

EDR095-SO

Biraha jilibka la geliyo waxaa laga sameeyaa shiraacyo jilicsan, oo leh suuf oo ay hareeraha ka xigaan almuuniyan iyo dun lagu soo xidho (Sida qabadhida ah) suunka. Waxaa loo isticmaalaa meel dhigida qaaliinka ka dib oo sidoo kale waxaa loo isticmaalaa si qaab degen loogu dhigo jilibka.

Sida Loo Codsado

1. Hore u geli lugtaa Biraha jilibka la geliyo. BirahaBiraha jilibka la geliyo waa inuu badntanka lugta yaalo iyaddo fogaan siman u jirta lafta kuraanta ee gudaha iyo gudaha lugta.
2. Si giijsan u xidh suunka meel ka saraysa lafta jilibka. Tani waxay muhiim u tahay sii wadista kala bixinta jilibka.
3. Xidho Biraha jilibka la geliyo guud dharka sida saraawiisha xadhiga leh, bijaamaha ama suraawiisha debecsab.

Daryeelida Biraha lagu taageero lugaha

- Dhaqo gacmaha, hawada ku qalaji.
- Si buuxda u qalaji ka hot inta aanad dib u marin.
- U baadh Birahaaga aad lugta ku taageero si maalinle ah Haddii ay u baahan tahay dayactiritaan, soo wac **651-290-8707** si aad ballan uga qabsato qabiirka kale ee lafaha.

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.