

DIS042-SO

Ilmahaada hada ayaa laga soo saaray tuubadiisa caloosha. Laguma beddelin tuubo ama aalad kale.

Meesha waxay caadi ahaan ku xidantaa saddex ilaa todobo maalmood.

Daryeelka meesha caloosha daloosho waa in ay ahaataa sida soo socota:

- Ku dhaq sabuun iyo biyo, ka raaci oo qalaji halmar maalin kasta.
- Dulsaar meesha faashad ah 4x4 oo si giigsan loo laablaabay kuna koolee si adag.
- Markasta oo faashada si buuxdo u qoydo, kafuji, biyo ka raaci meesha, tartiib u qalaji kadib faashad qallalan dulsaar meesha.
- Haddii maqaarka ku xeeran uu xanuun noqdo ama dheecaan casaan ah ka yimaado, ku dabool lakab ah xabagta zinc oxide (Desitin) meesha si ay u difaacdo. Boomaatadan uma baahna maalinkasta in si buuxdo looga dhaqo. Marka la doonayo in si dhameystiran looga nadiifiyo boomaatada, waxaa lagu jilcin karaa ama lagu qafiifin karaa saliida dhallaanka ama saliida wax lagu karsado. Ka dibna meesha waa la tirtiri karaa oo si fiicana loo dhaqi karaa.
- Haddii dheecaanku socdo wixii ka dambeeya laba toddobaad, wac dhakhtarkii ama kalkaalisadii ka saaray tuubada caloosha.

### **Su'aalo ama Dhibaatooyinka**

La xiriir Telehealth Nursing at [651-229-3890](tel:651-229-3890) haddii aad aragto mid ka mid ah kuwan soo socda:

- Qandho ka badan 101.5 F
- Calool xanuun
- matag
- dhiig ka yimaada meesha

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.