

<b>Kulanka 1:</b>	<b>Tusmada Ka qaybgalaha</b>  <b>Caafimaadka iyo Badqabka I - Daryeelka Carruurta ee Qoyska</b>
<b>2016</b>	<b>2 saacadood</b>

**Xaquuqda daabacaada iyo Xadiyada Adeegsiga iyo Mulkiyada**

Manhajkaan waxaa lagu abuuray deeq ay bixisay Minnesota Department of Human Services (Waaxda Adeegyada Aadanaha ee Minnesota). Minnesota Department of Human Services ma jirto wax matalaad ah oo ay samayso ama ma aqbalayso wax masuuliyad ah oo ka dhalata adeegsiga manhajka ama natiijooyinkiisa. Manhajkaan dib looma daabici karo, lama koobiyaayn karo, lama iibin karo ama haddii kale lama qaybin karo ayadoon ogolaansho qoraal ah laga haysan Minnesota Department of Human Services.

Si aad u codsato ogolaansho qoran ama dib u daabicida wax kamid ah manhajkaan, iimeel u dir [DHS.Child.Care@state.mn.us](mailto:DHS.Child.Care@state.mn.us).

**Guudmar**

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**Madada Naqshada Aqoonta iyo Kartida (KCF), Maadada Kartida Muhiimka ah ee MN, Maadooyinka CDA, Cabirka Tabbabarka Parent Aware**

Maadooyinka aasaasiga ah ee Aqoonta iyo Kartida, Maadada Kartida Muhiimka ah ee MN, Maadooyinka CDA, iyo (sida ku haboon) Cabirada Tabbabarka ee Parent Aware ayaa halkaan ku qoran si ay uga caawiyaan ka qaybgalayaasha inay fahmaan waxa kartiyadu yihiin, maadooyinka iyo/ama cabirada lagu sheegay tabbabarka

Maadada KCF: VII: Caafimaadka, Badqabka iyo Kartida

Nafaqada Aasaasiga ah ee MN: VI: Caafimaadka, Badqabka iyo Kartida Nafaqada

Maadada CDA: Cabirka Tabbabarka ee qorshaynta goob waxbarasho oo amaan iyo caafimaad leh

Parent Aware: Midna

**Higsiyada Waxbarashada**

Inkastoo aan tabbabar kaliya xaqiijin karin ujeedooyinka waxbarashada, waxaa loo samayn karaa inay buuxshaan higsiyada arday kasta. Haddii ka ardaydu ay falgal iyo qaybqaadasho leeyihiin, waxay baran doonaan inay:

- Qoraan afar sheey oo yaraynaysa faafida cudurka caabuqa wata ama xanuunka kale ee ilmaha ku dhex faafaaya
- Aqoonsadaan laba sheey oo yarayn kara khatarta in carruurta qaado maadooyinka xasaasiyada
- Aqoonsadaan oo ay Kahortagaan Xadgudubka iyo Dayacaada Ilmaha
- Qeexaan habraacyada bixinta daawooyin caafimaad leh



**Dulmarka iyo Qoraalada Kulanka - Adeegso meesha banaan ee qaybtaan si aad ugu qorto fikradaha iskaa ah daraasada danbe ama qorshaynta talaabada!**

**Dulmarka Qaybta - Fikradaha Muhiimka ah**

**A. Horudhac**

- Sheeg higsiyada
- Sheeg bandhiggaha
- Sheeg ka qaybgalayaasha
- K-W-L

**B. Horudhaca Yaraynta Cudurka Caabuqa**

**Wata/kala saarida fikradaha**

- Hubinta Caafimaad ee Maalinlaha ah
  - Calaamadaha iyo astaamaha Xanuunnada guud
  - Xanuunada lasoo sheegi karo
- Farxalka
  - Si joogto ah
  - Goorma auu farxalku qasab yahay? Maxaa lagu talinayaa?
- Nadiifinta, sifaynta iyo Daawaynta Jeermiska
  - Qeexitaannada iyo tusaalayaasha
  - Jadwalada shaqooyinka
- Xarunta ka saarida Carruurta Jiran
  - Marka ilmo aarid loo baahan yahay
  - Habraacyada xarun kasaarida
- Digniinaha caalamiga ah
  - Waa kuwee xanuunada noqon kara kuwo 'dhiiga ka dhasha'
  - Maxay kadhigan tahay inaad raacdo digniinaha "caalamiga ah"
  - Taageerida adeegsiga Digniinaha caalamiga ah
- Talaalka (ayna ku jiraan irbadaha Hargabka)
  - Jadwalada talaalka
  - Dhiiri gelinta talaalka

**C. Kahortaga Xadgudubka iyo Dayacaada**

- Shaqada -Waa maxay Xadgudub iyo Dayacaad
- Bandhiga - Kahortaga Xadgudub

**D. Siinta Daawada**

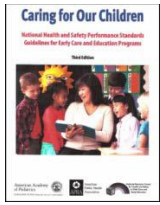
- Xeerarka/Tilmaamaha
- 5 Qaab ee saxan

**E. Kahortaga iyo ka Jawaabida Xaaladaha Degdega ah sabab la xariirta jawaabaha cuntada iyo xasaasiyada**

- Guudmarka
- Doorka Adeeg bixiyaasha
- Gurmada Degdega ah

**F. Xirista iyo dib u eegista ugu danbaysa ee higsiyada koorsada**

- Hubi higsiyada
- Muujinta shaqsiga ah iyo talaabooyinka xigga
- Qiimaynta xiisada (haddii la adeegsaday)



## Horudhac

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Ilaha muhiimka ah: Labadaan ilood ayaa aasaas u ah mawduuca inta badan xiisadaan.

**Daryeelida Carruurteena: Heerarka Qaran ee Dadaalka Caafimaadka iyo Badqabka; Tilmaamaha Barnaamijyada Daryeelka ilmaha yar iyo waxbarashada, Daabacaada 3aad.** <http://cfoc.nrckids.org/>

Xeerarka Xeerka 2 ee Ruqsadaynta MN e Adeeg bixiyaha daryeelka caruurta ee qoyska: [Xeerka 2](#)

## Yaraynta Cudurka Caabuqa wata iyo Xanuunada Kale

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Shaxda cudurada ugu badan ee ku faafa goobaha daryeelka carruurta:

<https://www.healthed.govt.nz/system/files/resource-files/HE1215%20Infectious%20Diseases.pdf>

Lifaaqa A, Daryeelida Carruurteena: Heerarka Qaran ee Caafimaadka iyo Badqabka [http://cfoc.nrckids.org/WebFiles/CFOC3\\_updated\\_final.pdf](http://cfoc.nrckids.org/WebFiles/CFOC3_updated_final.pdf)

Cudurada Caabuqa wata ee ka jira Xarumaha Daryeelka Carruurta iyo Dugsiyada. <http://www.hennepin.us/residents/health-medical/infectious-diseases>

## Farxalka

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<http://www.health.state.mn.us/handhygiene/wash/dontforget.html>

## Nadiifinta, sifaynta iyo Daawaynta Jeermiska

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Kalasoo bax jadwalka farsamada ugu wanaagsan oo buuxa ee nadiifinta, sifaynta iyo Daawaynta Jeermiska laynka oo ah

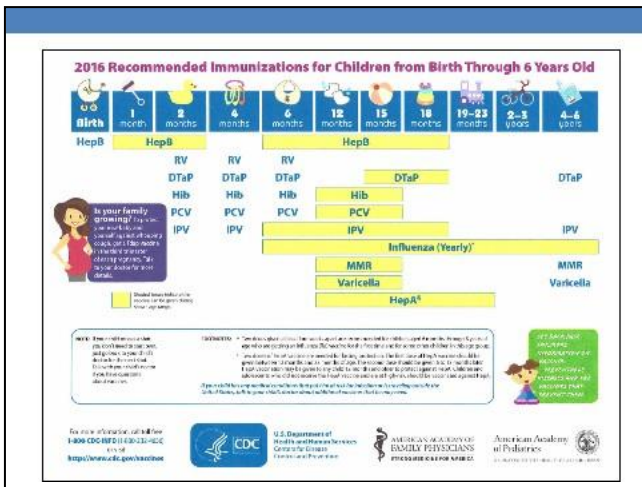
<http://cfoc.nrckids.org/WebFiles/AppendicesUpload/AppendixK.pdf>

Caafimaadka iyo Badqabka I - FCC

## Ka saarida Carruurta Jiran Daryeelka

Heerarka Farsamada Ugu Haboon  
<http://cfoc.nrckids.org/StandardView/3.6.1.1>

## Talaallada



Oon oonleen looga  
heli karo

Xarunta Xakameynta iyo Ka hortaga  
Cudurada (Center for Disease Control  
and Prevention). Jadwalada talaalka ee  
CDC

<http://www.cdc.gov/vaccines/parents/d>

## Kahortaga Xadgudubka iyo Dayacaada Ilmaha

Sharciyada MN 626.556: <https://www.revisor.mn.gov/>

Tusmada Xogta Warbixiyaasha Qasban ee Ciladaha Xadgudubka Kadhanka ah Ilmaha:  
<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-2917-ENG>

Hadda jooji  
<http://www.stopitnow.org/>

Xarunta Qaran ee Xanuunka Ku dhaca  
ilmaha La ruxay <http://dontshake.org/>

## Xasaasiyaadka iyo Falcelinta Xasaasiyada

Xogta Daryeelida Carruurteena: <http://cfoc.nrckids.org/StandardView/4.2.0.10>

Sanbalada Qorshayaasha Daryeelka Xaalada Degdega ah:  
<http://www.aafa.org/media/Anaphylaxis-Emergency-Action-Plan.pdf>  
<http://www.foodallergy.org/file/emergency-care-plan.pdf>

## Muujiinta iyo Qorshaynta Talaabada

Caafimaadka iyo Badqabka I - FCC

Qaado dhawr daqiiqo si aad u muujiso waxa aad ku baratay xiisadaan fasalka. U adeegso meelaha banaan ee hoose si aad u qabato fikrado iyo qorshayaasha talaabada.

Xiisadaan waxaan ku

Xiisadaan waxay ugu dhalisay

Marka laga eego waxaan bartay, waxaayabaha aan