

Morgan County School District Re-3

District Support Center

715 West Platte Avenue

Fort Morgan, Colorado 80701

Warbixin ku socoto waliidta: marka aad canugaaga aad ku reebikart guriga

Mida uga muhiimsan waa in laga ilaaliyo dadka xanuunsan kuwa caafimaadka qaba. Sidaas dardeed haddi u canugaaga xanuunsanyahay, waxaa qasab ah inaad ku reebtid guriga. Joogitaanka qofka xanuunsan u jooga waxay joojinkartaa faafitaanka xanuunka ama cudurka iyo weli waxay caawninkartaa qofka xanuunsan inu so ficnaado.

Kajawaab su'aalahaan subaxkasto kahor intaadan u dirin canugaaga iskuulka ama meesha xanaanada caruurta:

1. canugaaga maleeyahay qandho kuleelkeeda u gaarayo(100F ama 37.7C) haddi aad haysanin qalabka lagu cabiro qandhada, ku daabo gacantaada jirka canugaaga. Haddi aad dareenta kuleel aan caadi aheyn dabcan canugaaga qandho aya heyso.
2. canugaaga maleeyahay **xuna xanuun, qufac, diif, jir xanuun, mantag ama shuban.**

Haddi aad ku jawaabta “haa” midka mid ah su'aalaha ama labaduba ee gor ku qoran, canugaaga waxaa laga yaaba inu haayo hargab. Ku ilaalay canugaag guriga adigoo u diran iskuulka illa iyo astaamahaasi ay ka dagaan ugu yaraan 24 sacadood ayadoon la isticmaalin wax xanuun baabiye sida Tylenol ama Ibuprofen,

Goorma ayu adiyaa canugeyga dhaqtarka?

Wac daryeelaha caafimaadka haddi u canugaaga u xanuunkisa u saaid yahay. Isticmaal go'aamada aad isticmaali lahayd waqtiga caadiga ah ee hargabka u jiro. Haddi aad hor u arki jirin daryeelaha caafimaadka markaad ku aragtid canugaag calaamadahaan uma baahnid inaad aragtid daryeelaha. Iskulada degmada ee loo yaaqano Re-3 uma baahno cudurdaar kasocoto dhaqtargaaka si u canugaaga u aado iskuulka kadib marku hargab wax u eg u la xanuunsaday.

