



**Walaa La filathaw Ku hor,
Intii laka jara ii Kudib
Qaliinki Dhalmaatha**

MAAY-MAAY

— THE —
University of Vermont
MEDICAL CENTER

Hadhawaw!

May sharaf ning eh inii nii aaminti hanaanathaa inta laka jara waqtagun muhiimki ka eh naftaa. Mar rajeeyanee inii koo kala shaqeyni inii king suubina qibrid fayla atha, reerkaa ii dhilaanka usub.

Koohtaana may inta ang roogaana inii kii kaalmeeyaang tilaaba kasta oo qaliinki dhalmaathaa eh (Qaliinki dhalmaatha). Taas maanka ka jarta, may suubineey buug yaraagun inii ki ogeysiya wal quseeya walaa la filathaw ku hor, intii laka jara ii kudib Qaliinki Dhalowkaa.

Buug yaraagun may kii saa'ithey:

- An diyaar garowki Qaliinki Dhalmaatha
- Fahamki walaa la filathaw maalanta qaliinki ii maalmoo ku dambeeyang
- Hel taageeratha anka baahanti inii ka hela qibradi suuragalka eh ee anka fayla
- Qorsha suubi atha manka ka seeta
- Faham walaa luku filathaw kudib maddii amnka seeta
- Ku jawaaba su'aalooгаа

HA KABSATHOWKI LA HOOJIYI QALIINKI KU DIB

Meela Harunti Aafimaatki Jaama'ada Vermont, may isti'maalaanee qaabki anka asrisan ee hanaanathi daaweeyowki si lan hubiyi natiijooying fayla oo bukaanatha marooya Qaliinki Dhalmaatha. Qaabkun may lang kasey **Hakab sathowki La hoojiye Qaliinki Dhalmaatha Kudib**, ama **ERAC** oo laha gaabiyi.

ERAC way muujithey inii kaalmeyti bukaanatha:

- Si dagdag eh han Faaysoy ama hang kobsoy
- Ang baahata daawatha dhuuraga oo kayar daroogatha qaliinki kudib
- Weeldatha naasnuujiyow laka guuleysathi
- Si fayla anka guthubta manka

Fahamsangna inii bukaan kasta shal duwanyi. May kiikala shaqeyyaanee naqshatheeyowki

qorshaaga Hakab sathowki La hoojiyi oo buuyaaw baahiyaalkaa.

Muhiim yaa king eta atha ii qaraabathaa inii fahangtaan walaa la filathaw si maddaas haan king dhow kiink kaalmeeyaanintii laka jara haka kabsathowkaa isbitaalki ii manka. Tafathal aqri buug yaraagun oo lukoy isbitaalki. Hoos ka qoroy su'aalooгаа oo warsoy taqtaroothaa maddii atha aragta, ama hang weer hafiiski taqtarkaa.

Dhammaatki buug yaraagun may ka yaalee boos atha ka qorto walaagii muhiimki king eh intii laka jara qibradun. Tafathal niila wathaag aqbaartung maddii atha koyta si maddaas anku jawaabna su'aalooгаа oo an taageerna yoolalkaa.

May rajeeyanee inii kiila shaqeyna si ang hubiina inii hela ha kabsathaw degdeg eh, waaya aragnimo hiriir fayle la weeldatha onogaa oo atha dareemaasa inii diyaar ang eta tilaabooyinki higaan ee manka!



Si ling Diyaariyaw Qaliinki Dhalmaatha

Dhoor maalmood ku hor Qaliinki Dhalmaatha, hubing koohta suuhiyowki eh yaa king weeree si kinkula hathalaan qorshaagi Hakab sathowki La hoojiyi.

Hamiinki ku horeeya Qaliinki Dhalmaatha, kalkaasitha foola ii dhalmaatha yaa hakin weeraasa si an fiiritha qorshaaga hamiinkaas ii hiraabta qaliinkaa.

MAY AN BAAHANA INII SUUBIYI 24TA SAA' KU HOR QALIINKEEY?

- An qaathoy daawooyinki sithii kinki tilmaami koohta hanaanatha aafimaatkaa. Tafathal warsoy daawooyin kast oo atha ang hubna
- Ka qubeysoy isbuunyitha saabuunti bakteeriyaalki la dagaalamaasa ama istiraashooyinki unu kisiini (ku fiiri baalka 14 walaagii faahfaahin eh)
- Muhiimu inii dhanta biyi bathan. Dhan dareeraga ed oo illaa 2 saa' ku hor waqtaga qaliinkii balansang. Tan may kii kaalmeeyaasee inii quyanaata oo hoojita ha kabsathowkaa

Dareeraga ed ee la ogolaatha koro may ka jaraana:

- Biyi
- Gatorade
- Juuska tufaaha aathiga eh (saafi eh)
- Dhang abitaanki kaarboonki ed 2.5 saa'athood ku hor qaliinkaa balansang hattii atha an qaathathoyni daawooyinki sonkorti. Tang may yareeyaasee jiwaabta istareeski korkaa oo may kordhiyaasee faysadki ii hakab sathowki dhaawa'a. Dooqyithi may ka jaraana:
 - 26 oz oo Gatorade aathiga eh (ang gathuuthanayna)
 - 16 oz oo juuski tufaaha aathiga eh (saafiga eh)

WALAA LALA KOOWAY

May kiikala taliyaanee inii lukoyta sheeyaalkun maalanta Qaliinkaa Dhalmaatha:

- Boorsathaa king hirin
- Buug-yaraagun
- Korsigi onoga baabuurta, kaas oo kajaraw baabuurki illaamaa diyaar ang kanagata mang ang bahawki



- May ang ka badbaadsana inii hang ku tabta manka dabahki muhiimki ang hayna oo atha isku furta dhakbi kulushree oo ka jaraan biroo korka qaliinki ku hor

WALAA LUKU DHEEGAW ISBITAALKI

- Dhar, daba'sang oo raaha le

KOOWOWKI II KA DIYAAR GAROWKI HARUNGTA DHALMAATHA

Tafathal kooy 2 saa' ku hor qaliinkaa king balansang. May ki baakima kortee garaashki baakingka. May jaraana hafiisyatha aqbaaroo oo heerarka 2 ii 3 ee Harungti Aafimaatki taas oo kaalmeeya korta hagowki Harungta Dhalmaatha. May ki yaalee dabaqi 7aadree dhismaga McClure.

KU HOR INTII ONOGAA ANG KOYNA

- May lukoo diiwaaniyey maddii atha koyta Harungta Dhalmaatha; mang baahaniithi inii roogsata hafiiska

diiwaaniyowki guud

- May ang baahanthaanee inii ogaana qofki atha ang doorati sithiitaqtarki onogaa

Maddii atha dagta qolki qaliinki ku hora ee Harungta Dhalmaatha, Kalkaaliisithaa may:

- Qiimeeyaasee aastaamoogaa muhiimki eh
- Ka geliita faleeba (IV) oo dhamaasirta shaqatha sheybaarki dheeraadki eh hattii lang baahatha
- La dareerti wadna boodboodki onogaa
- Dhaqti aaga qaliinki
- Ka siitha daawooyinki qaliinki ku hor
- Hubiita sonkorti dhiigaa hattii lang baahatha
- Fiirita qorshaagaa hanaanatha oo kinku jiwaabta su'aaloojaa
- Hubnoo koohyaalki dhalmathaa (OB) ii suuhiyowki yaa kiila kulamee, kookula hathalee heelada laka maareeyaw dhuuraga, kinku jiwaabaang su'aaloo ang ka dambeeyi atha qobta oo ogolaanshi koo helaang. May saas oo kala suubiyaayaana raajathi kumbuyuutirki, hattii lang baahatha

24 Saa' Ku hor Qaliinki DHalmathaa



Walaa Laku filathaw Qolki Qaliinki

KOOHTI SUUHIYOWKAA YAA:

- Isti'maalee kormeeriyaal
- Ki siiyee qalajiyaal koo kalmeeyaw ka hor seethawki infakshanki
- Ki siiyee daawooyinki suuhiyowki oo kii haaya raaha intii laka jara qaliinki oo kii kaalmeeyaang maareeyowki dhuuraga qaliinki ku dhib. Aatha haang, tan may ka jartee siiyowki lamathaba daawooyinki dhuuriga mudatha gaaban ii mudatha dheer ee laf dhabarki, suuhiyowki laf dhabarka laka duraw ama dhabarki
- Sithi waafaqsang daruufoo qaaski eh, heelathoo maareeyowki daawatha dhuuraga dheeraadki eh yaa laka taliyi koro intii laka jara ama kudib qaliinki
- Sitha bathang haalathoo, hang jeethaasa dhalowki onogaa

KUDIB MADDII SUUHIYOWKAA LAKA SIIYI, KOOHTI QALIINKAA YAA:

- Dhugunsathee wadnaatha onogaa
- Ka geliyaw tuuba yar (tuubo) kaadi hayowkaa. Tang may kinki jaraasee 6-12 saa', may ki hirantaa awoodaa laka seethaw musqula. May sithoo kala lang isti'maaley inii laka abira inta kaatha eh atha suubiyoyta
- Kisiiyaang dhaqmaatha shiitootha (oo iqtiaarki taqtarkaa dhalmaatha)
- Dhaqaang aloolathaa
- Saarang daah baluug eh aloolathaa oo baarang waltarki suuhiyowkaa. Qaliinki Dhalmaatha may bilaabathey walyar kudib maddii suuhiyowkaa shaqeyti
- Qofki taageeratha eh may hagaleey qolki qaliinki maddii qaliinkaa dhalmaatha bilaabatha fathaw

- Hatii atha qaathata daawaatha laka hunduraw (suuhiyowki guud), qofki taageeraatha eh mang suura galaasa inii hagala qolki qaliinki. May ka aragaasee qolki ha kabsathowki maddaas qaliinki kudib
- Haalathoo qaarsoo dalabki tilaabooyinkun isbadala koraang

MAY DHIYEE KUDIB MADDII ONOGAA DHALATHA

- May jaraasee kaalisi ka hanaaniyaasa onogaa qolki qaliinki
- Daruufoo qaarshoo, kooh taqtaroo ariinyoo qaasdkan eh yaa kooyaayaang dhalmathaa oo kormeeraw onogaa
- Onogaa may ang bathanyaa inii kiila rooga qolki qaliinki
- Atha ii qofki taageeratha eh may qobothaasaana onogaa oo isla qaathataan waqtaga maqaar-ka-maqaar saarowki maddii suuragal eta
- Dhalmaatha kudib, atha ii qofki taageeratha eh may weeldhathaasaana jijin ang eg jijinta onogaa. Tan may nii saa'ithaasee inii king aqoonsana inii eta qaraabatha onogaa. Waa inii hirataa haang illaa atha ii onogaa lisinku saaraw isbitaalka

QIBTI HANAANATHA DAGDAGA EH EE DHALMATHA KUDIB (NICU)

- Ariinyoo qaarshoo may ang baahanyin hanaana hore maddii iyoo dhalathan kudib. Haaladun, onogaa may lang wareejiyey NICU. Koohti hanaanatha dhalmaatha kudib may suubiyaayaana dathaal kasta oo kinkula hathalang oo king tusaan onogaa ku hor intii unku tabna qolki qaliinki. Qofki taageeratha eh yaa markasti lahaku dhawaayee si anka raahang koohti NICU. May sithoo kala luku yaabee inii kiila roogaan qolki qaliinki
- May booqatha kortee onogaa maddii atha faylahaata. Illaa madaas, may hang weera kortee NICU si atha ang hela aqbaara joogta eh oo onogaa eh. Waalidki lahaku dhawaayee NICU 24/7 hattiiba iyoo buuyaana tilmaamoo ku horseethowki infakshenka hatta



Qolki Hakabsathowki

Qaliinku dhalmootha kudib, may liking wareejjey qolki ha kobsathowki, meelaas oo bukaanatha intiyoo bathan roogaan qiyaastii 2 saa'athood. Inta bathan haalathoo, onogaa atha kiila roogee. Intii laka jara waqtigun, may kii dhiiriyaanee hiriirka maqaar-ka-maqaar saarow bathan sitha suuragalka eh.

HIRIIRKI MAQAAR-KA-MAQAARKI EH MAY LEYAA FAA'IDOYING

- May kordhiyaasee guula naasnuujiyowki
- Mar hormariyaasee hiriirka waalidki ii onoga
- May yaraayaasee dhuuraga ii istareeski waalidki ii onoga
- May ka kaalmeeyaasee inii sonkorta dhiigi onoga ka hayta si aathi eh
- May ka kaalmeeyaasee onoga inii dareema ammannang ii qana'sanang
- May ka kaalmeeyaasee inii ka hayta heerkulki onogaa ii kiikaa, wadna boodboodki ii neefsigaba si aathi eh



QUUTHIYOWKI

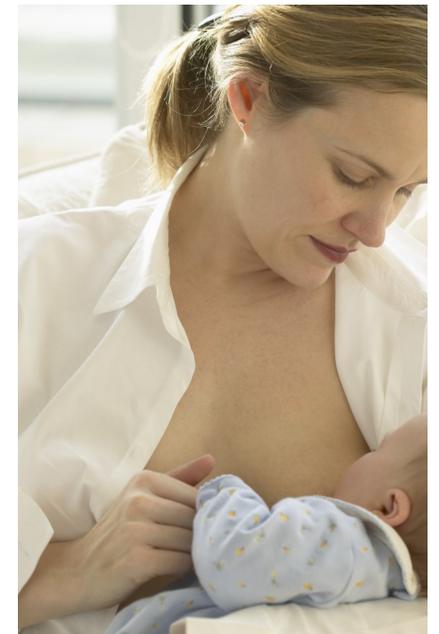
- May ka dhiiriyaanee quuthiyowki ariinyoo oo 1-2 saa' guthashoo eh ee gaarsiiyowki ka saleysan tilmaanti onogaa
- Maddii suuragal eta, may ka dhiiri geliyaanee naasnuujiyow. Tan may ka bilaabatha kortee isla madaas qolki ha kabsathowki. Hattii atha doorati inii wanta gasa'a nuujita, wanta gasa'a maddiiba wal king helee
- Hattii onogaa ka jara NICU, may kii kaalmeeya kornee inii barata sitha lan lisaw naasnuujiyowki
- Walaagii aqbaar zaa'id eh ii illoo naasnuujiyowki, fiiri "Illoo" baalka 13

Si lang hormariyi kabsathowki anka fayla, may ka dhiiriyaanee hanagathow waqta hore eh oo dhaqaaqowki ii lugaayowki. Tang may ki bilaabathaasee ka hakabsathowki la jarang kor ang qaathowki reedki sariirti oo la jeeyaw booski fadhigi ang dhaw oo afarta saa' ee ang ka horeyta, ama sithi ang ka dhaqsi bathan oo atha dareenti. Intaas may dheera, kudib Qaliinki Dhalmaathaa amy helaasee:

- Gabala baraf eh ama dareere ed. May kii dhiira geliyaanee inii ka bilawta raashiin aathi eh sitha anka dhaqsi bathan oo diyaar anka nagata (sitha anka fayla 2-4 saa'thod guthushoo)
- 2 ma baakid oo shiila sokorta ka yar, illaamaa atha ku sheendhata noo'a atha jeela manka. May kii dhiiriyaanee inii alaalitha 1 gabal shiila eh anka yarang 5 dagiiga, 3 jeer geekiiba, illaamaa atha aamoyti raashig aathi eh. Tang

may ka kaalmeeyaasee inii dheefshiidkii si aathi eh haka nagatha

- Suunki laka hiraathaw agagaarki aloolatha si ang taageerta tolmathaa si madaas kor anka fadheta oo dhiniyaalki si raaha leh anka dhagaagta (oo iqtiyaarki taqtarka dhalmaathaa)
- Yoolalka La hoojiyi ii Liiski aqbaarti Tillaabooyinki, kaas oo luku helaw baalki 15. Kaalsithaa yaa kiili fiiriyaasa oo kii kula hathalaasa sithii lang isti'maalaw
- Qalabki (hoojiyaaga sambabki) oo lanka tababarathaw neef qaatha shathada 10 kool saa'adiiba hattii qaathati suuhiyowki guud. Kaalisathaa yaa kii kaalmeeyaasa inii ang istimaala tang inii ka dhiirigeliita sambaboogaa inii si aathi eh ang ka shaqeeyaan markala





Qiipta Aatha-Onoga

Maddii atha faylahaata, may seethaasee Qiipta Onoga-Aatha (MBU). Inti bathan bukaanatha may roogaayaana MBU oo qiyaas 3 gee eh. Intii laka jari waqtigun, may dajiiney yoolalki higaan ha kabsathawkaa:

- Ku ka' sariirti oo ka lugaay 6-8 saa'ad qaliinki kudib
- Ka hiroy sogsan dheer lugoogaa hoosa maddii atha sariirti saaranta si anku horseeta dhiig hinjirowki illaa si joogta eh an dareeraasa
- Ang aang oo ang dhang si aathi eh 2-4 saa' guthoshoo ee qaliinkaa
- Si firfiroon ang maarey dhuuragaa oo ka hiranta baahiyaalkaa
- Isku saar tuubathi kaathatha 6-12 saa'ad qaliinki ku dib. Yoolki yaa may eh inii kaathiita 2-3 saa' kasta hittaa hattii ang dareena fathowki laka kaathiyaw
- Alaanji shiila anka yarang 5 dagiiga, 3 goor gekiiba, illaamaa si aathi wal anka aamaasa. Tan may ka kaalmeeyaasee dheefshiidkaa inii aathi haka nagatha
- Ka lugayta hoolalka anka yarang 3 goor geekiiba



HAN WEER, AN DHIITOOY

May halas siyaathe eh anka jartee dhiyow kudib maddii atha marta qaliin. Tafathal unku katoy sariirti shaleethee illaama atha ii kaalisathaa dareentang inii diyaar ang etin.

QOL LA WATHAAGA ONOGA

May kii dhiira geliyaanee inii onogaa kiila rooga qolki. Tang may siiyaasee waqtagaa qaaliga eh inii barata onogaa, barata tilmaamoo quudthiyowki oo waqta kala isticmaalaa maqaar-ka-maqaar. Maddii onogaa ang baha Hanaanatha Dhilaanka usub oo baarowki joogtatha eh, haka dhawow haka birowki.

HATTII ONOGAA KA JARA NICU

Hattii yoolkaa eyi inii siita wanta naasoo onogaa usub, may kii kaalmeeyaanee barathowki sitha lang lisaw aanatha naasoogaa. Atha ii qofki ka taageeraw lahaka

dhawaayee inii booqatha NICU 24/7.

MARTITHA

May fathaanee inii qaraabathaa ii dadki ka taageeraw meelung kiila roogaan maddii lang tigeliyi inii badbaatha eta inii saas la suubiyi.

Heerkaana booqashatha isbadela koro sitha quseyti tilmaamoo ku hor seethowki infakshanki hatta jara. Anka badnaang, may king suuragalaasee inii hela hal qof taageere eh oo kiila rooga roogowkaa isbitaalki.

Tafathal ku booqoy [UVMHealth.org/ MedCenter/ Visitors](https://www.uvmhealth.org/medcenter/visitors) hab dhaqanathaana hatta eh. May saas oo kala kii dhiiriyaanee inii kula hathala taqtarkaa ama kaalishaatha ee la hiriirta heerarka booqashatha hatta.

Qorshagaa Ha kabsathowki La hoojiyi oo Dhoorka Maalmood ee Higaan

AY I HANAANIYEE QALIINKI KU DIB?

Shaqaalaga hanaanatha MBU yaa ka hanaaniyee atha ii onogaa. Koohti OB, taqtaroo suuhiyowki ii taqtarki ariinyoo yaa gee kasta haka booqathee, ama si joogta eh hattii lang baahatha.

HANUUN BAABI'YOWKI QALIINKI KU DIB

- May etaa hagaaga koowaad ee maareeyowki dhuuragaa
- May ka warsathaanee inii ang qiimeyta dhuuragaa si joogte eh
- May sahaanee qorshaaga maareeyowki dhuuragaa sitha quseyti sithii atha ang qiimeyta dhuuragaa
- Yoolkaana may buwaa inii ka siina maareeyowki dhuuraga oo fayla atha una oo yaraayaana daawooyinki daroogathi
- Dheeraadki daawatha dhuuraga mudatha dheer oo laf dhabarkaa ama daawatha laf dhabarki may yaraayaasee baahithaa daawooyinka dhuuraga daroogatha
- Inti bathan bukaanatha may helaayaana noo'yi kala oo daawooyinki dhuuraga oo jadwal joogta eh (acetaminophen ii/ama ibuprofen)

HOOLOO LAKA HOOJIYAW HAKAB SATHOWKAA: MAALANGTA DHALMATHA

- Neef qaathathowki dheer
- Qufa'owki
- An dhaqaaqowki sitha bathang oo suuragalka eh

- Ka bilaabowki raashiing joogta eh 2-4 saac guthashoo
- Dhamowki dareera
- Alaaliyowki shiil oo kii kaalmeyta inii dheefshiithowkaa aathi nagatha
- Ku kahowki sariirti ii ka lugaayowki 6-8 saa' guthashoo qaliinki ku dib
- Inii lakoo biyi tuubatha kaathiyowki 6-8 saa' qaliinki kudib

HOOLOO LAKA HOOJIYAW HAKAB SATHOWKAA: MAALMOO 1-3

- Inii lakoo fura faashada oo atha qubeysata
- Inii sariirta ku dheeraata maalangta intiyee bathan oo atha ka dheelitirti hoola nasiinyi
- Ka lugaayowyi jidki hoolki ang ka yarang sidi tooka gees kasta
- Aamowki raashiin aafimaadang
- Qaathathowki haar jil'iyaga ii an dhuusowki sitha anka baahata si ang hela so'odki haarow aathi eh

HIRIIRKA II DARYELOWKI REERKI II ONOGA USUB

- Sii wet inii kala isti'maala maqaar-kamaaar
- Barata qaabki onogaa ansheegaw baahithiyoo (tilmaamoo)
- Ka hormariita kalsooni raaha geliyowki, daryelowki ii quuthiyowki onogaa

La hirirowki Koohti Daryeelki Aafimaatki Onogaa

LAKOO KAALMEEYA HAKAB SATHOW, HANING SHEEG HATTII:

- Qobto hakameyowki dhuuraga angka filanayna
- Qobto mada dhuura ama qoor dhuura
- Dareenti lalaba ama manda
- Dareenti aajis ama matha qafiif
- Qobto ung-ung raaha ang hayna
- Dareenti barar ama gathuuthasha hundhurtaa eh
- Kinki suuragalaana inii dhuusta
- An kaa thiyi korno ama si buuta an faarujyi korno kaathi haayowkaa
- Qobto dhiig bahow ziyaatha eh (oo buuyaasa hafaayata saa'ad kasta)
- Oo ka jaraan hinjir
- Qobto dhiig bah bathan oo



hanagathaw kudib maddii hor an dhammaatha

- Ka dareenta diiranang ama ung-ung tolmatha eh ama ogaata inii dhe'e'ang haku deethahaw tolmaatha
- Dhibaata ka qobto quuthiyowki onogaa

Qaar kumid eh haang may buwaa saameeyowki aafimaatki aathiga eh iyoo oo hang kala eed an yarying. Kalkaalisthaa may haysatee qalabyaal kii kaalmeeyaw aastaamoogun.





Mang Seethowki

Bukaanatha bathanshoo may magka seethaayaana Geeka 3 yaad qaliinki kudib. May ang baahathaasee inii kiila jara qof king watha atha ii onogaa mangka.

Isbitaal ku saarowki may qorsheysanyaa maalangta dhatiyee (11 a.m. illaa 1 p.m.), inkastoo luku yaaba inii waqtagun isbadela koro hattii atha ama onogaa ang baahatang darteel aafimaat dheeraad eh.

AASTAAMOO SHEEGAW INII DIYAAR ANG ETA MANG ANG BAHOWKI:

- May king suuragalaasee inii si aathi eh ang aanta oona ang dhanta
- Dhuuragaa la maareeya koro hittaa atha oo howl hayta
- Heerki hoolaa la mid eta walaa atha ku filathaasa inii ka suubitha mangka
- Atha raaha ka qobto inii hanaanitha naftaa ii onogaa
- La suubiita qorsha ku hor seethowki uurka taqtarkaa dhalmaatha
- Atha raaha ka qobto qorshaaga maareyowki dhuuragaa oo mangka eh

INTII ATHA MANGKA ANKA BANA:

- May helaasee buug-yara ii app-ka mobeelka “Fahamki Aafimaatka Dhalmaatha Kudib ii Daryeelki Onoga”. Kang may wathathee aqbaar oo sitha lang daryeelaw naftaa qaliinki kudib. Kang may kalee wathathee aqbaar oo sitha lang daryeelaw onogaa
- May wathahathal la suubiyaasee taqtarkaa si lang qorsheeya dooqiitha maareyowki dhuuragaa ee mangka
 - Hattii atha hela daawatha taqtarka qori, may luku hela koree farmashi kasta
- Taqtarkaa may suubiyey qorsha balamoo dabagalowki eh oo hafiiski
 - Tafathal hala hiriir taqtarkaa hattii atha qobto wal su’aala eh intii lang deerna balanta dabagalowkaa
- Taqtarki onogaa may haking sheegey qorshaaga balanta dabagalowki onogaa 1-2 gee damba

Illoo

Tafathal hang ku weer taqtarkaa dhalmaatha walaagii su’aala eh ee quseeya uurkaa, dhalmaatha ama dhalmaatha kudib. Tafathal hubsoy inii king ka jaraan lambaraashoo mobeelkaa oo atha si futhus an hela korto.

Taqtaroo dhalmaatha ii Umulisaatha Harungti Aafimaatka Jaama’ada Vermont: **(802) 847-1400**

<https://www.uvmhealth.org/medcenter/departments-and-programs/obstetrics-and-midwifery>

- Qadki Farsamaatha Korsiga Baabuurki: **802-847-1215**
- La taliyaaga Naasnuujiyowki Bukaan jifki: **802-847-5249**
- WIC: **1-800-649-4357**
- Ku horseethowki Isdilowki: **1-800-273-8255**
- Baalka Koohti Facebook: **UVM Children’s Hospital New Family Community**
- Laanti Aafimaatki VT: **211**
- 24/7 Qadki Istareeski Waalidki: **1-800-632-8188**
- Websaydyitha Naasnuujiyowki:
 - Muuqaaloo Naasnuujiyowki Mashruu’a Warbaahinti Aafimaatki Aalamka: www.globalhealthmedia.org/topic/breastfeeding/
 - Hanaanatha Onoga usub ee Isbitaalki Stanford: www.med.stanford.edu/newborns
 - Harunti Halista Dhilaanki Tom Hale: www.infantrisk.com

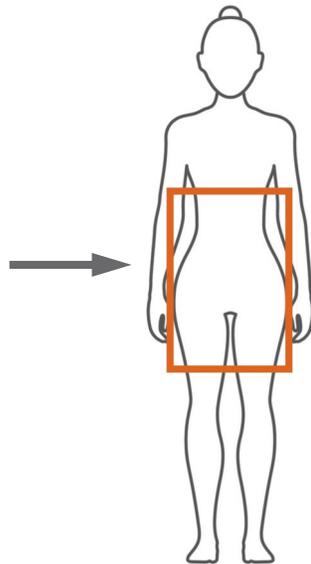
Tilmaamoo Qubeysathowki Qaliinki ku hor

Door wing yaa ku leta ku hor seethowki infakshanki meela qaliinki athoo an diyaarasa inii maqaarkaa ang lahayni jeermis sitha suuragalki eh. Taqtarki qaliinkaa may warsathey inii ka qubeysata isbuunyitha saabunti bakteeriyalki ama istiraashooyinki unu kisiini.

May wathatee kiimikithi jeermisdil (CHG). Hattii atha qobto alaarji la ka sow inii ka eyi CHG, ang istimaaloy saabuntung oo hang sheeg taqtarka qaliinkaa ama kaalisitha. Tusaala hang waa inii istimaalaa saabuunti Dial™ ama Safeguard™.

TILMAAMAGA ISTIMAALOWKI

- Qabeysoy hamiinki ku horeeyi ii hiraabti qaliinkaa
- Ang hiirtoy aaga qaliinki
- Dhimmaadki qubeymatha, ang istimaal dhiniga **isbuunyitha** ee mariyaagi saabunti liki siiyi si anka dhagta aaga la tilmaami ee laki qori sanduuqi 2 daqiiga buuta atha oo biyoo ku dheeraathaasa
- Hal daqiigi dheeraad eh ang ogolaaw inii biya gala
- Ra'i korkaa dhong
- Si tartiib eh iniska enjaji shukumang nathiif eh
- Ang istimaaloy boodhar, kariim ama dhaysa qubeymathaa kudib
- Ka badeloy orarkii dhawang la dhigi ii go'yaalki sariirta oo engagan ii dharki (tusaala hang, orka jiiifka) qubeymathaa maqribkii kudib



Hakabsathowki La hoojiyi Qaliinki Dhalmaathi Kudib

Yoolkaana may buwaa hormariyowki natiijooyinki qiibti aatha, onoga ii reerka. Tillaabooyinki meelun ka qoran mai hormariyayang hakab sathowki, aafimaatki oo futhutheyowki hiriirki onoga-waalidki. May saas oo kala sheena kortee isbitaal kubiyow.

Tafathal istimaal liiskun aqbaarti si kinki kaalmeyti raad raahowki hormarkaa ii aagaga aqoonsaga wanaajiyowki ang baahang.

24 TI SAA' ANKA DAMBEYTA DHALMATHA KUDIB:

- Bilaw maqaar-ka-maqaar oo iska day quuthiyowki onoga 1-2 saa' dhalmatha kudib
- Ang aang oo ang dhang si aatha eh 2-4 saa' dhalmatha kudib
- Fadhew, anka yarang 45 digriis, 1-2 saa dhalmatha kudib
- Ka fadhew geeski sariirti oo ka dareer 6-8 saa' dhalmatha kudib
- Ku saar tuubatha kaathitha 6-12 saa' dhalmatha kudib oo iska day inii kaathiita 2-3 saa' kasta

MAALMOO HIGAAN DHALMATHA:

- Hang dig kaalisatha diiwaangashang hattii atha qobto lalaba ama manfa, ung -ung badan, hakameeyowki dhuuraga anka filanayna, matha dhuura, qoor dhuura, calool fadheet ama kaathiyowki ka athag
- Sii wat inii qaathata daawooyinki dhuuraga daroogatha anhayni ee king jadwaleysang oo la jaraan daawooyinki dhuuriga dheerad eh sitha lanka baahitha
- Alaali shiil anka yarang 5 dagaiga 3 kol geekii, illaamaa kinki suuragala inii anka dulqaathata raashinki si aathi eh
- Ka hiroy sogsaan dheer lugoogaa hoosa maddii atha sariirti saaranta si anku horseeta dhiig hinjirowki illaa atha ka isticmaala oo ang dareerti si joogti eh
- Ka dareer hoolalki anka yarang 3 kol geekiibi
- Dheelitir inii atha ku mananaata sariirti bathanaaba geekii ii waqta qaathathowki laka neepsathaw
- Warsoy kaalisathaa su'aaloo la hiriira quuthiyowki dhilaanka
- La suubi qorsha lanku horseethaw uurki taqtarkaa dhalmaatha
- Kula hathal taqtarkaa dhalmaatha qorshaaga lanka maareeyaw dhuuragaa manka, qoraal kasta oo taqtarka eh oo ang baahata ii qorshaaga raad rahowki
- La fiiri kalkaalisatha tilmaamoo daryeelki manka

YOOLALKI QAASKA ANG EH ONOGA USUB:

- Dhammaasir daryeelki onoga usub oo joogtatha eh: daawooyinki ii tillaalatha, baarowki dheegowki ii baarowki onoga usub
- Dhammaasir shahaadatha dhalashaatha
- Qorshaay guthowki, hatii la go'aansatha
- La suubi qorsha raad rahow eh taqtarka onogaa usub kudib maddii atha manka ang bata
- Lukoy korsiga baabuurka onoga Qiibti Onoga-Aatha ku hor geega atha isbitaalki ku bahaasa

**Harungti Aafimaatka Jaama'ada
Vermont**

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Burlington, VT 05401



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