddii la isqaadsiiyo, fadlan raac tilmaamaha bixiyahaaga sida marka ay wanaagsan tahay inaad ku soo noqoto dugsiga (warqad dhakhtar ayaa sidoo kale la qiimeeyaa). Caadi ahaan, haddii finanku aysan barooranin (ay qabadsiiyeen) oo la dabooli karo, waa caadi in dugsiga la joogo.

Ilmahaagu ma matagay ama shubay?

Ilmahaagu waa inuu joogaa guriga ilaa 24 saacadood ka dib marka mataga iyo / ama shubanku ugu dambeyn dhacay. Fadlan xusuuso inaad dhiirigelisid farsamooyinka gacmaha ee gacmaha si looga hortago in jeermisyada dad kale lagu faafo.

Ilmahaagu ma dareemayaa fiicnaan inuu barto?

Carruurta xanuunsani ma shaqeyn karaan sida ugu fiican, taas oo caqabad ku noqon karta waxqabadka dugsiga. Haddii uu jiran yahay, waxaa ugu wanaagsan in ilmahaagu guriga joogo oo uu si fiican u nasto, sidaas darteed isaga / iyadu waxay ku noqon karaan dugsiga sida caafimaad qaba iyo sida ugu dhakhsaha badan. U .

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dirista caruurta jiran dugsiga waxay dib u dhigi karaan habka bogsashada, taasoo dhalisay maalmo badan oo dugsi ah oo leh waxqabadka tacliinta ee hoos u dhaca. Haddii ilmahaagu sheego inuusan / isagu si fiican u dareemin, fadlan isticmaal go'aanka ugu habboon go'aaminta haddii iskuulku yahay meesha ugu fiican ee maalintaas la joogo - Waad ogtahay in aad ka fiican tahay ilmahaaga! Xanuunada caadiga ah ee qufaca iyo sanka / duufka dareeraha ah ayaa sii socon kara hal toddobaad ama laba, sida caadiga ah carruurta qaba calaamadahan waa ineey ku jiraan dugsiga haddii aan xummad lahayn.

Qodobka guud ee tixgelinta cudurrada kale: Haddii ilmahaagu u baahan yahay antibiyootiko si loo daaweeyo cudur, waa in ilmuhu ku jiraa daawada ugu yaraan 24 saacadood ka hor inta uusan ku noqon dugsiga (tani waxaa ka mid ah caabuqyada maqaarka iyo indhaha casaanka). Haddii aad qabtid su'aalo ama walaac ku saabsan xaalad gaar ah, fadlan la xiriir xafiiska caafimaadka sidaa daraadeed waxaan kaa caawin karnaa inaad sameysid go'aanka ugu wanaagsan ee ilmahaaga!

Wixii su'aalo, wac xafiiska caafimaadka ee dugsiga

Mahadsanid