

## Iska Dhaaf Sigaarka

Ha cabin sigaar dhalashada canugaaga kadib ama ka hor, hana u ogalaan in dadka kale ay sigaar ku ag cabaan ilmahaaga.

## Heerkulka Qolka

Ilmahaaga u xir dhar fudud oo kuwa hurdada ah oo qolka heerkulkiisuna ha ahaado mid ay dadka waaweyn ku nafisaan.

## Lama Ogala Waxyaalaha Jilicsan

Dhallaanka waa inaan lagu seexin sariiraha biyaha, fadhiga ama waxyaabaha kale ee jilicsan.

## Wakhtiga Calool u Seexinta

Sii "Wakhti uu Beerbeer" u jifto markuu ilmahaagu soo jeedo oo la soco.

## Isticmaal Baasifaayar (shay ay caruurta nuugaan)

Naas nuujintaa ugu fiican. Naas nuujinta kadib, inta dhallaanka uu hurdayo afka u gali baasifaayar nadiif ah.

## Talaal

Xaqiiji in ilmahaagu caafimaadkooda si joogto ah loola socdo oo talaalka.

## Sabab?

Dhallaanka ayaa loogu talagalay!!

## Sidee u egtahay hurdada ammaanka leh



Wixii macluumaad dheeri ah ee ku sabsan hurdada ammaanka leh ee caruurta, fadlan booqo websaydka Waaxda Caafimaadka ee Pennsylvania [www.health.state.pa.us/pasids](http://www.health.state.pa.us/pasids).



Waxaa looga Mahadnaqayaa S.I.D.S. of PA/Cribs for Kids

HD0536P (Rev. 11/2017)



*Dhimista khatarta  
ilmahaaga ee*  
**Dhimashada Dagdagga  
ah ee ku Timaada  
Saqiirada (SIDS)**

*Iyo*  
**Neef Qabashada  
Kadiska ah**  
*inta ay hurdadayaan*



# Waxay u fududahay sida A, B, C



## Kali ah

Meesha dhallaankaaga uu seexanayo ha kuu dhawaato laakiin gooni ha ka ahaato meesha dadka kale seexanayaan. Ilmahaaga inaad dad kale kula seexin sariir, fadhiga ama kursi.



## Dhabar-dhabar ayaa ugu fiican

Dhallaankaaga waa inaad u seexisaa dhabar-dhabar oo aad ku seexisaa sariirta caruurta loogu talgalay oo joodarigeedu adagyahay markastoo aad seexinaysid, oo ay ku jirto wakhtiyada dhakawsashada.



## Ku seexi Sariir Caruureed Nafis ah

Ka bixi sariirta ilmaha dhammaan agabka sariirta ee dabca, marada sariirta lagu sharaxo, roogga, maro dhogar leh, boonbale, xaafayadaha iyo barkimaha.



## Sababta Dhimashada

SIDS iyo neef qabashada kadiska ah waa sababaha ugu waaweyn ee keena dhimashada saqiirada da'doodu tahay 1 ilaa 12 bilood jir.



## Bilo Jir

Saqiirada jira 2 ilaa 4 bilood ayaa ah kuwa khatarta ugu wayn ugu jira SIDS iyo neef qabashada kadiska ah.



## Dadka u Sheeg

La wadaag A, B, C, 1, 2, 3 ugu yaraan sadex qof. Waxbarashadu ayaa fure u ah in caruurta la badbaadiyo.