

## Da'da Tobaneeyo-jirka

Inta u dhexeysa da'da 11 iyo 21, ilmahaaga tobaneeyo-jirka ahi waxa uu u beddelmi doonaa siyaabo badan. Waxa uu kori doonaa jidh ahaan, maskax ahaan, niyad ahaan, iyo bulsho ahaan. Marka uu ku sii socdo mudadan, waxa uu bilaabi doonaa inuu muujiyo ikhtiyaarkiisa ku saabsan waxyaabo badan, sida waxbarashada, shaqada, saaxiibada iyo qoyska, isboortiga, baabuur wadista, galmada, cabitaanka khamriga, iyo sigaarka. Waxa muhiim kuu ah inaad ka gargaartid barashada sida loo sameeyo doorashooyin caqli-gal ah.



## Tobaneeyo-jirka, Waalidka, iyo Xirfadleyda Caafimaadku Waa Shuraako Caafimaad

Ilaa imminka, adiga ayaa mas'uul ka ahaa caafimaadka ilmahaaga. Waxa aad xidhiidh la yeelatay bixiyeyaasha daryeel caafimaad waxana aad u kaxeysay ballamaha dhakhtarka. Imminka maadaama uu yahay tobaneeyo-jir, waxa uu u baahan yahay inuu si intii hore ka badan uga qaygalo daryeelka caafimaadkiisa. Labadiina mid kastaa wax gaar ah ayuu ku biiriniyaa daryeelka caafimaadkiisa. Tobaneeyo-jirkaaga ayaa ah qofka uu ku dhacayo isbeddelo jidh iyo niyadeed. Xirfadlaha caafimaadku waxa uu yaqaanaa daryeelka caafimaad iyo korniinka. Waana adiga qofka hagayay caafimaadka iyo korniinka ilmahaaga intii uu noolaa.

## Booqashooyinka Xirfadleyda Inta Lagu Jiro Tobaneeyo-jirka

Xirfadlahaaga daryeelka caafimaadku waxa uu rabi doonaa inuu tobaneeyo-jirkaaga arko si uu ugu sameeyo baadhitaano joogto ah hal mar sannadkii inta u dhexeysa da'da 11 iyo 21. Waxa aad booqashooyinka ka dhigan kartaa baadhitaanada dugsiiga ee sannadlaha ah, baadhitaanada isboortiga, ama xeryaha ardayda.

Booqashooyinkaasi waa muhiim. Waa wakhti aad ku weydiin kartid su'aalo ama aad kaga hadli kartid wixii aad walwal ka qabtid. Waana wakhti uu tobaneeyo-jirkaagu si gaar ah iyo qarsoodi ah ula hadli karo xirfadleyda caafimaadka. Inta lagu jiro booqashooyinka, waxa tobaneeyo-jirkaaga loo sameyn doonaa baadhitaan jidh iyo baadhitaan hubin ah, sida kuwa loo sameeyo maqalka, aragga, cadaadiska dhiigga, qaaxada ama tiibayda, iyo cudurada galmada la isugu tabiyo (haddii uu galmo ahaan firfircoon yahay ama ay firfircoon tahay). Sidoo kale waxa laga yaabaa in la siiyo mid ka mid ah ama in ka badan oo ah talaaladan soo socda: ,

- Cagaarshow ama Joonis Nooca B (Hepatitis B)

- Gawracato (Diphtheria), teetano (Td)
- Jadeexo, qaamow-qashiir ama teeriyotanbuur, iyo jadeeco jarmal (MMR)
- Furuq (Varicella) (Var) ama busbus
- Cagaarshow ama Joonis Nooca A (Hepatitis A) (oo ah aagag la doortay)
- Fayraska finanka keena (Human Papilloma Virus) (HPV)

## Korniinka Bulsho

Korniinka bulsho ee tobaneeyo-jirkaagu waa korniinka kalsoonida, madax-banaanida, iyo fikradda fiican ee uu naftiisa ka haysto. Waxa kale oo ku jira sida uu ula falgalo dadka kale.

## Waxyaabaha Aad Kala Hadli Kartid Xirfadlahaaga Caafimaadka

- Su'aalaha laga yaabo in tobaneeyo-jirkaagu ka qabo sameysashada ama haysashada saaxiibada.
- Siyaabaha tobaneeyo-jirkaaga looga gargaari karo sida uu u maamuli lahaa xanaaqiisa ee uu u xalin lahaa khilaafka iyada oo aanay jirin budhcadnimo ama dagaal.
- Calaamadaha tilmaamaya inuu dareensan yahay murugo ama uu fiigsan yahay, ama in "uu jiro wax ka khaldan."

## Amaanka

Wakhtiga tobaneeyo-jirku waa wakhti ay dadka da'da yari tijaabiyaan dhaqamo cusub. Isku-dayidda waxyaabaha cusubi waxay ka gargaartaa inay yeeshaan caqli fiican. Waxay ka gargaartaa inay bartaan sida loo ixtiraamo xuduudka. Laakiin marmarka qaarkood waxay sameeyaan khalad ama xaalad ayay si khalad ah u fahmaan. Sidaa daraadeed waxa muhiim ah in laga hadlo siyaabaha amaan loo ahaan karo. U hubso in tobaneeyo-jirkaagu uu haysto magacyada iyo lambarada teleefonada dadka uu wici lahaa haddii wax degdeg ahi yimaadaan. Marka tobaneeyo-jirkaagu dibaddu u baxayo, weydii meesha uu ku socdo, cidda uu raacayo, iyo goorta uu soo noqonayo. Kala hadal fikraddiisa ku saabsan sida loo xaliyo khilaafka dagaal la'aan. Hubka ka saar guriga ama ku xidh meel iyaga oo aan cabeysanayn. Wada jir uga hadla halista daroogada, tubaakada ama sigaarka, khamriga, iyo galmada leh halista. Ka heshiiga goorta iyo meesha uu ku isticmaali karo baabuurka. Go'aan ka gaadha cidda baabuurka la raaci karta.



## Waxyaabaha Aad Kala Hadli Kartid Xirfadlahaaga Caafimaadka

- Qorshe wax looga qabanayo arrimaha degdegga ah ama dhaawaca.
- Barnaamijyada beesha ee ku saabsan joojinta iyo daweynta khamriga, tubaakada ama sigaarka, iyo daroogada kale.
- Arrimaha la xidhiidha galmada.

## Firfircoonida Jidhka

Firfircoonida ugu fiicani waa kuwa uu tobaneeyo-jirkaagu ka helo. Waxa laga yaabaa in uu ka helo firfircoonida sida socodka, orodka, dabaasha, ama fuulista baasgeelka ama bushkuleetiga. Hawlahaasi waxay siin karaan fursado uu ku barto dad kale. Waxa kale oo ay hagaajin doonaan caafimaadka, isku-kalsoonida, iyo wacnaanta guud ee tobaneeyo-jirkaaga.



### Waxyaabaha Aad Kala Hadli Kartid Xirfadlahaaga Caafimaadka

- Firfircoonida jidhka, tababarka atletikada, ama miisaan-qaadista ee uu sameyn karo tobaneeyo-jirkaagu.
- Su'aalaha ku saabsan korodhka ama lumista miisaanka.
- Wixii ah su'aalo gaar ah oo la xidhiidha firfircoonida jidhka.

## Cunista

Jidhka dhakhsaha u koraya ee tobaneeyo-jirku waxa uu u baahan yahay tamar iyo nafaqo intii hore ka badan. Cunista cuntada saxda ahi waxay muhiim u tahay korniinka iyo horumarka. Waxa kale oo ay gargaar ka geysataa ka-hortagga dhibaatooyinka caafimaadka. Marrar intii hore ka badan ayuu tobaneeyo-jirkaagu wax ka cuni doonaa meel aan guriga ahayn. Waxa uu bilaabi doonaa inuu ikhtiyaar ka gaadho waxa uu cuno ee uu cabo. Waa wakhti fiican oo lagu bari karo muhimadda cuntada caafimaadka leh iyo doorashada cuntooyinka nafaqada leh oo uu isku doorto.

### Waxyaabaha Aad Kala Hadli Kartid Xirfadlahaaga Caafimaadka

- Siyaabaha tobaneeyo-jirkaaga looga gargaari karo inuu si amaan leh u xakameeyo miisaankiisa.
- Alerjiyada cuntada ee suurogalka ah.
- Cuntooyinka ama qorsheyaasha cuntada ee beddelaadda ah, sida cuntada dhirta ah.

## Caafimaadka Afka

Caafimaadka afka ee fiicani waxa uu u baahan yahay booqashooyin joogto ah oo loogu tago dhakhtarka ilkaha. Dhakhtarkaaga ilkaha ayaa badanaa ku talin doonaa inta jeer ee la booqan doono.

### Waxyaabaha Aad Kala Hadli Kartid Dhakhtarkaaga Ilkaha ama Xirfadlaha Caafimaadka

- Hababka haboon ee sida ilkaha xadhig loogu nadiifyo (flossing) iyo sida burushka loogu nadiifiyo.
- In tobaneeyo-jirkaagu u baahan doono taageero ilko-toosino ah iyo in kale.

- In tobaneeyo-jirkaaga gowsaha loo saaro daboolayaal (sealants) iyo in kale. Daboolku waa dahaadh balaastig ah oo khafiif ah oo daboolaya gowsaha, ama ilkaha waaweyn ee loo isticmaalo calaalinta. Dabooleyaashu waxay cuntada iyo bakteeriyada ka horjoogsadaan inay dhexgalaan qowsaha oo ku sameeyaan bolol ama suus.
- In biyaha beeshaadu leeyihiin folooraydh iyo in kale. Biyaha oo lagu daro folooraydh waa hab amaan ah oo waxtar leh oo si weyn u yareynaya halista godadka iyo bolalka ilkaha.

## Waxbarashada

Inta lagu jiro sannadaha, tobaneeyo-jirkaagu waxa uu ka tagi doonaa dugsiga dhexe oo uu gali doonaa dugsiga sare ka dibna waxa uu u gudbi doonaa adduunka dadka waaweyn. Marxalad kasta marka la joogo, waxa uu heli doonaa madax-banaani intii hore ka badan. Cadaadiska dugsiga ayaa ku kalifi doona inuu yeesho ishabeyn iyo hufnaan intii hore ka badan. Waxay u badan tahay in tobaneeyo-jirkaagu uu ka helo waxbarashada oo uu ku fiicnaado dugsiga haddii aad u muujisid in waxbarashadu muhiim tahay. Amaantaadu waxay ka gargaari doontaa inuu fikrad fiican ka haysto naftiisa.

### Waxyaabaha Aad Kala Hadli Kartid Xirfadlahaaga Caafimaadka

- Dhibaatooyinka aragga, maqalka, ama arrimaha caafimaadka ee kale ee qas galiya waxbarashada.
- Dhaqamada sababa dhibaatooyinka ka dhaca dugsiga.
- Su'aalaha ku saabsan horumarka dugsiga ee tobaneeyo-jirkaaga.
- Helista adeegyo waxbarasho oo gaar ah ama qalab gargaar haddii tobaneeyo-jirkaagu leeyahay baahi gaar ah.

**Adiga, tobaneeyo-jirkaaga, iyo bixiyaha daryeelka caafimaadku waxa aad yeelan doontaan iskaashi ilmahaaga ka gargaari doona inuu helo nolol tobaneeyo-jir oo farxad iyo caafimaad leh.**

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