

Amaanka hurdada ee ilmahaaga



Washington State Department of
CHILDREN, YOUTH & FAMILIES

Kaadhkan waxa uu bixiyaa tilmaamaha amaanka qaar ee la arkay inay yareeyaan khatarta SIDS iyo naqas ku dhaga lama filaanka ah.

*Wixii macluumaad dheeraad ah ee ku saabsan **Amaanka Hurdada** ee ilmahaaga sabiga ah, fadlan booqo websaytyadan:*

SAFE START (**BILAW AMAANKA**)

safestartnw.org

AMERICAN ACADEMY OF PEDIATRICS (**AKADAMIGA MAREYKANKA EE XANUUNADA CARUURTA**)

www.healthychildren.org

MARY BRIDGE CHILDREN'S
(**MARY BRIDGE EE CARUURTA**)

www.marybridge.org/services/childhood-safety/safety-information/help-your-baby-sleep-safely



Sii wad quudinta naasaha iyo laabtu waxay yaraysaa khatarta ilmahaaga ee SIDS.



Cidna kuma garab cabi karto sigaar ilmahaaga. Si aad u hesho kaalmo joojinta sigaarka: www.smokefree.gov.



Ilmahaaga mawada qaatay talaalkii. Tani waxay yarayn kartaa khatarta SIDS.

Haddii aad rabto nuqullo dukumeenti ah oo qaab kale ah ama luuqad kale ah, fadlan la xidhiidh DCYF Constituent Relations (DCYF Xidhiidhada Qaybaha) (1-800-723-4831 | 360-902-8060, ConstRelations@dcyf.wa.gov).

DCYF PUBLICATION FS_0043 SM (08-2022) Somali

Ilaali ilmahaaga ama ankiisa inta uu hurdo.



Waxa aad u baahan tahay meel amaan ah oo ruux walbaaba uu seexan karo. Ku seexashada kursiga fadhiga ama kursigu waa igu khatar.

Marka si wanaagsan ay u socoto naas nuujinta ama laab quudintu waxay lamid tahay sida kadaabada oo kale marka uu ilmuhu jaqayo. Tani waxay yarayn kartaa khatarta SIDS.

Li jiifi dhabarka marka aan habeenkii saxeenayo iyo wakhtiga aan yara seexanayo - marwalba.

Waxa aan u baahanahay furaash wanaagsan iyo go wada gaadhaya. Waa in aanad xoolkayga dhax dhigin bustayaasha, barkimooyinka, xafaayadaha, iyo alaabaadka lagu ciyaaro.

Si wanaagsan iigu labis oo aanan ku dhaxmoonin adiga oo aan i dedeynin inta aan hurdo. Wax yar oo cunto fudud ah inaan cuno way wanaagsan tahay.

Yaree khatarta Sudden Infant Death Syndrome (Xanuunka Dhimashada Kadisada ah ee Ilmaha, SIDS).

Waa in ruux walbaaba oo daryeele ilmahaaga uu garanayaa amaanka hurdada.

Wadaagistu waxaa weeye xaalad khatar oo SIDS oo waxay horseedi kartaa in naqasku igu dhago. Ilmaha waxaa lagu ciijin karaa naqaska hadii:

- Uu dhax galo digaarka iyo jidhka cida haysa; gabadh iyo wiil ay walaalo yihiin, ama gidaarka.
- Daryeelaha ama caruurta kale ee ku jiibsan kara ilmaha yar.
- Hadii ay saaran yihiin sariirta waxyaabah sida barkimooyinka ama sariirta go'yaasha lagu goglo.

Wadaagista qolka ee ilmahaaga waxay ka amaan badan tahay inaad ilmahaaga la wadaagto sariir.

Siday dhigayaan talooyinka 2022 ee American Academy of Pediatrics (Machadka Caafimaadka Caruurta Maraykanka)