

CUN
KOR
NOLOL

CAAFIGAAD LEH



**Talooyinka
uur caafimaad
ah**

Noqoshada Hooyo qaali ah,

Madooneysaa inaad heshiid canug caafimaad qabo iyo sidoo kale inaad ahaatiid hooyo caafimaad ah. Cunista wanaagsan iyo inaad heshiid caawin daryeel caafimaad oo aad gaartiid riyadaada. WIC waxay bixisaa:

- ✓ Ugudbin daryeel caafimaad iyo adeegyo kale.
- ✓ Aqbaaraha nafaqeynta, cuntada caafimaadka, iyo noloshu wanaagsan.
- ✓ Taageerida naas nuujinta.
- ✓ Baaritanka cuntada caafimaadka ah.

Talooyinka buugan haku badalin talooyinka dhaqtarkaaga. Hoos ku qoro su'aalo inta aadan aadin. Lahadal dhaqtarkaaga xiliga baarida inta aadan dhalin.

Markii aad qaadatiid baarida WIC, waxaad kabarankartaa in badan oo cunis caafimaad ah. WIC waxay leedahay kooxyo nafaqeyn oo adiga iyo hooyooyinka kale ay kabartaan, la wadaag fikradahaada, iyo weydii su'aalo. Waxaan filaneynaa inaad ku faraxdiid WIC.

Daacadnimo,
Shaqaalahaaga WIC

Talaabooyinka xiga:

Hel daryeel inta aadan dhalin

Daryeelka inta aadan dhalin waa xanaanada caafimad ee naagaha uurka leh. Dhaqtar ama kaaliye caafimaad oo sigaar ah utababaran ayaa ku baaro adiga iyo canugaaga inaad fiicantihiin.

Sida caadiga ah baaritaankaaga inta adan dhalin waxay noqoneysaa:

- 1 baar bil walba ee 6da bilood ee ugu horeysa.
- 2 baaritaanada bil walba ee bilaha 7aad iyo 8aad.
- 1 baar isbuuc walba ee bisha 9laad.
- 1 baar 6 isbuuc kadib marka uu canugaaga dhasho (dhalmada kadib).

Hel xanaano inta aadan dhalin sida ugu dhaqsiiha badan markaad umaleysiid inaad uur leedahay. Aad dhamaan baritaanadaada. Waxbadan ayaad kabaran kartaa oo canugaaga iyo sida jirkaaga usu badalayo ku saabsan.

Hadii aad ubaahantahay caawin ah inaad bixiso daryeel inta aadan dhalin lasoo xiriir:

- **Caawinta waaladiinta123:** soo wac 1-800-322-2588 ama booqo parenthelp123.org. Sidoo kale waxay kugu caawin karaan raadinta daawo raqiis ah iyo xarumaha ilkaha, xarumaha WIC, meelaha cuntada, iyo adeegyada kale ee waxtarka leh.
- **Khadka caawinta Washington 2-1-1:** soo wac 211 ama booqo win211.org



Udooro cunto caafimaad leh adiga iyo canugaaga.

QAMADI

6 dii awnsa 168 garaamo
(6 jeer ama kabadan)



KHUDAARTA

2½ koob
(5 jeer ama kabadan)



MIRO

1½ koob
(3 jeer ama kabadan)



CAANAHA

3 koob
3 jeer



BOROTINKA

5 1/2 awnsa 714 garaamo
(ama kabadan)





- Canugaaga siwanaagsan ayuu okorayaa markaad sifiican ucuntiid:
- Maalin walba, cun 5 nooc ee cuntooyin wada socda.

1 kii awnsa waa 1 jeer	Talo
<ul style="list-style-type: none"> • 1 jeex rooti ah ama jabaati • ½ bur salid ama haambeegar • ½ koob bariis karsan, baasto, ama minshaari • 1 koob boorish 	<ul style="list-style-type: none"> • Cun masgada sida: <ul style="list-style-type: none"> - Minshaarida qamadiga - Rootiga baroonka - Bariiska baroonka - Sabuulka ama jabaatiga baroonka
1/2 koob waa 1 jeer	Talooyin
<ul style="list-style-type: none"> • 1 koob qudaar karsan ama ceyriin ah • 2 koob kabaj ama cagaarka caleenta • 1 koob qudaar ama juuska yaanyada 	<ul style="list-style-type: none"> • Cun noocyo badan iyo midibo kala duwan: cagaarka madow, orenji, gaduud, jaale, gadud xigeen, iyo cadaan • Kudar: ukun duban, bariis, baasto, ansalaato, iyo hilibka shiidan
1/2 koob waa 1 jeer	Talooyin
<ul style="list-style-type: none"> • ½ koob miro jarjaran ama karsan • 1 tufaax dhexe, bambeelmo, miro gaduud, iwm. • ½ koob 100% miro juus • ½ koob miro qalalan 	<ul style="list-style-type: none"> • Cun noocyo badan iyo midibo kala duwan: gaduud, jaale, orenji, baluug, cagaar, iyo cadaan • Dul saar miro jeex ama jarjaran boorishkaaga, doolsho, doolshada madow, ama yoogat
1 cup waa 1 jeer	Talooyin
<ul style="list-style-type: none"> • 1 koob caanaha subuga kuyar (1%) ama aan subag laheyn • 1 koob yoogat • 1 ilaa 2 jeex oo jiis ah 	<ul style="list-style-type: none"> • Gado caanaha subaga kuyar (1%) ama aan laheyn • Hadii ay kuugu adagtahay inad caano cabtiid, weydii WIC talooyin
1 kii awnsa waa 1 jeer	Talooyin
<ul style="list-style-type: none"> • 1 kii awnsa 28 garaamo hilib, digaag, balanboolo, ama kaluun • ¼ koob gasaca kaluunka • 1 ukun • ¼ koob digir karsan ama salbuko • 1 qaado looska shiidan 	<ul style="list-style-type: none"> • A 3 dii awnsa 84 garaamo waa cabirka turubka • Cun digir badan sida aad uga heshay WIC; weydiiso sida loo kariyo WIC • Dooro hilibka xoolaha: kari, shiil, ama dub

Tusaale cuntada

Adiga iyo canugaaga waad fiicanaaneysaan markaa si jooqta ah aad u cuntaan cuntada iyo cuntada yar yar. Waakan tusaale cuntada adigoo isticmaalayo qaar ka mid ah cuntooyinka WIC.

Khurac

Ukun
Rooti baroon
Moos
Caano subaga kuyar

Buskud qamadi
Jeexyo jiis ah
Ulaha qudaarta
100% juus

Cuntada yar yare subaxdii

Yoogat kaliya
Jeexyo banbeelmo

Casho

Digaag
Bariis baroon
Karooto
Ansalaato—cagaar, yaanyo
Caano subaga kuyar

Khado

Basbaas iyo digir
Rooti galey ama jabaati
Kabaj
Biyo

Cuntada yar yare e Galabtii



Cunada yar yarka fiican

Markaad rabtiid cuntada yar yar kuwaan mid ka dooro:

- Moos ama miraha kale
- Jeexyo tufaax ama moos lasocdo looska shiidan
- Doolsho lagu sameeyay caano subaga kuyar
- Jeexyo jiis ah oo aad kudareysiid rootiga ladubo
- Ulal karooto ah oo aad kudareysiid ansalaato
- loos iyo sabiib
- Yoogat subaga kuyar
- Juuska yaanyada
- Ukun si adag loo kariyay
- Badarka WIC



Talooyinka cuntada ugu horeysa maqaayadaha

Markaad aadiid? Weydii cuntooyinka ugu horeeya:

- Rooti digaag duban
- Haambeegar ama Jiisbeegar
- Saxanka ugu muhiimsan ansalaato ama ansalaato dhinac
- Bisa dul saran basbaas cagaar ah, yaanyo, iyo mashruum
- Jabaatiga qudaarta iyo hilibka lagu duubo
- Baradho duban oo lasocoto qudaar iyo jiis
- Miraha
- Biyo, caanaha subaga kuyar, ama juuska

Cuntada yar yar

Hadii aysan cunto kaahaynin, iskuday inaad cuntiid cunada yar yar.
Ka dalbo cunto nooc kasta.

Tusaale: Masgada qaboow + Caano subaga kuyar + Moos

NOOCA 1	NOOCA 2	NOOCA 3
Bur saliidka	Jiiska	Kabaj
Baradhada macaan	Jiiska laqaso	Karooto
Masgada qaboow	Yoogatka qabow	Basbaaska cagaaran
Jabaatiga qamadiga	Caano subaga kuyar	Isbiinajka ceyriinka ah
Buskut	Caanaha adag	Yaanyo
Doolshada Maafinka	Doolshada madow	Maraqa yaanyada
Buskudka guryaha	Yoogat	Maraqa qudaarta
Hambeegar	Digir karsan	Tufaax
Baastos	Digaag karsan	Moos
Maraqa baastada	Hilib karsan	Canab
Cuntada qamadiga ama galeyda	Ukun, si adag loo kariyay	Bocor batiiq
Rootiga bisada	Ukun ansalaato	Bambeelmo
Rooti sabiib	Ukun duban	Miro gaduud
Bariis	Hambeegar	Caananaas
Cuntada duuban	Miro (sida looska waaweyn)	Sabiib
Rootiga qamadiga	Looska shiidan	Miraha istarowbari



Tilmaamaha cuntada fiican

- Kudhaq saabun iyo biyo gacmahaaga inta aadan cunin ama diyaarin cunto.
- Ku dhaq biyo qudaarta iyo miraha inta aadan cunin ama karinin.
- Ukari sifiican hilibka, digaaga, balanboolada, kaluunka, iyo cuntada bada.
- Ukari hot dhooga, hilibka jeexjeexan, iyo hilibka qalalan sida hilibka baceysan, hilibka adag, ama hilibka balooniga ilaa uu aad ukar karo inta aadan cunin.
- Hadii aad cuntiid kaluun hal ama waqtiyo badan sibuucii, weydii aqbaaro dheeraad ah WIC ama dhaqtarkaaga.

Qaado fitimiin inta aadan dhalin

Fitimiinka dhalmada kahor waxay leedahay fitimiin dheeraad ah iyo fitimiin B oo caawinaayo koriinka canugaada. Baar si aad u ogaatiid hadii fitimiinka dhalmadaa kahor uu yahay ugu yaraan 150 mcg. Hadii fitimiink dhalmada kahor aad qaadatay aysan laheyn tiradaan, weydii dhaqtarkaaga. Laqaado kaniiniga biyo. Hadii ay kuugu adagtahay qaadashada, lahadal dhaqtarkaaga. Haqaadanin fitimiin kale ilaa dhaqtarkaaga uu kuu qoro.

Ilkahaaga caafimaad ha'ahaadeen.

Si aad u ilaaliso caafimaadka ilkahaaga iyo goosahaaga, hubi inaad:

- Cadayatiid ilkahaaga (iyo carabkaaga) ugu yaraan labo mar maalintii.
- Nadiifi ilkahaaga maalintii labo mar.
- Cab biyo, ha cabin cabitaan sokor leh.
- Hel baaritaan ilko.

Isticmaal caday jilicsan buraashka ilkaha. Si tartiib ah u cadayo. Hadii ilkahaaga ay dhiigaan markaad cadeysaneysiid ama nadiifineysiid, usheeg dhaqtarkaaga.

Noqo qof u firfircoon caafimaadka jirka.

Jirkaaga waxuu ahaada mid firfircoon markaad dhaqdhaqajisiid. Hadii uu dhaho dhaqtarkaaga waa okeey, ahaw mid firfircoon. Socodka iyo dabaasha waa labo wado. Waxaad dareemeysaa wanaag sababtoo ah adiga:

- Waxaad heleysaa tabar badan iyo dareemeysaa daal yar
 - Sifiican usaaxo
 - Walaaca aska daa
 - murqahaaga dhis
 - Yeelo muuqaal fiican

Yeelo waqti aad ku aalmiindeysiid oo 30 daqiiqo ah badanaa ama maalin walba.

Waxaad ukala goyn kartaa saacadaha sidaan oo kale:

- Soco 10 daqiiqo subaxii
- Soco 10 daqiiqo galabtii
- Soco 10 daqiiqo maqribkii



Korodhka culeyska

Cadadka culeys oo ah inaad hesho waxay ku xirantahay culeyskaaga inta aadan uur noqonin. Weydii cabirkaaga miizaan dhaqtarkaaga, kaaliyahaaga, ama shaqaalaha WIC si aad ula socotiid culeyskaaga.

Waxaad ubaahantahay inaad heshiid:

- 25-35 halbeeg hadii aad aheyd culeys caafimaad uurka kahor
- 28-40 halbeeg hadii aad kayareed miizaanka inta aadan uur noqon
- 15-25 halbeeg hadii aad aheyd culeys zaaid ah inta aadan uur noqon
- 11-20 halbeeg hadii aad buurneyd uurka kahor

Korodhka culeyska xiliga uurka waxay caawineysaa korsiiimada canugaaga. Korodhka culeyska joogtada ah wuu fiicanyahay xiliga uurka. Korodhka culeyska bilaha ugu hore waa inuu ahaadaa 1-4 halbeeg. Ayadoo bilaabaneyso bisha 4 raad, laga yaabo inay kuugu siyaado in la eg $\frac{1}{2}$ ilaa hal halbeeg isbuucii.

Si aad u heshiid Korodhka culeyska joogta ah:

- Cun markaad gaajo dareentiid.
- Doorro cunto caafimaad leh oo aad cuntiid.
- Biyo cab.
- Ahaw mid firfircoon adigoo lugeynaayo.

Hadii Korodhka culeyska uu yahay:

- **Mid caadi ah** – laga yaabo in sifudud uu culeyska kaaga udhinmo kadib marka uu canugaaga dhasho.
- **Mid aad uyar** – canugaaga waxuu kudhalan karaa dhaqsi ama mid yar.
- **Mid zaaid ah**– waxaa laga yaaba inay adkaato in miizaankaagu uu is dhimo kadib marka uu canugaaga dhasho.

Kala hadal dhaqtarkaaga Korodhka culeyska ee adiga kuu fiican.

Qoraalo: _____

Ku haay canugaaga nabad iyo caafimaad.

🚫 **Sigaar ha cabin ama ha isticmaalin tubako.**

Hadii aad sigaar cabtiid, canugaaga:

- Laga yaabo inuu kudhasho mid aad uyar ama nolasha kujirado.
- Laga yaabo inay qatar dhimasho sariirta kusoo wajahdo (SIDS).
- Laga yaabo inay qatar dhibaatooyin sambabada sida neef ay soo wajahdo.

Hel caawin aad kujoojiso ama aad askaga dhaaftiid. Lahadal dhaqtarkaaga ama soo wac isteetka joojinta sigaarka Washington 1-800-HADA-JOOJI (1-800-784-8669) ama booqo SmokeFreeWashington.com.

🚫 **Ha cabin biir, qamri, aalkulo, ama cabitaano iskujiro.**

Hadii aad cabtiid, canugaaga:

- Laga yaabo inuu kudhasho si aan habooneen.
- Laga yaabo inuu helo dhibaato caafimaad ama waxbarasho.

Xitaa qamriga mar marka ah canugaaga wuu wax yeeleyn karaa. Caawin hel si aad ujojiso. Lahadal dhaqtarkaaga, soo wac 211 qadka caawinta Washington, ama booqo win211.org

Ha isticmaalin daroogada wadada ama xashiishka.

🚫 Hadii aad isticmaashiiddaroogo, canugaaga:

- Laga yaabo inuu kudhasho mid aad uyar ama nolasha kujirado.
- Laga yaabo inuu kudhasho si aan habooneen.
- Laga yaabo inuu helo dhibaato caafimaad ama waxbarasho.

Hel caawin aad kujoojiso. Lahadal dhaqtarkaaga, soo wac 211 qadka caawinta Washington, ama booqo win211.org

⊘ **Weydii dhaqtarkaaga inta aadan daawo qaadan, laga yaabo inaysan canugaaga amaan u aheyn.** Wixii daawo ah, xitaa kan madaxa, kan shubanka, ama kaniini qabow laga yaabo inuu dhibaateeyo canugaaga.

⊘ **Weydii dhaqtarkaaga inta aadan qaadan dhir daawaadka ama cabin shaaha dhirta; laga yaabo inay wax yeeleyso canugaaga.**

⊘ **Ha cunin cuntada qaarkood.**

Cuntada qaarkood waxay kaadhigi kartaa mid xanuunsan ama wax yeeleyn kartaa canugaaga.

Ha cunin:

- Kaluunka Tilefish, kaluunka swordfish, kaluunka king mackerel, ama libaax badeedka
- Kaalkujirta ceyriinka, ama kaluunka sida sushi ama sashimi
- Aan karin, mar mar ama hilib ceyriin ah, digaag, ama balanboolo
- Hilibka shiidan, jeexyada, ama hilibka laduubo oo aan aadka loo karinin
- Ukunta ceriinka ah ama si fudu loo kariyay
- Hilibka ladubay
- Hot dhooga aan lakarin
- Subag, jiiska-buluuga, subaga cad, ama noocyada Meksikaanka (queso blanco ama queso fresco)
- Caano halaabay ama jiis (ceyriin)
- Juus halaabay ama qamiiray
- Miraha aan karin, sida cagaarka



Dhibaatooyinka uurka

Jirkaaga wuu isbadalaa markaad uur noqotiid. Laga yaabo inaad jiro calool dareentiid 3da bilood ama 4ta bilood ugu horeyso. Carafta iyo cuntooyinka qaarkood laga yaabo inay ku tuurto.

Hadii aad dareentiid jiro ... (Walac):

- Daaqadaha fur si ay hawo nadiif ah kuusoo gasho kaana baxdo.
- Si tartiib ah u istaag markaad kacdiid.
- Banaanka kajoog carafta jiro kuugu rideyso.
- Cun cuntada qabow hadii mida kulul carafteeda ay ku dhibeyso.
- Cun tiro yar oo cunto ah saacad ama labo saac walba.
- Cab biyo, laakin ka qaado kabashoyin yar.

“Walaca” waxuu imaan karaa xili walba oo maalinta kamid ah.



Xitaa hadii aad dareentiid jiro, weli waxaad ubaahantahay biyo iyo cuno. Hadii aadan waxba xamili krin, wac dhaqtarkaaga.

Ayadoo canugaaga sii koraayo, laga yaabo inay caloosho ku xanuuntomarkaad cuntiid. Laga yaabo inay adkaato saxaradaada. Lahadal dhaqtarkaaga hadii dhibaatooyinkaan aad lakulantiid. Haqaadanin wax daawo ah ilaa dhaqtarkaaga kuugu lataliyo. Wakuwaan talooyin qaar ah:

Hadii aad qabtiid gaas ...(calool xanuun):

- Cun 5 ama 6 mar cunto yar yar, ma ahan 2 ama 3 mar oo cuno waaweyn ah.
- Cun cunto aan aad loo dubin ama qoyan.
- Cun cunto uu basbaaska kuyaryahay.
- Lacab biyo yar cuntadaada.
- Socsoco markaad cuntiid kadib.
- Iska ilaali kafeega cabitaanka, kafeega, ama shaaha.



Hadii calooshu ku kacdo:

- Cun cuntada leh faaybarka sida:
 - Khudaarta
 - Miraha
 - Digirta qalalan iyo digirta cagaaran
 - Cuntada qamadiga oo dhan
 - Rootiga qamadiga iyo buskudka
 - Baastada qamadiga
 - Bariiska baroonka
 - Jabaatiga galeyda
- Cab biyo badan, sida biyaha
- Soco markaad cuntiid kadib



★ “Markaan naas nuujinaayo waxaan dareemaa
★ faan. Canugeyga si caafimaad ah iyo xoog leh ayuu
ukoray taasoo ah hadiyada kaliya aan siin karo.”

Sii canugaaga bilowga ugu wanaagsan – Naas nuuji!

Caanaha naaska waa inta kaliya uu ubaahanyahay canugaaga 6da bilood ugu horeysa noloshiisa. Caanahaaga waxay leeyihiin iskudarka sax ah iyo xisaab saxan si aad canugaaga usiisid bilowga noloshiisa. Naas nuujinta adiga xitaa way kuu fiican tahay.

Naas nuujinta hooyooyinka waxay dhahaan:

- “Waxaan dareemaa farxad dheerad ah marka canugeyga ilajiro.”
- “Nuujinta habeenkii way fududahay.”
- “Waqtiga ayay ii baajisaa- Uma baahni inaan caano isku dar daro ama dhalooyin nadiifin.”
- “Lacag ayay ii baajisaa – Uma baahni inaan soo gado caano ama dhalooyin.”

Naas nuujinta waxay difaacdaa caafimaadka canuga.

Caruurta aan lanaas nuujin qatar sare ayay kujiraan oo ah:

- SIDS –Caruurta kudhinta sariirta markay dhashaan
- Xasaasiyad
- Jirooyinka, sida qabowyada, infekshanada iyo sanboorka
- Buurnaanta
- Daacuunka iyo caloosha fadhida

Sidoo kale naas nuujinta hooyooyinka ayay ufiicantahay.

Naas nuujinta waxay kaa caawineysaa:

- Dhaqsi ku noqoshada cabirkaagii hore
- Dhimista qatarta buurnaan, cudurka wadnaha iyo suuxdinta
- Hoseynta qatarta naasaha iyo cudurada kansarka
- Kuhaay lafahaaga kuwa xoogan

Runta naas nuujinta

- ✓ **Khabida su'aalo ku saabsan naas nuujinta waa cadi.** Ka lahadal shaqaalaha WIC su'aalahaaga iyo walaacada.
- ✓ **Waad sameyn kartaa dhamaan caanaha canugaaga ubaahan.** Naas nuujinta canugaaga marwalboo canuga uu baahdo iyo markii laga reebo naas nuujinta 4 ilaa 6 isbuuc waxay difaaceysaa caano keenahaaga.
- ✓ **Haynta canugaaga jirba-jir markaad isbitaal ka joogtiid ama guriga markaad aadiid, waxay kacaawineysaa sameynta caano.**
- ✓ **Naas nuujinta ma ahan inaad xanuunsatiid.** Hadii aad xanuunsatiid, hel caawin. Wac daawe bixiyahaaga, xarumaha WIC, isbitaalada, La Leche League (LLL), qadka caafimaadka qoyska 1-800-322-2588, ama qadka naas nuujinta qaranka 1-800-994-9662 (fadlan ogow: Khadkaan caawinta waa aqbaaro iyo gudbinta adeegyada kaliya mana kuu shegeyso canuunada ama kajawaabeeyso su'aalaha daawooyinka).
- ✓ **Weydii caawin guriga, gaar ahaan malmaha ugu hore.** Weydii qoyska ama saaxibada inay codka gaabiyaan hawlaha gurigana qabtaan iyo ay ilaaliyaan caruurta kale. Aabaha wuu u hayn karaa maqaarba-maqaar canuga, kacaawiyo qubeyska iyo saacada ciyaarta. Caruurta waxay ubaahanyihiin jaceyl badan iyo habsiin iyo saacado nuujinta dheeraad ah.
- ✓ **Haa, waad kulaaban kartaa shaqada ama iskoolka iyo aad sii wadan kartaa nuujinta.** Sharciyada cusub waxay ubaahanyihiin meelo badan oo shaqo inay taageeraan shaqaalaha naaska nuujiyo. Weydii aqbaaro dheeraad ah badroonigaada ama shaqaalaha WIC.
- ✓ **Hooyoyinka nuujiyo way cuni karaan cuntada dooqooda ah!** Uma baahno cunto gaar ah.
- ✓ **Sharciga gobolka Washington waxuu difaacaamarkaad ku niijineysiid fagaaraha.** Ka walwal naas nuujinta fagaaraha? Weydii shaqaalaha WIC.

Ma ogeyd?

- Mararka ugu badan xisaabiyaha iyo faahfaahinta daawada waa amaan marka nuujineysiid. Weydii shaqaalaha WIC ama dhaqtarka canugaaga daawo kasta (xitaa kaniiniga uurka lagu yareeyo, daawooyinka qabow, aspirin, iwm.) oo aad qaadaneysiid.
- kafeega kujira kafeega, shaaha, iyo soodhooyinka qaarkood waxay galaan caanaha naasaha waxay canugaaga kadhigi karaan oooye. Iskuday inaad is kajartiid iyo arag haday ku caawiso.
- Aalkulada way gashaa caanahaaga. Way fiicantahay inaad iska ilaaliso biirta, qamriga, iyo cabitaan isku darka ah. Hadii aad su'aalo qabtiid, weydii dhaqtarka canugaaga ama lataliyaha naas nuujinta.
- Kiimakada sigaarka kujira waxay gashaa caanahaaga. Aska jooji sigaarka hadii aad awoodiid. Hadii aadan joojin Karin, sii wad naas nuujinta iyo:
 - Aska yareey sigaarka sida suurta galka ah oo ugu baan.
 - Banaanka kucab sigaarka kuwa kalena sidaas usheeg.
 - Cab sigaarka kadib markaad nuujiso.
- **Hooyooyinka isticmaalo daroogada banaanka yay san naas nuujin** iyo waa inay iska daysaa isticmaalka daroogada.
- **Hadii hooyo ama ninkeeda uu qabo HIV ama AIDS, ma ahan inay naas nuujiso.** Hadii aad umaleysay inaad qabtiid AIDS ama aad qatar ugu jirtiid, isbaar.

Naso adiga lafa ahaantaada.

Haynta canug waa shaqo adag!

Xiliyada aad dareento daal, shacuur, iyo xanaaq. Laga yaabo xitaa inaad dareento murugo.

Hel waqti aad ku nasato waana nasoo. Haddii aad dareento tabar dari, hel caawin.

- Weydiiso caawin qoyska ama saaxibo.
- Hel qof aad lahadashiid, sida dhaqtarka qoyskaaga. Helista dhaqtar ama kaaliye, wac qadka caafimaadka qoyska 1-800-322-2588.
- Wac taageerida cudurka dhalnada caalamiga qadka 1-800-944-4PPD (1-800-944-4773) saacad kasta oo maalintii ma habeenkii.

Haddii aad umaleysay in aad isdhibaateyneyso adiga ama canugaaga, ka hel caawin deg deg ah soo wac 1-800-273-TALK (1-800-273-8255).

Haddii dhibkaaga uu u egyahaymid weyn, wac qadka Crisis 1-866-4-CRISIS (1-866-427-4747).

Waxaa jira dadka ku daryeelaayo, wac meesha amaanka caruurta hada dhashay 1-877-440-2229 ama booqo safeplacefornewbornswa.org.



Hay'addani waa fursad bixiye loo simanyahay.
Barnaamijka Nafaqadda WIC ee Gobolka Washington ma takoorto .

Dadka naafada ah, xogta warqadan waxaa lagu heli karaa codsi iyaddoo qaabab kale u qoran.
Si aad u gudbiso codsi, fadlan wac 1-800-841-1410 (TDD/TTY 711).