

Badbaadada Hurdo ee Dhalanka Garo A-B-Cs



Garo xaqiiqooyinka

Ilmahu waa uu dhiman karaan marka uu hurdo ama hurdo gaaban kujiro. Dhimashooyinka hurdada la xidhiidha ee dhallaanka waalaga hortaggi karaa. Carruurta seexata ama jiifsata jawi aan badbaado ahayn waxay halis ugu jiraan u dhimashada si kedis ah oo lama filaan ah muddada hurdada. Qaabka ugu wanaagsan ee looga horaggo masiibada waa in la habsado in ilmaha meesha uu jiifo iyo boosku uu badbaado yahay. Qof kasta oo daryeela carruurta waa inuu gartaa xaqiiqooyinkan si ay u badbaadiyaan carruurta.

Had iyo jeer

Xusuuso A-B-C hurdada badbaada leh

- **ALONE (KELIGOOD)**: Dhallaanku waa inay had iyo jeer u seexdaan ama jiifsadaan keligood.
- **BACK (DHABARKA)**: Had iyo jeer ilmahaagu dhabarka u jiifi si uu u seexdo ama hurdo gaaban u galo.
- **CRIB (XROOLKA)**: Carruurta waa inay had iyo jeer seexdaan ama hurdo gaaban seexdaan xoolkooda badbaadada loo ansixiyay ama goobta ciyaarta. Ha ku gijinin go'yaasha, buushka

hareerta lagaga xidhixoolka, bustayasha, caagaga carruurta ama barkimooyinka xoolka si looga hortaggo masiibooyinka la xidhiidha hurdada.

Weligaa

- **Weligaa** ha la seexin carruurta ama hala jiifin dad kale, xawayaan rabaayad ah, ama waxlaha wax lagu guray ee xawayaan loo eekaysiiyay. Carruurta la wadaaga oogada jiifka dadka kale ama walxaha waxay halis kordhaysa ugu jiraan in neefta lagu cabudhiyo.
- **Weligaa** ha u seexin ama ha u jiifin carruurta calooshooda. Tani waxay sababi kartaa in neeftu ku dhefto oo ay ku adkaato inay neefsadaan.
- **Marnaa** haku seexinin carruurta sariiraha dadka waa wayn, kuraasida buushka ah, kursiga tiirsiga leh, kuraasida meel gacmaha la saaro leh, furaashaan isbiriin lahayn, kursiga buushka ah ee labbada qof loogu talo galay ama kuraasta gawaadhida iyo suunka ilmaha laga laa laadiyo. Waa inay ku seexdaan xoolkooda badbaado ahaan loo ansixiyay ama goobta ciyaarta ee leh furaash gijisan iyo go' leeg.

Wixii macluumaad dheeraad ah

Consumer Product Safety Commission (CPSC) Crib Information Center

(<https://www.cpsc.gov/SafeSleep>)

Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)

(<https://safetosleep.nichd.nih.gov/>)

Minnesota Department of Health (MDH)

(<https://www.health.state.mn.us/people/womeninfants/infantmort/suids.html>)



Waaxda Caafimaadka ee Minnesota waxaanu u shaqaynaa dhammaan dadka iyo bulshooyinka inay ka helaan waxay u baahanyihiin si ay u noqdaan kuwa caafimaad qaba.

Naga soo booqo www.health.state.mn.us

Si aad ugu hesho macluumaad qaab ka duwan , wac 651-201-3650. Lagu daabacay warqad dib loo warshadayn karo. 01/24