Liiska hubinta astaanta Xasaasiyada Daran

Children's Mercy

1 **Talaabada 1: Suurtagal ma tahay in bukaanku la kulmo xasaasiyad la yaqaano: Haa (Sii wad!) Maya (JOOJI!)**
Hubi dhammaan qaybaha hoose ee adiga ama ilmahaagu aad la kulantaan.

Astaamaha aad u daran:

- ☐ **Xaaladaha Dhimirka:**
  - Xasaasiyada
  - Isku dhexyaaca
  - Dareemida dawakhsanaan
- ☐ **Wajiga:**
  - Waji barar
  - Bararka carabka
- ☐ **Dhuunta:**
  - Neef qabati
  - Adkaanshaha in wax la laqo
  - Cariiri
- ☐ **Wadnaha:**
  - Dawakhaad
  - Daal
  - midabkacawlka
  - Wadnaha daciifka ah
- ☐ **Sambabada:**
  - Qufac
  - Neefsasho q ayblo leh
  - Neefta yari



Astaamaha khafiifka ah:

- ☐ **Sanka:**
  - Cuncun
  - Biyo sanka ka yimaada
  - Hindhiso
- ☐ **Afka:**
  - Cuncun
- ☐ **Caloosha:**
  - Lalabbo
  - Calool xanuun
- ☐ **Maqaarka:**
  - Cuncun
  - Dhawr cuncun

- ☐ **Caloosha:**
  - Shuban daran
  - Matag badan – oo saaid ah
- ☐ **Maqaarka:**
  - Finanka oo dboolayaa jirka
  - Nabaro cassan ah oo jirka kasoo baxa

2 **Talaabada 2: Immisa qaybood ayaad calaamadeysay?**

Haddii wax ka mid ah qaybaha daran kor lagu calaamadeeyo:
<u>Sii cirbada ootamaatiga ah ee epinephrine</u>

Eeg qaybta gadaale si aad u hesho tilmaamo
Qofku ha fadhiisto ama dhinac u jiifsado (hadduu matagayo)

Haddii kor lagu calaamadeeyo wax ka badan hal qayb oo dhexdhexaad ah:
<u>Sii cirbada ootamaatiga ah ee epinephrine</u>

Eeg qaybta gadaale si aad u hesho tilmaamo
Qofku ha fadhiisto ama dhinac u jiifsado (hadduu matagayo)

Haddii qaybo aad u daran la calaamadeyn:
<u>HA</u> siin epinephrine

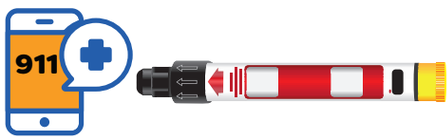


Haddii mid ama ka yar qaybaha khafiifka ah la calaamadeeyo:
<u>HA</u> siin epinephrine



3 **Talaabada 3: Si dhaw ula soco cunugaaga**

Wac 911. Haddii astaamuhu ka sii daraan ama ayna ka soo rayn 5 daqiiqo ka dib, mar labaad sii epinephrine inta aad sugayso in gargaar caafimaad yimaado.



26-EBP-4002-Som Epinephrine auto injector-Somali-AH.indd 2

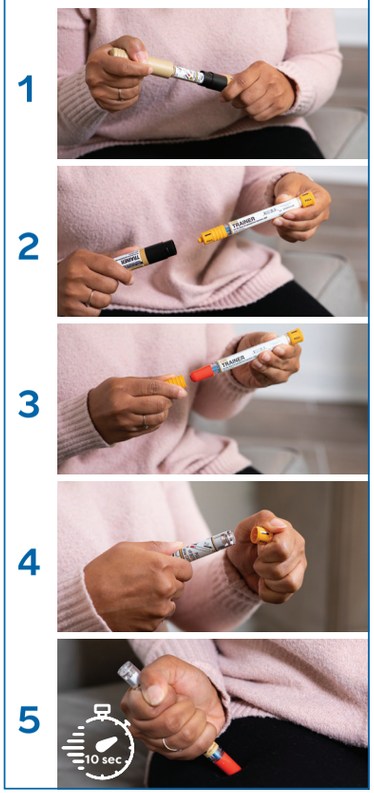
EpiPen iyo EpiPen Jr.





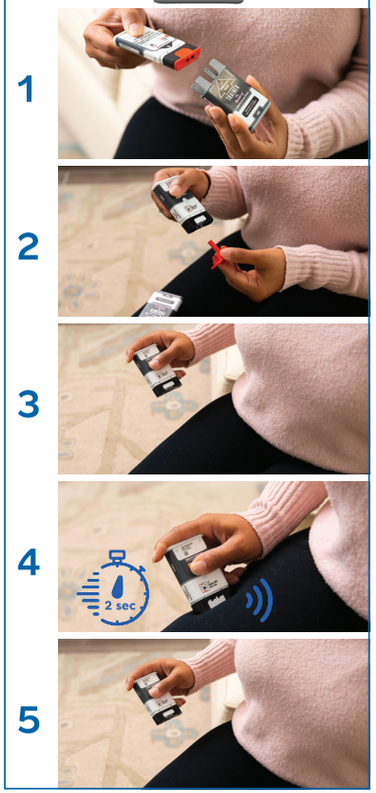
Adrenaclick





AUVI-Q





Teva





Epinephrine waa daawo naf-badbaadin ah oo loo isticmaalo falcelinta xasaasiyada daran (xasaasiyad daran) waxaana lagu bixin karaa dhar.

Dhibaatooyinka ka dhasha: gariir/qarqaryo, madax-furnaan, garaaca wadnaha oo kordha, walaac, lallabbo/matag, dhidid, maqaarka oo cawl yeesha

Kaydinta: heerkulka qolka, ka ilaali kulaylka iyo qabowga (iska ilaali inaad baabuur uga tagto)

Sida loo tuuro cirbada: cirbada waxaa lagu tuuri karaa weel agabka afka leh lagu rido ama weel dhinac adag leh sida weelka saabuunta dharka ka hor inta aan qashinka lagu tuurin.

Xuquuqda Daabacaada © 2026 The Children's Mercy Hospital. Dhammaan xuquuquhu waa dhawrsan yahay.
AFEEF: Mawduuca halkaan ku qoran waxaa loola jeedaa in lagu hormariyo fahamka guud ee mawduucyada caafimaadka ee lagu qeexay daabacaadan waxaana loogu talagalay ujeeddooyin macluumaad oo keliya. Macluumaadkaan oo kale looma adeegsan karo badelka tababarka Rugta caafimaadka ee xirfadlaha daryeelka caafimaadka, waayo-aragnimada, ama xukunka. Shaqsiyaadka iyo qoysaskoodu waa in aanay u isticmaalin macluumaadka noocaas ah badelka la-talinta caafimaadka, daaweynta, ama daryeelka caafimaadka xirfadleyda. MA JIRTO DAMAANAD KASTA, HA HAATO MID SI CAD AMA SHARCI AH, LOO SAMEEYO AYADOO LA TIXGELINAAYO XOGTA.

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