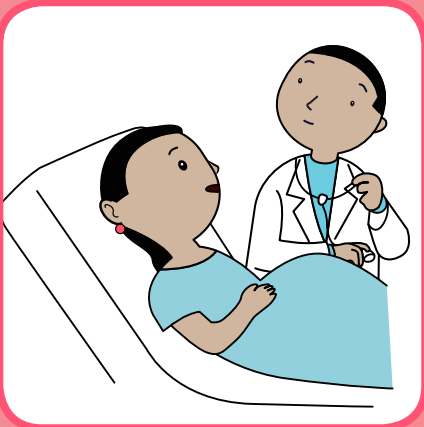


Maxaan sameeya markii aan dhoofaayo?



Fit to Fly

Name: _____

Age: _____

ID#: _____

#of weeks pregnant: _____

Bixitaankaaga kahor waxaad mari doontaa baaritaan dhakhtar. Fadhlán usheeg dhakhtarkaaga hadii aad goor dhaweyd isku aragtay dhiig bax mise xanun mise cilado xaafiimaad oo uurkaagi hore kusaabsan. dhakhtarkaaga wuxuu kugula talin karaa skanka dhawaaga dheer si loo go'aamiyo inta toddobaad ee aad uur leedahay.

Hadaad safreeyso oo uurkaaga mid caafiimaad leh yahay, dhakhtarkaaga wuxuu kusiini doonaa taam aad kuduuli karto shahaadada si aad utusto shaqaalaha garoonka diyaaradaha.

Utag Dakhtar caafimadeed sodoon beri gudohood marki mareykanka gadiid, aadhiga iyo cunugaagaba

sodoon beri gudohood

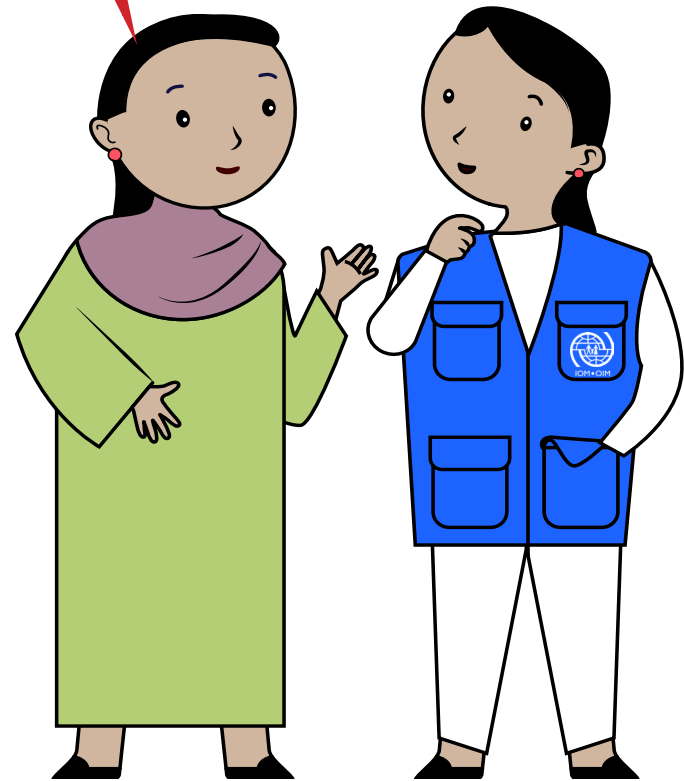


Ogaysiiska ku saabsan uurkaaga wa furaha adhiga iyo canuggaaga aan dhalan aad kugali leheeden dalka MAREYKANKA.



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Maa uur baad leedahay? Oogeysii shaqaala caafimaadka IOM.



In badan on ka ogaano Ayaan waxbadhan ka cawin karnaa



Arimaha kusaabsan uurka iyo talaalka?

Haweenka uurka leh waxay xaaq u leeyihiin dib-u-dejinta mareykanka



→ MAYA

↓ HAA

Arimaha kusabsan uurka Talaalka kadib?

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Suug sodoon beeri talaalka kadib



Waxaa haboon inaad sugto oo ad iskudayin inaad uur yeelato 30 maalmuud kadib markaad hesho wax tallaaf nool ah, sida jadeecada qaamo-qashiirka, fayraska rubella (MMR), busbuska, fayraas hargab nool, qandho huruud ah, iyo cudurka dabaysha ee afka laga qaato (OPV).

Tallaadada qaarkood waa amaan marka uurka aad ledhahay



Tallaaladan waa amaan hadi aad qaathato marka aad uur leedahay:

- caagaarshowga nooca A
- caagaarshowga nooca B
- Qooro jaab
- oof Wareen
- Teetanada iyo gawracatada (Td)
- tallaalka cudurka dabaysha ee firfircoon (IPV)

Siday amaan kisa yaahay raajada e dumarka uurka leh



Sameeynta raajada inta ay uur leedahay labalaabyada ka hortagga labajibaaradu way u nabad qabaan haweeneyda uurka leh iyo ilmaha aan dhalan

Si joogto ah u hel daryeel caafimaad ee uurka

Ukeen dhamaan diiwaanada caafimaadka waqtiga ballamaha caafimaad



Inaad uur leedahay kaama hor istaagayso dib u dejinta mareynkanka. Haweenka uurka leh badankood si nabadgelyo leh ayey usafri karaan.

Hadaad kudhawdahay inaad dhasho ama aad ku dhawaato taariikhda aad dhaleysid, dhakhtarku wuxuu kugula talin doonaa dib u dhigista taariikhda safarkaaga. Waxaa laga yaaba inaad u baahatid inaad safartid ka dib markuu ilmuhu dhasho oo labadiinaba la oggol yahay

