

# Qufacaaga Dabool



1. Waxaad dabooshaa afkaaga iyo sankaa marka aad qufacaysid, hindhisaysid ama aad diifsaneysid.



2. Safaleetiga xaashida ah ee aad isticmaashid waxaad ku dartaa qashinka.



3. Haddii aadan haysan safaleetiga xaashida ah, waxaad ku qufacdaa ama hindhistaa garabkaaga, aan ahayn gacmahaaga.



4. Waxaad gacmahaaga ku nadiifisaa saabuun iyo biyo diiran ama gacmo nadiifiyaha (oo uu ku jiro ugu yaraan aalkolka 60%).

## Jooji Faafidda Jeermiska

### Marwalba Qufacaaga Dabool

- Qufacaaga ama hindhisyadaada oo aad dabooshid waxaa ay joojinaysaa in uu jeermiska faafo.
- Haddii aadan haysan safaleeti xaashi ah, waxaad ku qufacdaa ama hindhistaa garabkaaga.
- Ka fogow dadka qufacaya ama hindhisaya (in ka badan hal mitir/seddex cagood).

## **Jooji Faafidda Jeermiska: Marwalba Qufacaaga Dabool**

### **Waa maxay sababta aan afkayga iyo sankayga maro ugu daboolayo marka aan qufaco ama hindhiso?**

Jeermiska sida hargabka, fayrsuka hargabka, iyo weliba qufaca hiiq dheerta waxaa uu ku faafaa qufaca ama hindhisada. Marka aad ku qufacdid ama hindhistid gacmahaaga, gacmahaaga waxaa ay sitaan ayna faafiyaan jeermiska. Marka aad taabatid qof kale ama shey sida albaabka, gacmo qabsiga tareenka dhulka hoostiisa mara, taleefanka ama makiinada kaarka oo gacmaha lagu taabto aan nadiif ahayn, waxaad faafinaysaa jeermiska. Qofka jeermiskan ku qaada gacmahooda waxaa laga yaabaa in ay xanuunsadaan haddii aysan gacmaha iska dhaqin inta aysan ku taaban indhahooda, sankooda ama afkooda.

### **Sideen uga hortagaa in uu jeermiska faafo haddii aan xanuunsado?**

Si aad jeermiska u joojisid:

- Waxaad afkaaga iyo sanku ku daboolshaa safaleeti marka aad qufacaysid ama hindhisaysid.
- Safaleetiga xaashida ah ee aad isticmaashid waxaad ku dartaa qashinka. Gacmahaaga waxaad ku dhaqdaa saabuun iyo biyo diiran ama gacmo nadiifiyaha aalkolka leh.
- Haddii aadan haysan safaleetiga xaashida ah, waxaad ku qufacdaa ama hindhistaa garabkaaga, aan ahayn gacmahaaga.
- Dadka ka fogow (in ka badan hal mitir / seddex cagood).
- Aqalkaaga joog haddii aad xanuunsan tahay.
- Cidna ha la qaybsan maacuunta (tus., koobabka ama shayga cabitaanka lagu dhooqo), cadayga ama shukumaanada.

### **Sidee ayaan caafimaad u heli karaa?**

- Gacmahaada marwalba nadiif ha ahaadaan. Waxaad gacmahaaga ku nadiifisaa saabuun iyo biyo diiran. Marka aysan gacmaha wasakh aad ah lahayn waxaad isticmaali kartaa gacmo nadiifiyaha oo uu ku jiro ugu yaraan aalkolka 60%.
- Isku day in aadan taaban indhahaaga, sanku, ama afka. Jeermiska waxaa caadi ahaan laga qaadaa marka aad taabatid shey jeermiska qaba kaddibna aad taabatid gacmahaaga oo aan nadiif ahayn indhahaaga, sanku ama afka.
- Ka fogow dadka qufacaya ama hindhisaya (in ka badan hal mitir / seddex cagood).
- Iska tallaal hargabka (tallaalka hargabka) sanad walba.
- Waxaad barataa dhaqanka caafimaadka fiican leh – waxaad cuntaa cunto caafimaad leh, caadi ahaan jirdhis samee, nasasho fiicana hel.

### **Xaggee baan ka heli karaa macluumaad dheeraad ah?**

Waxaad ka wacdaa Toronto Health Connection (Xiriirka Caafimaadka Toronto): 416-338-7600, TTY: 416-392-0658, ama waxaad booqataa bogga-yaga ee internetka [www.toronto.ca/health](http://www.toronto.ca/health).