



**SEATTLE
PUBLIC
SCHOOLS**

SOMALI

Principal's Name Here
School Name Here
School Address Here
City, State, Zip Here
Phone Number Here

ARJIGA DIIWAANGALINTA CAAFIMAADKA

Magaca Ardayga _____ Fasal _____ Dhashay _____

Waalid/Wakiil Magac iyo Adarays _____

Dariiq _____ *Magaalo* _____ *Zip Code* _____

Telefoon Guri _____ Telefoon Shaqo Waalid/Wakiil _____

Telefoon Shaqo Waalid/Wakiil _____ Telefoonka Gacanta Waalid/Wakiil _____

Teffoonka Gacanta Waalid/Wakiil _____ Pager/Telefoon Kale _____

Telefoonka Emergensiga loo waco _____ Waxay Ardayga isku yihiin _____

Magaca Emergensiga la waco _____

Dugsigii udanbeeyey ee ardaygu dhigtay (Magaca Dugsiga) _____

Magaca iyo telefoonka Dhakhtarka ama Cusbitaalka _____ Wakhtigii ugu danbeeyey _____

TARIKHDA CAAFIMAADKA ARDAYGA

Ardaygu Maqabaa...	MAY	HAA	Ardaygu Maqabaa...	MA	HAA
...indho xumid?			...mindhicir xumo?		
...ma xidhaa muraayada indhaha?			...kaadi hays xumo?		
...ma xidhaa kuwo indhaha gala?			...ilka xumo?		
...dhago xumid?			...niyad jab ama walaac?		
...dhiig yarid?			...kaadi macaan? * <i>firi xaga kale</i>		
...wax jidhkiisu diido?			...wax qiiro la xidhiidha?		
...wax jidhkiisu diido oonu u dhawaan karin? ** <i>firi xaga kale</i>			...suuxdin?		
...xiiq neeftu ku dhagto?			...dhibaato xaga wadnaha ah?		
...cuduradan ADD/ADHD?			...ardayga waligii dhaawac xumi masoo gaadhay?		
			wax kaloo la xidhiidh cudurada?		

Hadii jawaabtu tahay HAA, midka mida su'aalaha miyaa ardayga la geeyey dhakhtarka arintaa darteed? fadlan sharax: _____

Ardaygu wax daaawo ah ma qaataa? _____ Haduu qaato fadlan sharax _____

Ardaygu muu u baahan yahay inuu daawada ku qaato dugsiga? _____ Ardayda u baahan daawada (tuloqoray ama tu kale) dugsiga dhexdiisa **WAA INAY** haystaan warqad dhakhtar iyo waalidku u saxeexeen. Fadlan lasoo xidhiidh xoghaynta dugsiga ama fiiri www.seattleschools.org (kana baadho arrojida Neerasta Dugsiga) arrojida ogolaanshaha.

fadlan buuxi dhinaca kale . . .

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* KAADI MACAAN

Hadii ardaygu qabo kaadi macaan, waxay hoos iman karaan xukun cusub oo ka yimid gobolka oo ku saabsan ardayda qabta kaadi macaanta, oo odhanaya waa in la raaco qorshayaal khaasa. Hadii ardaygaagu qabo macaan, fadlan lasoo xidhiidh neerasta dugsiga si ay kaaga caawiso qoritaanka qorshahan.

** JIDH DIID (ANAPHYLAXIS)

Hadii ardaygaagu qabo alarji ku dhaca jidhka, fadlan ka jawaab su'aalahan soo socda:

1. Muxuu ardaygaagu alarji ku yahay _____
2. Siduu ardaygaagu noqdaa _____
3. Goormaa ugu danbaysay ee tani ku dhacday _____
4. Miyaa ardayga loo qoray daawooyinkan (epinephrine or Epi-pen?) _____
Haday tahay HAA lasoo xidhiidh neerasta dugsiga _____

Degmadu waxay soo saartay hab looga hor tago jidh diidka (Anaphylaxis). Waa inaad la xidhiidhi neerasta dugsiga si ay kaaga caawiso qorida qorshaha ilmahaaga. Hadii ilmahaaga loo qoray (Epi-pen), sharciga cusub ee dobolku wuxuu dhigayaa in warqada dhakhtarka ee amraysa sida loo daaweynaayo taalo dugsiga kahor intaan ardaygu bilaabin dugsiga.

XAALADAHA NOLOSHA DHAAWICI KARA

Sharciga dobolku wuxuu sheegayaa ardayda qabta xaaladaha nolosha dhaawici kara **INAY** ogolaansho iyo daawoba ku haystaan dugsiga ka hor intaan ardayga dugsiga loo ogolaanin. Noocyada daawooyinka sharcigan soo hoosgalaya waxaa ka mida (meter-dose inhalers, Epi-pens,) iyo kuwa suuxdinta. Hadii sharcigani ardaygaaga khuseeyo, fadlan lasoo xidhiidh neerasta dugsiga si ay kuula eedto sida loo hirgalinayo qorshahan.

Caawinta ardaygaaga darteed, neerastu waxay warbixintan la wadaagi kartaa macalimiinta iyo shaqaalaha dugsiga, si sidegdega xaaladiisa wax looga qabto haday wax ku dhacaan. Hadaad wax su'aalo ah ka qabto ficilkan, fadlan lasoo xidhiidh neerasta dugsiga.

Magaca (Daabac)

Saxeexa

Waxaad u tahay ardayga

Taariikhda maanta