

Sameey Qorshaha Hurdada Badbaadada ah ee Ilmahaaga

Qorshaha hurdada ee badbaado leh waa qayb muhiim ah oo ka mid ah yaraynta khataraha sababi kara dhimashada dhallaanka ee lama filaanka ah (sudden unexpected infant death, SUID), oo uu ka mid yahay xanuunka dhimashada degdega ah ee dhallaanka (sudden infant death syndrome, SIDS).

Habka ugu badbaadada badan ee ilmuhu u seexo waa:



**Inuu kula seexo qolkaaga,
laakiin maaha sariirta aad adiga
ku seexato**



**Sagxad sare, adag, fidsan, oo siman
(sariirta carruurta, sariirta ilmaha
lagu qaado)**



**Barkimo, bustayaal, alaab-
ciyaareed, ama walxo kale oo
jilicsan la'aantood**



**U xiritaanka dhar hurdo iyo/
ama dhar fudud**



**In loo seexiyo dhabar-
dhabar markay hurdaan
iyo habeenkii**

*Iskaan gareey
ama booqo*



**si aad u daawato fiidiyowada
oo aad wax badan uga barato
si aad u sameysato qorshaha
hurdada ee badbaadada leh ee
ilmahaaga.**

Qorshahaaga la wadaag qof kasta oo daryeelaya ilmahaaga.