

Jeegareynta Ilkaha

Maxay tahay 'Kor u qaad Bishinta'?

- 'Kor u qaadida Bishinta' waa farsamo loo isticmaalo si joogta ah si looga jeegareeyo calaamadaha bololka ilkaha ilmaha.
- Waa in si sahal ah kor iyo dib loogu qaado bishinta ilmaha si loo arko wixii dhibaato ah ee soo socota.

Goormaan bishinta kor u qaadayaa?

- Jeegareynta afka ayaa lagu talinayaa inta lagu jiro jeegareynta caafimaadka ilmaha bilaha 6-8, 12 bilood, 18 bilood, iyo 1, 3 iyo 4 sanno jir. (Tixraac *Diiwaanka Caafimaadkayga ugu horeeya 'buugga buluuga ah'* http://www.health.nsw.gov.au/pubs/2008/pdf/child_personal_health_record_1-40.pdf)
- Waalidka/xannaaneeyayaasha waa inay bilaabaan jeegareynta ilkaha ilmahooda isla markay soo baxaan qiyaastii ilaa 6 bilood.
- Haddii aad dareento dhibco maddow ama cad waa inaad u geysaa ilmahaaga jeegareynta ilkaha ee aqoon yahanka ilkaha.

Booqashada Ilkaha ee ugu Horeysa

Goormay ilmahaagu booqashada ugu horeysa ee ilkaha yeelan doonaan?

- Dhammaan carruurta waa in lagu jeegareeyaa ilkahooda dhammaan booqashooyinka caafimaad ee ilmaha (Tixraac *Diiwaanka Caafimaadkayga ugu horeeya 'buugga buluuga ah'*)
- Dhammaan carruurta waa inay yeeshaan qiimeynta ilkaha ee aqoon yahanka ilkaha dhammaadka sannadkooda 2aad.

Adeegyada Turjumaanka

Haddii aad u baahan tahay turjumaan si aad ula xiriirto adeegyada ama turjumaada kore, fadlan ka wac Adeega Turjumaada Afka iyo Qoraalka (TIS) 13 14 50.

Wixii ah macluumaad kale oo caafimaad oo luuqado kale ah gal www.mhcs.health.nsw.gov.au