

# Seexashada Amaanka ah



**SIDS/SUID waa marka ilmuhu geeriyoodo xiliga hurdada waa tan ugu badan ee keenta dhimashada caruurta da'doodu u dhaxeeyso hal bil ilaa sanad. Dhimashada inteeda badan waxa ay keena ilmaha oo halka uu seexanayo aysan aheyn mid amaan ah.**

## Tusaale ku saabsan seexashada amaanka ah

### Seexashada amaanka ah — MAR KASTA sidan samee!

- Xilliga seexashada, ilmaha dhabar dhabar u dhig.
- Xiliga ilmaha soo jeedo oo ciyaarayo, caloosha dhulka u dhig waana “xilliga caloosha.” Waa in aad ilmaha la joogtaa marka uu caloosha u jiifo.
- Xilliga seexashada, ilmaha seexi meel u gaar ah
  - Sariirta caruurta ee
  - Dharabta “sariirta caruurta ee aad u yar”
  - Sariirta caruurta ku seexdaan laguna ciyaarsiiyo Pack 'n' Play
- Isticmaal oogada siman ee joodariga la ogol yahay oo go'a geesaha laga adkeeyey.
- Xiliga seexashada, ilmahaaga dhar khafiif ah u xir sida dharka hurdada ama dhar aan u keeneyn kuleyl ama qaboow daran.

### Seexashada aan amaanka aheyn — MARNA HA SAMEYN sidan!

- Ilmahaaga caloosha ha u seexin.
- Ha uga tagin barkin, buste, alaabada caruurta ku ciyaaraan, boombalada caruurta halka ay caruurtu seexdaan.
- Marna ha isticmaalin sariirta caruurta oo xili hore la sameeyey iyo mid aan sharcigu ogoleyn.
- Ilmahaaga hala seexan (la wadaagin halka ay seexdaan ama sariirta ay sexdaan), ama qofna ha u ogolaan inuu la seexdo.
- Marna caruurta ha u ogolaan in la seexiyo sariiraha dadka waaweyn, kuraasta fadhiga, ama leexada. Meelahaas ilmaha neefta ayaa ku dhagi karta. Haddii meelahaas mid ka mid ah ilmuhu ku gam'o, ka qaad oo seexi meel amaan ah.
- Sigaar ha cabin marka aad uurka leedahay oo qofna ha u ogolaan in uu sigaar ku cabo ilmaha agtooda.

# Caruurta oo dhan way ooyaan. Waa sida kaliya ee ay fariintooda ku soo gudbin karaan.

## Waa maxay sabaha ay caruurta intooda badan u ooyaan?

- Gaajo (tani waa waxa ugu horeysa ee la doonayo in aad ku fikirto marka ilmahaagu ooyo)
- Xanuun caloosha ah oo ka imanaya gaaska ama maroojin
- Inuu doonayo in laga daaciyo
- Xafaayadda u xiran oo qoyan ama wasakh ah
- Inuu doonayo inuu seexo
- Inuu doonayo in kor loo qaado ama xabadka la saaro
- Kuleyl ama qaow daran ayaa haya
- Waxbaa dhibaya ama dhaawacaya jirkiisa (waxaa laga yaabaa in ay tahay dharka u xiran ama guluusyada oo xasaasiyad ku dhaliyey jirkiisa)

Haddii aad hubisay intaas oo dhan oo ilmahaagu weli ooyayo, waxa aad ilmahaaga dhigi kartaa meel amaan ah adiga oo dhabarka u dhiga. Ka dhaqaaq dhawr daqiiqo si aad naftaada u dajiso. Ilmaha kor kala soco 10-15 daqiiqaba ilaa labadiinuba degtaan.

## Marna ha ruxruxin ilmaha. Ruxruxidda waa xad gudub ilmaha loo geysto oo keeni karta dhimasho

Haddii aad qabto wax su'aal ah ama aad dooneyso in lagu cawiyo xilliga uurka iyo ka dib, Molina ayaa u diyaar ah in ay ku caawiso. Soo booqo bata internetka ee [molinahealthcare.com/wi](https://www.molinahealthcare.com/wi) ama naga soo wac (888) 999-2404 (TTY: 711 Isniin – Jimce, 8 aroornimo ilaa 5 galabnimo).

