

Tiibayda (qaaxada)

Tiibaydu (qaaxadu) waa xanuun ka dhasha bakteeriya. Sida caadiga ah tiibaydu waxay ku dhacdaa sambabada, laakiin waxay sidoo kale ku dhici kartaa qaybo kale oo jidhka kamida sida (tusaale ahaan lafaha, mergiyada ama maskaxda).

- Qaaxadu waa cudur la dawayn karo, lagana bogsado
- Shaybaadhka qaaxada iyo Dawooyinka qaaxada waa bilaash Noorway gudaheeda

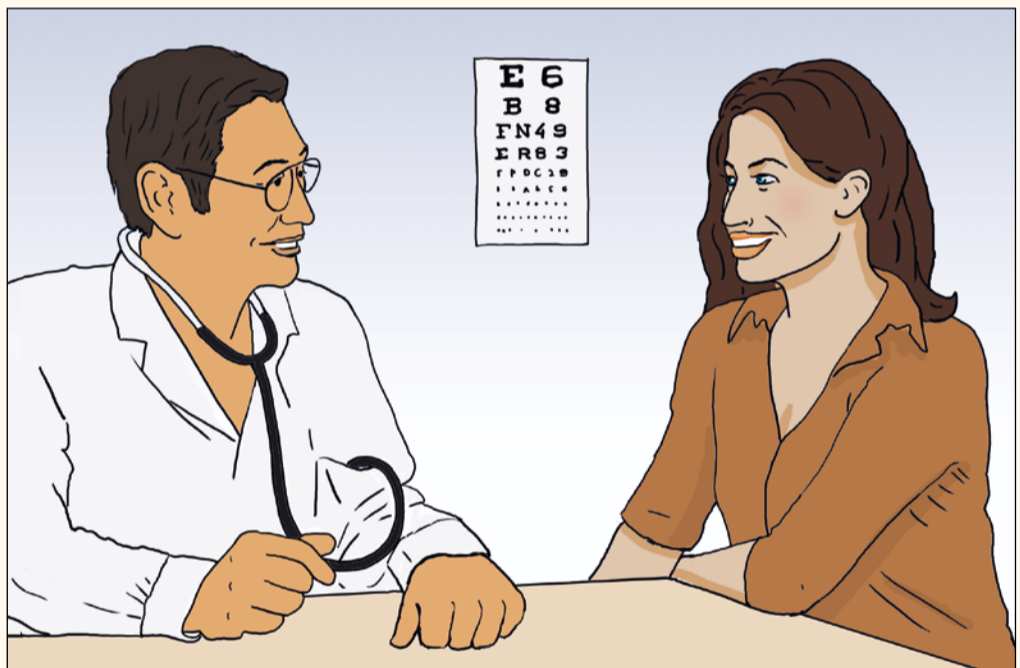
Sidee baa lagu qaadaa qaaxada?

Marka qof qaba qaaxada sanbabka uu qufaco ama hindhiso, waxa hawada ku fidaya bakteeriyada iyagoo ku jira dhibco yaryar oo aan la arkeyn. Dadka kale ee markay neefsanayaan sanko ay u galaan waxa uu qaadi karaan tiibayda. Bakteeriyada qaaxadu si fudud uma fido, waxa inta badan lagu kala qaadaa marka loo dhawaado qofka qaba, tusaale ahaan qof qoyska ka tirsan.

Calaamadaha Lagu Garto Qaaxada

Calaamadaha caamka ah ee lagu garto qaaxadu waa:

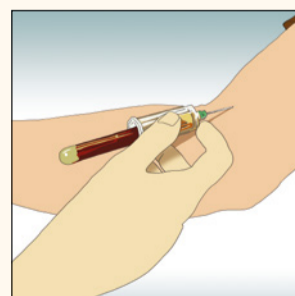
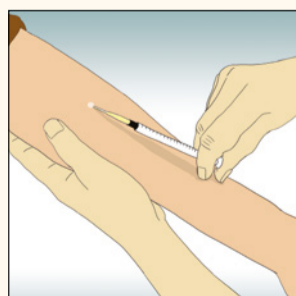
- qufac jira 2–3 usbuuc ama ka badan
- abateed la'aan
- miisanka qofka oo hoos u dhaca (waad dhuubanaysaa)
- qofka oo dareema tabar dari iyo daal
- qofka oo qandho muddo haysa ay qabato
- dhidid habeenkii ah
- barar ama fudhuudhuc cunaha, kilinkilada ama misigta dushiisa ah



Qofka isku arka hal ama dhowr calaamadahan ka mid ah calaamadahani, waxaa in uu u tagaa dhakhtarka.

Shaybaadhka cudurka qaaxada ee qasabka ah

Dadka qaarkii waxaa qasab ku ah iney maraan shaybaadhka cudurka qaaxada. Dadkaasi waxaa kamid ah, inkasta oo dadka kaliya ee ay ku waajibto ayna ahayn, dadka ka yimid wadamada sida caadiga ah uu cudurka qaaxadu ku badan yahay kuwaas oo joogi doona mudo ka badan 3 bilood Noorway. Shaybaadhku waxa uu ka kooban yahay raaji laga qaadayo dadka 15-ka sano kawayn, iyadoo sidoo kale waxaa macquul ah in laga qaado dhiig ama shaybaadh maqaarkooda lagu sameeyo.



Ujeedada shaybaadhku waa in la ogaado cudurka wakhtiga ugu horeeya ee macquulka ah si loo daweeyo loona baajiyo inuu faafo.