

Qoraalka Daryeelka Caafimaadka Kahor Safarka Dibada

Ilaali badqabka adiga iyo qoyskaaga oo wakhti fiican u raadi inta aad safarkaaga ku guda jirtid dhakhtarna u tag kahor inta aadan dibada u safrin Booqo rugta caafimaadka safarka, ama haddii aadan awoodin inaad aado rugta caafimaadka safarka booqo rugtaada daryeelka guud ee caafimaadka si aad ugala hadasho safarkaaga.

Waa muhiim inaad u tagto dhakhtar xattaa haddii aad u safrayso wadanka aad ku noolaan jirtay ama booqatay hadda kahor. Waxaa laga yaabaa in xanuuno cusub ka jiraan deegaanka ama waxaad khatar dheeri ah u geli kartaa in kabadan sidii hore. Haddii uu kuu qorsheysan yahay safar dibada ah dhawaan, xaqiiji inaad mudeysato booqashada rugta caafimaadka sida ugu dhakhsaha badan marka aad samaysanayso balamahaaga sida fiicana ugu yaraan bil kahor inta aadan bixin haddii aad u baahato daawooyinka iyo talaallada safarkaaga. Hase yeeshee, marna maaha xili danbe in aad tagto rugta caafimaadka safarka. Qaar kamid ah rugaha caafimaadka safarada ayaa la tagi karaa bilaa ballan ama daqiiqadaha ugu dambeeya ee xilliga ballanta haddii aadan awoodin inaad ballan hore sii qabsato. Rugaha caafimaadka safarka ayaa u furan qof kasta!

Kahor ballantaada, eeg qarashka iyo caymiska booqashadaada Wac shirkadaada caymiska ama rugta caafimaadka ee aad dooneyso inaad booqato. Waxaad sidoo kale ka heli kartaa rugaha caafimaadka ee qiimaha jaban ama bilaashka ah ee ku yaal gudaha Minnesota haddii dhaqaaluhu caqabad kugu yahay si aad u tagto rug caafimaad kahor safarka.

Inta lagu jiro balantaada, u sheeg dhakhtarkaaga haddii aad ka walwalsan tahay qiimaha daawooyinka ama talaallada. Waa inaad sidoo kale u sheegtaa dhakhtarkaaga sadexdaan waxyaabood:

Meesha aad u safrayso (ayna ku jiraan wadamada gaarka ah iyo goobaha gudaha wadanka),

Mudada aad maqnaan doonto,

iyo waxa aad samayn doonto inta aad safrayso.

Waxaad sidoo kale u baahan tahay inaad kala hadasho xanuuno kasta oo aad qabi karto sida sonkoroowga ama dhiigkarka, daawooyinka aad hadda cunto, iyo xasaasiyaadka.

Haddii aad dareemayso xanuun kadib marka aad kasoo laabato safarkaaga, ku laabo dhakhtarkaaga safarka kadib oo xaqiiji inaad u sheegto dhakhaatiirta inaad wadamo dibada ah u safartay.

Baaritaannada kahor safarka ayaa muhiimada lagu saaraa in lagaaga difaaco adiga iyo ehelkaaga inta aad dibada u safrayso lagaagana caawiyo inaad ku hesho baashaal iyo wakhti fiican dibada. Qabso ballan si aad u hesho waxa aad u baahan tahay ee ku saabsan safarkaaga.

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Si aad xogtaan ugu hesho qaabab kale, wac: 651-201-5414.