



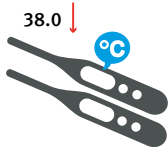
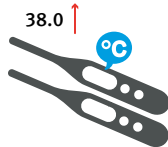






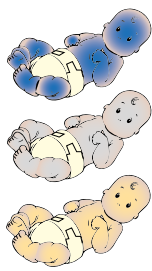


Wargelinta bukaanka

Qaabka wicitaanka umusha

Ha soo wicin (waa xaalad caadi ah)		Waa inaad soo wacdaa
 <ul style="list-style-type: none">waa in 3 saac faashada umusha oo cusub aad isticmaasho  <ul style="list-style-type: none">2 xinjiro oo gacanta buuxisa 24 saac gudahooda (1 beri)	Dhiig bax	 <ul style="list-style-type: none">nus saac dhexdeeda oo faashada umusha aad u buuxsantay 
 <ul style="list-style-type: none">cabir xaraarada jirka 2x maalintiixaraarada waxey ka hooseysaa 38.0°C	Xumada naagta umusha	 <ul style="list-style-type: none">xaraarada waxey ka sareysaa 38.0°C ama ka badan
 <ul style="list-style-type: none">waa in 6 saac gudahooda dhalmada ka di baad kaadin kartaa  <ul style="list-style-type: none">Talo: soo kaadi 3 saac walbaga 	Kaadida naagta umusha	 <ul style="list-style-type: none">6 saac dhalmada ka dib weli ma kaadin kartidkaadida oo dhibic dhibic ah aadan toos u wada kaadindareen kaadida oo weli ku haysa adigoo markaa soo kaadiyey 
 <ul style="list-style-type: none">midabka jirka basali qafiif ahgacmaha iyo lugaha ilmaha oo buluug ah	Midabka ilmaha	 <ul style="list-style-type: none">jirka oo buluug ama duglan, carabka oo buluug noqda ama faruurahamidabka jirka balcas/duglanjirka oo jaale noqda

Fiiri bogga kale

Wargelinta bukaanka

Qaabka wicitaanka umusha

Ha soo wicin (waa xaalad caadi ah)



- ilmaha waxey u neefsadaan si ka dhaqso ah mida dadka waaweyn
- neefsasho aan isku xariisanayn
- quurin ama codad ay sameeyaan

Neefsahashad ilmaha

Waa inaad soo wacdaa



- neefsashad oo ka badan 60 jeer daqiiqadii
- neefsashada ook u adag
- cabaad marka neefsashada
- xabadka oo hoos u dega
- duleelka sanka oo aad u furan marka neefsashada

36.5 - 37.5



- 2x maalintii ka cabir Xaraarada dabada
- xaraarada u dhexeysa 36.5°C - 37.5°C
- gacmaha iyo lugaha ilamaha badiyaa waa qabow 24 saac ee hore

Xaraarada ilmaha

↓ 36.5 ↑ 37.5



- xaraarada wey ka hooseysaa 36.5°C
- xaraarada wey ka sareysaa 37.5°C

Wel welka



- haddii aad wel welsan tahay mar walba na soo wac
- haddii warbixinta lagu siiyey aadan fahmin



Wac xafiiska umulisadaada