Xeerarka JIIFKA AMMAANKA Dhallaanka

- Mar kasta **ku seexi ilmahaaga dhabarkiisa ama dhabarkeeda si uu u seexdo**, hurdada yar ee habeenkii.
- Adeegso **oogo adag oo lagu seexdo**, sida joodari saaran sariirta carruurta oo meel ammaan ah oo la ansixiyay taala, oo ku daboolan go le'eg.
- **Ka fogaaw cufyo, meeleeye ama badeecooyin kale** haddii uu kuu qoro takhtarka ilmahaaga mooyaane.
- **Waxaad dhigtaa barkimaha, dhallooyinka, alaabayda, caagaga sariirta ilmaha ku wareegsan, iyo gogosha dabacsan dibadda** goobta uu ilmahaaga seexanayo.
- **Hala seexanin ilmahaaga sariirta, kursiga korsiga ama fadhiga** – waxaad saartaa ilmahaaga sariirtiisa ama sariirteeda.
- Dhigidda **goobta jiifka ee ilmahaaga isla qolka aad seexato waxay yareynaysaa halista SIDS** iyo sababaha dhimashada ilmaha yar kale ee jiifka keena.
- Waxaad siisaa ilmahaaga **mujuruco aan ku xirnayn xarigg** ee loogu talogalaya hurdada yar iyo habeenkii. Haddii ilmahaaga la naas-nuujiyo, sug ilaa ilmahaaga uu ka gaaro hal bil jir ka hor inta aadan siinin mujuruco.
- **Ka dhig ilmahaaga mid diirran, balse aan kululayn.** U xir ilmahaaga hal lakab oo dheeraad ku ah waxa aadn xiranayso si uu u raaxaysto waxaadna dhigtaa bustaha dibadda sariirta ilmaha yar .
- **Raac tilmaanta bixiyaha daryeelkaaga caafimaad ee ku saabsan tallaalka ilmahaaga iyo baaritaanada caafimaad ee joogtada ah.** La hadal takhtarkaaga haddii aad qabto wax su'aalo ah oo ku saabsan hurdada ilmahaaga.
- Waxaad siisaa ilmahaaga **waqti badan in uu u jiifo calool calool marka u soo jeedo iyo marka uu qof la joogo.**
- **Sigaar haku cabbin ama ha oggolaan in lagu cabbo hareeraha ilmahaaga.**
- Dhig **sariirta yar ee ilmahaaga meel ka fog daahyada iyo ilxirada** si aad uga fogaato in ay merjiyaan xarrigaha.
- Hubso in qof kasta ee daryeelaya ilmahaaga uu wax ka garanayo **habdhaqanada hurdada ee badbaadan.**

*Tallaalbooyinka halkan lagu qoray waxay ku saleysan yihiin tallooyinka laga helay Akadeemiyada Ameerika ee Hawlaha Cudurada Carruurta ee SIDS.

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Transforming lives

DSHS 22-1577 SM (10/14) Somali