



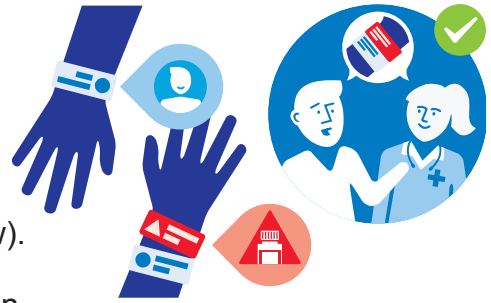
8 talaabo oo sahlan si aad naftaada amaan uga dhigto intaad ku jirto isbitaalka

Waxaad xaq u leedahay daryeel-caafimaad kaas oo leh:

- Ixtiraam
- Wax-qabad
- Amaan

1 Wixii kugu saabsan

- Noo sheeg haddii macluumaadka shakhsiyeed midkood qaldan yahay (Astaanta qoonsiga, cinwaanka, Dhakhtarka guud ama qofka kuugu dhow).
- Noo sheeg haddaad qabto nooc xasaasiyad ah waxaana ku siin doonaa astaan aqoonsi oo guduudan.



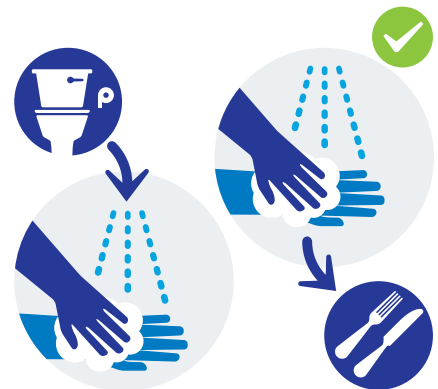
2 Daawooyinkaaga

- Noos sheeg haddii aad qabto xasaasiyad ama aadan fahmin waxa dawooyinkaagu ay yihiin.
- La hadal dhakhtarkaaga ama kalkaalisada caafimaadka ama farmashiye yaqaanka wixii welwel ah oo laga yaabo inaad qabto.
- Weydii haddii ay jirto wax dhib ah oo ka iman karta daawada.
- Haddii daawadaadu isbedeshay sida qaabkeeda, iyo midabkeeda la hadal dhakhtarkaaga wixii ku saabsan sababaha isbedelka keenay.



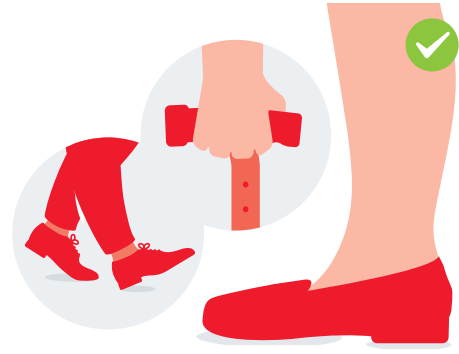
3 Ka hortagga infakshanka

- Dhaq gacmahaaga ka hor iyo ka dib markaad booqato musqusha, iyo cuntada ka hor.
- Ha ka shaki qabin inaad weydiiso shaqaalaha inay gacmaha dhaqdaan inta aanay ku taaban.
- Noo sheeg haddii uu kugu dhacay shuban ama aad hunqaacdo.



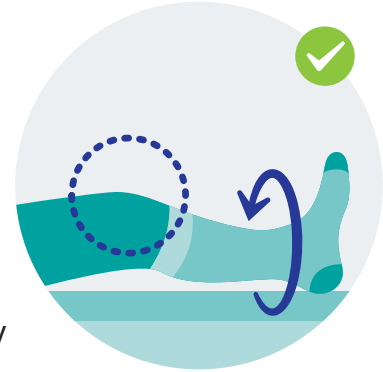
4 Iska ilaalinta kufida

- Gasho kabaha aan kugu dhegaynayn ama kuwa kugu dhegan, ama dacas hoosta rabar ku leh.
- Isticmaal waxaad ku socoto/sida lagu taliyey.
- Haddii aad u baahan tahay caawimo, u weydiiso shaqaalaha si ixtiraam leh.



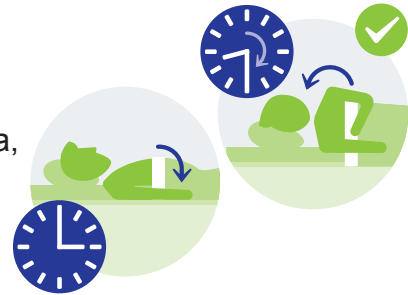
5 Ka hortagga xinjirawga dhiiga

- Gasho dharka isbitaalka haddii sidaas lagu taliyo.
- Isku day inaad dhaqdhaqaaqo intii karaankaaga ah.
- Isku day inaad samayso jimicsi xagasha lugta.
- Biyo cab sida lagu taliyey.
- Qaado kiniiniga khafiifiya dhiiga ama irbadaha siduu ku taliyey dhakhtarku.



6 Nabarada cadaadiska

- Haddii aad awoodo, isku day inaad haysato moobaylkaaga, xataa sariirta dhexdeeda. Na soo wac haddii aad dareemayso qanac la'aan.
- Waan ku faraxsanahay inaan kaa caawino inaad isgedido waxaana ku siin karaa joodari khaasa ama kushin ku taageera.



7 Wax welwel ah ma qabtaa?

- Waxaan halkaan u joognaa in aan ku caawino – Nala hadal haddii aad wax welwel ah qabto ama dareen ku saabsan daaweynta.
- Waxaad bixin kartaa fekrad ama aragti intaad ku jirto ama markaad ka baxdo isbitaalka, shakhsi ahaan, qoraal ama online.



8 Ka bixida isbitaalka

Ka hor inta aadan ka bixin, xaqiiji inaad:

- Wadato warqadii ka bixida
- Inaad wadato daawadaadii/xaashida daawada laguuna sharxay
- Aad taqaan sidaad noola xiriirto karto haddii aad qabto wax su'aalla ama welwel ah
- Aad taqaan ballantaada soo socota.

