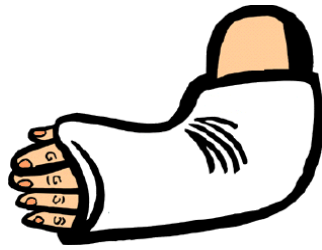


Dillaaca Lafaha

Dillaac waxaa sidoo kale loo yaqaannaa laf jabtay. Laf jabtay waxaa badanaa keena dhicitaan, dhaawac ama shil. Waxaa laga yaabaa in aad u baahato raajo si loo arko haddii ay laf ku jaban tahay. Ka dib marka laftaada (lafahaaga) meeshoodii la isugu keeno, ayaa laga yaabaa in kab lagu saaro ama taageero lagu xoojiyo si lafta (lafaha) dhaawacmay dhaqaaqa looga ilaaliyo. Haddii uu jab xun kugu dhacay iyo dhaawacyo kale, waxaa laga yaabaa in aad u baahato qalliin oo isbitaal lagu dhigo. Lafaha badankoodu waxay ku bogsadaan 6-8 toddobaad.



Meelaha u dhow lafta jabtay waxaa laga yaabaa in ay:

Calaamadaha Dillaaca

• Xanuun leeyihiin

- Daciif noqdaan
- Laga dareemo kabuubyo ama xat-xato
- Bararraan ama diismadaan
- Dhiig-bax haddii uu maqaarku dillaaco
- U ekaadaan kuwo soo godan haddii laftu meesheedii ka baxdo
- Ay adkaato in la dhaqaajiyo

Daryeelkaaga

- Meesha ku dhaawacan kor u qaado oo wadnahaaga ka kor mari sida ugu suuragalsan si aad u yarayso bararidda.
- Isticmaal barkimo si aad kor ugu qaaddo gacanta ama lugta dhaawacantay heer ka sarreeya wadnaha.
- Isticmaal baraf si aad u yarayso xanuunka iyo bararka 1-2 maalmood ee ku xiga. Bac baraf ah dulsaar kabka ama taageerada dhaawaca saaran ilaa 15-20 daqiiqadood saacad kastaba.
- Daawooyinka u qaado sida lagu faray.

Haddii kab lagu saaray:

- Hubi maqaarka ku xeeran kabka maalin walba. Dhakhtarkaaga wac haddii goobo guduudan ama xanuunaya aad isku aragto.
- Burcad ama labeen iska mari meelaha engegay.
- Ha isticmaalin burcad ama boolbare haddii maqaarkaaga barar dheecan leh ku jiro ama meel kabka ka hooseysa laga tolay.
- Maalin kasta timo engejiye isticmaal, ku aaddi meesha ay ku taal (cool) qabow. Tani kabkaaga waxay ka yeeleysaa mid engegan, oo wacan waxayna ka caawinaysaa yaraynta cuncunka.

- Dhakhtarkaaga wac haddii kabkaagu dabco. Kabku wuu durki karaa isagoo maqaarka u keenaya lur.
- Farahaaga ama suulasha dhaqdhaqaaqi. Taasi waxay hagaajinaysaa socodka dhiigga waxayna gacan ka geysanaysaa bogsashada.
- Isticmaal ciddiyo xoqe si aad u xoqdo dhinacyada xanafta leh ee kabka.
- Maqaarka kabka ka hooseeya **ha ku xoqin** wax fiiqan ama af dhuuban.
- Waxa cadaadis ah **ha saarin** qayb ka mid ah kabkaaga ama taageerada maadaama laga yaabo inuu jabo.
- Kabka ama taageerada ka yeel kuwo engegan adigoo dul saaraya bac balaastiko ah marka aad qubeysanayso.
- Isticmaal timo engejiye haddii kabku kaa qoyo.
- Wac dhakhtarka ama rugta caafimaadka si aad u qorsheysato ballan si kabka lagaaga saaro marka ay laftu bogsato ka dib.



Isla markiiba dhakhtarkaaga wac haddii:

- Ay dhibaato kaa qabsato neefsashada, xanuun feedhaha kaa qabto ama aad jahawareerto.
- Aad isku aragto xanuun aan kaa tageynin.
- Maqaarkaaga ama ciddiyaha gacanta ama lugta dhaawacan ay buluug, danbas, qabow ama kabuubyo noqdaan.
- Kabkaagu waxyeelloobo ama kala dillaaco.
- Aad leedahay midabbo cusub ama ur kabka hoostiisa ah.
- Aad bararto kaasoo kabkaagana ka yeelaya mid aad u giigsama.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

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Broken Bones (Bone Fractures) – Somali (Last reviewed 2010)