

Jooji Jeermiska, Jooji Hargabka!

Ma ku hayaa Hargabku? Naftaada weydii laba su'aalood oo deg-deg ah:

1. Ma leedahay xummad?
2. Ma leedahay astaamo kale? Qufac, cuno xannuun, jidh xannuun, madax xannuun, qandho, shuban ama Matag?

Haddii ay jawaabtaadu tahay **HAA** labadoodaba, waxa laga yaabaa in aad qabto Hargabka.

Haddii aad qabto Hargabka, Maxaa kula gudboon in aad sameyso?

- Guriga joog, cab dareere badan oo naso.
- Ilaali caafimaadka dadka kale adiga oo ka dheeraanaya meelaha dadku isugu yimaado, daboolaya qufacaaga, inta badana dhaqaya gacmahaaga.

Haddii aanad soo caafimaadayn, fadlan la hadal dhakhtarkaaga caafimaadka.

Haddii aad u baahan tahay xannaano caafimaad oo aanad lahayn dhakhtar caafimaad ama caymis caafimaad, wac **Barnaamijka Helitaanka Caafimaadka Bulshada ee 800-756-5437**.
Laguma weydiin doono caddaynta xaaladdaada muhaajirnimo.

Joog guriga marka aad xanuunsan tahay



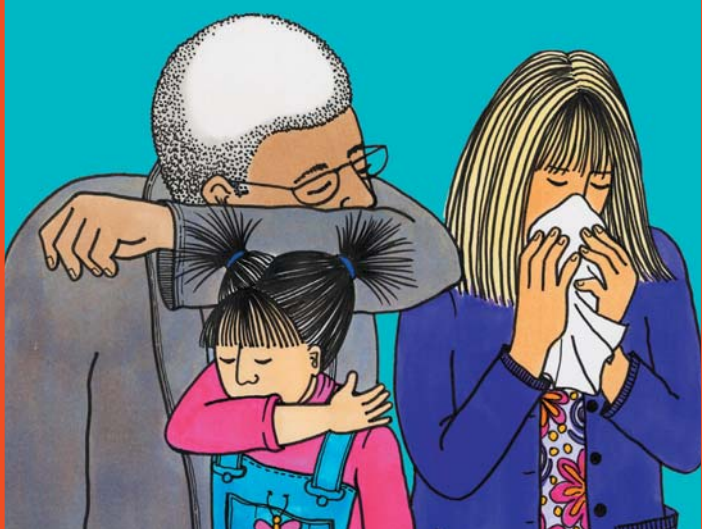
Dhaq gacmaha in badan muddo 20 sekan



**Ma dhaqi kartid?
Isticmaal nadiifiyaha gacanta ee ku saleysan alkolada**



Dabool qufaca iyo hindhisada



Public Health

Seattle & King County



Si aad u hesho macluumaad dheeraad ah booqo:

www.kingcounty.gov/health

Qaabab fayl oo kala duwan ayaa la heli karaa marka la soo codsado.