10ka xog ee ugu sarrayso ee caafimaadka leh Ammaaka carruurta u leh

Sida ay go'aamisay u kuurgelidda degmada Franklin ee Halista carruurta ku imaan karto

Columbus Public Health
Healthier, Safer People

Columbus Public Health
Healthier, Safer People

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La daabacay August, 2007

Hordhac

Dhalashada canugga waxaa laga yaabaa inay tahay wakhtiga ugu xamaasadda iyo farxadda badan ee nolosha waalidka. Sidoo kale waa wakhti ay ka buuxaan su'aalo ah sida loogu hayo canugga caafimaad-qab iyo ammaan. Buugganyar waxaa loo naqshadeeyey in lagu caawiyo waalidka sidii ay ku garan lahaayeen halisaha soo hujuumi karta fayaqabka carruurtooda iyo in la siiyo xogta lagama maarmaanka ah iyo ilo, si ay u saadaaliyaan halisaha una ogaadaan wixii ay uga hortagi lahaayeen. 10ka ammuurood ee ugu sarreeyo ee looga hadlay buug-yarahan waxaa go'aamiyey waxqabadkii dib u eegidda halisahaha ee degmada Franklin. (FCCFR)

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1. Hel Daryeel Dhalmada Ka hor

Helitaankaga daryeel hore, canuggaagu wuxuu haystaa fursadda ugu wacan ee caafimaad ku dhalasho. Carruurta ay dhasha hooyada aan daryeel hore helin wuxuu seddex jibbaar u badanyahay inuu ku dhasho miisaan hoose, shan jibbaarna wuxuu u badanyahay inuu dhinto marka la barbardhigo carruurta hooyada daryeelka heshay muddadii uurka. Degmada Franklin, miisaan hoose ku-dhalashada/dhicisnimada waa sababta hormuudka ka ah dhamashada ilmaha dhasha ah. Daryeel ku filan uu uur la'aanteed, natiijooyin xun, sida dhimashada ilamaha saqiirka ah, ayaa ah mid badan inay dhacdo. Si aad u xaqiijiso inaad hesho daryeel uur dhalidda ka hor:

- Arag dhakhat aad kala hadasho daryeelka ka hor intaanad uurka yeelan.
- Arag dhakhar sida ugu dhaqsiyaha badan marka aad u malayso inaad uur leedahay.
- Si joogta ah dhakhar u arag ka hor iyo kadib marka aad dhasho canugga.

Haddii aanad caymiis lahayn, ama caymiska samafalka haysato (Medicaid), ku xiridda daryeelka uurka ayaa kaa caawin kara sidii aad ugu xiri kara kuguna xariirin kara daryeel iyo adeegyo. Xog dheeraad ah ama si aad ballan u samaysato, Wac 614-227-9866 (i - J 8:30subax – 4:30galab).

Dhammaan dumarka waxay aadi karaan Waaxda Caafimaadka Bulshada Xarunta Caafimaadka Dumarka si ay u helaan adeegyo uur/xanuuno iyo daryeel dumar. Caymisyada ay ku jiraan kan samafalka ee Medicaid waa la aqbalaa, khidmad ku salaysan dakhli, daryeelna waa lagu siin doonaa xitaa haddii aanad awoodin inaad iska bixiso. Saacadaha waa inaad ballan ka qabsato:

- Xarunta Dumarka ee Bariga, 240 Parsons Ave., Columbus, Ohio 43215, 614-645-6424 (obstetrics) 614-645-1850 (gynecology)
- Xarunta Dumarka ee Waqooyiga, 1390 Cleveland Ave., Columbus, Ohio 43211, 614-645-1968
- Xarunta Dumarka ee Galbeedka, 3556 Sullivant Ave., Suite 205, Columbus, Ohio 43204, 614-645-5040

2. Xaqiiji in Ilmahaagu Si ammaan ah u seexdo

Dhimashooyinka la xariira dhimashada, oo ay ku jirto Calaamadaha dhimashada degdegga ah waa sababta labaad ee hormuudka ka ah dhimashada carruurta halka sano ka yar degmada Franklin. Xaqiijinta halka uu canuggaagu seexdo inay ammaantahay waxay yarayn kartaa halista dhimashada jiifka la xariirta. Se-exada Ammaanka ah:

- Marwalba canugga dhabar u seexi, xitaa marka gam'a yar uu qaadanayo.
- Canugga ku meelaa boos adag, sida sariirta carruurta oo joodari adag leh oo ammaankeeda la ansixiyey marnaba ha ku seexin joodariga dadka waaweyn, kursi, barkimo, ama aalad kale oo dabacsan/jilicsan.
- Shay jilicsan, aalad lagu ciyaaro, ama maro go'an ha dhigin goobta jiifka ee canugga.
- Sigaar laguma cabbi karo agagaarka canuggaaga.
- Goobta jiifka canuggaaga ha u dhawaato, hase ka durugsanaato halka aad adiga iyo dadka kale seexataan.
- Isticmaal shay uu jaqo oo nadiif ah oo qallalan afka u geli marka aad canuggaaga seexinayso.
- Xaqiiji in canuggu aanu aad u kululaanin dhar fududna u xir marka aad seexinayso.

Xog dheeraad ah oo ku saabsan ammaan seexashada ilmaha waxaa laga heli karaa ururradan:

- Mac'hadka ilmaha qaranka iyo horumarinta dadkaNational (Institute of Child and Human Development) http://www.nichd.nih.gov/sids/
- Xariirka dhimashada degdegga ah ee ilamaha Ohio (Sudden Infant Death Network of Ohio) http://www.sidsohio.org/
- Guddiga caafimaadka hooyooyinka iyo ilmaha (Council on Healthy Mothers and Babies) http://www.healthymothersandbabies.org/sids.htm
- Aasaaska dhimashada ilmaha degdegga ah (CJ Foundation for SIDS) http://www.cjsids.com/

3. Canuggaaga ka fogee Qiiqa Tubaakada/Sigaarka

Sigaarka gacanta labaad waxaa ku jira kiimakooyin kabadan 250 lagu yaqaano caafimaad xumo. Carruurta ay gaarto qiiqa sigaar qofkale cabbay waxay neefsadaan sunta ay sigaar cabbayaashu neefsadaan. Maadaamaa jirkoodu uu korayo, ilmaha carruurtu waxay u badanyihiin in sunta ay ka soo gaadho halis aanay dadka waaweyn gaarin. Ilmaha ay hooyooyinkood sigaarka cabbaan inta ay uurka leeyihiin ama sigaar gacan labaad lagu baahiyey markay dhasheen waxay leeyihiin sanbabo daciif ah waxayna u badanyihiin inay u dhintaan calaamadaha dhimashada degdegga ah ee dhasha (SIDAM). Degmada Franklin, 58% carruurta u dhimtaa SIDS way lahaayeen hooyo sigaarka cabta intii ay uurka lahayd, 63%kiina waxaa lagu baahiyey sigaar gacan labaad kadib markii ay dhasheen. Sigaarka gacanta labaad waxaa kale oo uu keenaa caabuqyada sida borankiito, qufaca caabuqa wata, iyo sidoo kale qufac, xiiqlayn, iyo neef la'aan. Waxay carruurta u keentaa neef oo carruurta ku keenta hujuun halis ah oo aad u badan waxayna siyaadisaa halista canugga ee caabuqa dhagaha halista ah. Si aad carruurtaada uga fogayso tubaako:

- Haddii aad sigaar cabto, tixgeli inaad joojiso xitaa kahor intaanad uurka yeelan ama aanad dhalin.
- Haddii aad uur leedahay, sigaar ha cabbin, qof sigaar cabbayana ha ag joogin.
- Meel canugga u dhaw sigaar haku cabbin, oo ay ku jirto qof kale oo guriga ka tirsan.
- Iska ogoow daryeel siiyayaasha kale ee laga yaabo inay sigaar cabbaan (Ayeeyo/awoowe/canug haye, iwm) weydiina inaanay sigaar ku ag cabbin canuggaaga.

Xog ku saabsan barnaamijyada gargaara joojinta sigaarka waxaa laga heli karaa:

- Teleefanka Ohio ee Joojinta tubaakada -Ohio Tobacco Quit Line: 1-800-QUIT-NOW
- Bilowga weyn ee joojinta -American Legacy Great Start Quit Line: 1-866-66-START
- Khadka joojinta ee Kansarka Bulshada (American Cancer Society Quit Line) 1-800-ACS-2345

4. Isticmaal Kurgsiga Baabuurka Xaqiijina inuu si saxan u rakibanyahay

Waxa ugu muhiimsan ee samayn karto si aad u ilaaliso canuggaaga gaariga ku jiro waa inaad si habboon suun ugu xirto. Marka si saxan loo isticmaalo, kuraasta ammaanka carruurta si weyn ayey u yareeyaan halista dhimasho ama dhaawac ee canugga. Si kastaba ha ahaatee, qiyaastii 91% kuraasta gaariga ee carruurta lagu isticmaalo degmada Franklin waxaa loo rakibaa si qaldan. Si aad u xaqiijiso in canugga gaariga gudihiisa ammaan ku yahay:

- Dhammaan carruurta 12 jiro ama kayar waa inay fuulaan kursiga danbe.
- Ilmaha dhasha ah waa inay ku jiraan kursiga canugga ee ammaanka ay gadaalna u sii jeedaan ilaa ay gaaraan 20 todol iyo hal sano jir.
- Ilmaha 1sano ka weyn una dhaxeeya 20 iyo 40 rodol kursiga canugga oo hore u jeeda ayey fuuli karaan.
- Carruurta jiro 4 ilaa 8 (qiyaastii 40 ilaa 80 rodol) waa inay fuulaan kursiga carruurta kobocday ama lagu hayaa suumanka dhabta iyo garabka markasta oo ay gaariga saaranyihiin.
- Carruurta 8 sanadood ka weyn oo 80ka rodol ah badanaa suunka gaariga dhabta iyo garabka waa le'egyahay.Marka canuggu fadhiyo halka ugu danbayso, suunka dhabta waa inuu la ekaadaa sinaha canugga, suunka garabkana waa inuu waydaar u gooyaa dhexda garabka. Ha yeelin in canuggaagu suunka garabka ka xirto gacanta hoosteeda ama dhabarka gadaashiisa.
- Akhri awaammiirta buuryaraha buug gacmeedka ah ee soo saaraha gaariga sida si sax ah loogu rakibo kursiga ammaanka canuggaaga.
- Rakibaadda kursiga ammaaanka canuggaaga ha kaa eego qof farsamo yaqaan shati u hasta ah.
- Kursiga ammaanka canugga ee shilka galay baddel.

Si aad u hesho kursiga ammaanka halka laga helo meesha kuugu dhaw, soo wacTeleefanka waaxda caafimaadka Columbus ee kursiga ammaanka ah (614) 645-7748 ama soo booqo shabakadda: http://www.publichealth.columbus.gov/programs/programs_35.asp.

5. Baro sida si Ammaan ah Dawada loo siiyo Canuggaaga

Marka aad canuggaaga dawo siinayso, si ammaan ah u siinta aad ayey muhiim u tahay. Haddii dawada si qaldan loo siiyo waxba inaanay tarin baa laga yaabaa ama halis ayey u keeni kartaa. Degmada Franklin, 7% carruurta u dhimada dhaac waxaa keenay dawo ay ku summoobeen. Si aad uga dheeraato ku summoobidda dawooyinka:

- Marwalba akhri xaashida ku dheggan, raac tilmaamaha, dawadana carruurta u sii si waafaqsan culayskooda iyo da'adooda.
- Isticmaal baakadadaha dawada carruurtu ku jiraan oo kaliya.

Dawada farmashiyaha laga iibsado ha siinin carruur 2 sano kayar adiga oo aan marka hore dhakhtarka la hubinin.

- Xaree dawada kuna xir meela aanay carruurtu gaarin oo arkin.
- Waalidkaa iyo daryeel bixiyaasha kale u sheeg ka dheeranshaha ku summoobidda dawada.
- Hayso nambarka lacag la'aanta ah ee ilaalinta sunta waddanka (1-800-222-1222) iyo nambarka hoosaadka degdegga ah ee (911) ka yeel mid u dhaw teleefan kasta.
- Haysto dhuxul u diyaarsan in la isticmaalo oo kaliya marka uu ku taliyo sun ilaaliye ama dhakhtar.

Xarumaha ilaalinta sunta waxay bixiyaan gargaar dhaqso ah, bilaash ah, oo xafidan oo ingiriisi iyo spanish ku qoran. Inta badan summoowga teleefanka ayaa lagu xaliyaa. Teleefanka meel kasta oo Maraykanka ah ayuu ka shaqeeyaa 24 saac, 7 maalmood toddobaadkii.

Haddii aad ka shakido summow canuggaaguna uu maregsanyahay, iskulaabmay, aanu neefsan karin, ama ay suuxayo, wac 911. Haddii kale badeecada teleefanka u qaad oo wac teleefanka ilaalinta sunta ee 1-800-222-1222.

Xog dheeraad ah, booqo shabakadda iskaashatada ammaanka ilmaha ee: http:/www.usa.safekids.org.

6. Marwalba Canuggaaga ilaali Agagaarka Biyaha

Inta badan hafashada waxay ka dhacaan barkadaha dabbaasha guriga. Inta badan carruurta ku hafta barkadaha dabbaasha waxaa markii ugu danbaysay lagu arkay guriga, ay maqnaayeen waxkayar shan daqiiqadood, waxaana daryeelayey mid ama labada waalidba markii ay biyaha ku hafteen. Si kastaba ha ahaatee, waa lagama maarmaan in la ogaado in carruurta ay hafan karaan waxkayar 1 inji oo biyo ah. Sidaa daraadeed, waxay halis ugu jiraan inay ku haftaan baraagaha yaryar, sixniga qubayska, baaldi biyo ku jiraan, baaf wax lagu mayro, musqusha, sixniyaasha lagu dabbaasho ama biyaha kulul ku jiraan. Degmada Franklin, 10% dimashada carruurta dhaawaca u dhimta waxaa keena hafasho. Si aad ammaan ugu ilaalisid canuggaaga agagaarka biyaha:

- Marnaba indhaha haka qaadin canuggaaga ama ha ooga tagin kaligiis barkad ama qubays, xitaa hal daqiiqo.
- Feejignow kana fogoow wixii kaa jeedinaya, sida akhrinta ama qabashada teleefanka.
- Carruurtu waa inay xidhaan jaakad nololeedka ay ansixisay Xeeb waardiyeeyaasha Maraykanka. Marnaba u haku tiirsanaan Silis gambaleelka sixniga qubayska, baalasha biyaha,iyo aaladihii kale carruurta hafashada ka ilaaliya.
- Baro gargaarka degdegga ah ee canugga, ku haysto barkadda agteeda qalabka naf badbaadin.
- U biloow cashar dabbaalasho kadib da'ada 4 sano jir.
- Bar carruurta sida loogu fadaleeyo/socdo biyaha, sabbeeyo, loogana baxo baraagta.
- Bar carruurta sida looga fogaado baraagta iyo sixniga biyaha kulul timaha dhaadheerna dib loogu xiro si looga hortago inay meel qabsadaan.
- Musqusha qunful ku rakib.

Haddii xaalad degdeg ahi timaaddo, wac 911 xog dheeraad ah, booqo:

- Iskaashiga Ammaanka Ilmaha (Safe Kids Coalition)
  http://www.usa.safekids.org
- Guddiga Amniga badeecada macaamiisha Marayka (U.S. Consumer Product Safety Commission): 1-800-635-CPSC

7. Isticmaal Sigaar Uriye-yaal Lahowna Qorshe Dab Ka carari d Qoys

Dab wuxuu guri ku gubi karaa 12 daqiiqadood. Degmada Franklin 12% carruurta dhaawac u dhimata waxaa keenay dab. Si aad canuggaa iyo adiga dab uga ilaal-iso:

- Isticmaal qiiq uriye-yaal. Hayso qiiq uriye-yaal kugu filan kuwaa ugu yaraan mid dabaqad kasta oo guriga ah lagu rakibo. Qol kastaa waa inuu lahaadaa qiiq uriye lagu rakbiy dibaddiisa saqafka sare ee iridda.
- Tijaabi qiiq uriyahaaga laba jeer sanadkii kana baddel batarigii daciif ah ama dhintay isla markiiba.
- Xaqiiji in qof kasta guriga ogyahay in sida qiiq uriyuhu u sharqamo iyo waxa macnahiisu yahay.
- Abuuro qorsho dab ka carar oo aad labo jid oo looga baxo laga helo qol kasta, gaar ahaan qolalka jiifka kuna heshiiya goob kulan oo ammaan ah oo dibadda ah.
- Ku tababaro dariiqa baxasashada dabka adiga oo xammaaranaya dhulka qiiqa hoostiisa.
- Seexo qol albaabadu u xiranyihiin.
- Bar canuggaagu inaanu ka baqin dab-demiya-yaasha.
- Bar canuggaagu sida loo waco 911, marka ay tahay wakhtiga saxda ah ee la waco, kan ka jawaaba, iyo sida loo waco guriga dariska marka dab dhaco. Sidoo kale xaqiiji in canuggaagu yaqaano cinwaankooda.
- Bar carruurtaada inaanay ku ciyaarin tarraqa, janta-siigaraha, shumaca, iwm.

Haddii xaalad degdeg ahi timaaddo, wac 911. Xog dheeraad ah oo ah amniga dabka, booqo:

- Madxafka dabka ee bartamaha Ohio: 260 N. 4th St., Columbus, OH 43215, Saacadaha: Talaado - Sabti Subaxnimo. Ilaa 4 Galabnimo. (614) 464-4099, email: cofmuseum@aol.com

Haddii aad u baahantahay qiiq uriye, booqo saldhigga dabka ee deegan hoosaadkaaga, ama wac Xarunta qaybta dabka ee Columbus, (614) 645-8308.

8. Baro sida Loo Doorto Canug Haye

Waa lagama maarmaan in qof kasta oo canuggaaga daryeelayo yaqaano sida ammaan loogu hayo. Marka aad dooranayso in qof canugga kuu daryeelo, su'aalaha la tixgeliyo waxaa ku jira:

- Daryeel bixiyuhu ma yaqaanaa ammaan u seexashada ilmaha?
- Daryeel bixiyuhu ma yaqaanaa calaamadda canug ruxmidda?
- Daryeel bixiyuhu ma yaqaanaa gargaarka degdegga ah?
- Daryeel bixiyuhu sigaar ma ku ag cabbi doonaa canugga?
- Imisa carruur ah oo kale ayuu daryeelayaa?
- Daryeel bixiyuhu ma yaqaanaa sida si sax ah dawada lagayaabo in canugga qaadanyo loo siiyo?
- Daryeel bixiyuhu ma yaqaanaa xasaasiyadda canuggaaga ama walaacii kale ee caafimaad?
- Daryeel bixiyuhu ma yaqaanaa nambarrada saxda ah teleefoonada gurmadka degdegga ah iyo cinwaanka haddii ay canugga gurigaaga ku hayaan.

9. Xaqiiji in Canuggaagu aanu Helin Hub iyo Bunduq

Dhammaan carruurta oo dhan waxay halis ugu jiraan dhaawac ka soo gaaro shil hub. Waalidiinta badanaa ma fahmaan awoodda canugga uu ku heli karo bunduq/hub, si ay u kala soocaan bunduq carruureedka iyo midka runta ah, go'aan wanaagsan ka gaaridda hanashada bunduqa, iyo raacitaanka markasta qaanuunada ammaanka bunduqa. Haddii aad haysato carruur guriga kuu joogta, bunduq kasta wuxuu ku yahay halis. Degmada Franklin, Qoryaha/banadiiqda, iyo hubka waa sababta hormuudka ka ah dhimashada. Si aad uga hortagto in canuggaagu dhaawac bunduq so gaaro:

- Xabbado la'aan xaree banaadiiqda, kuna xir/qunful meel aanay carruurtu gaari karin.
- Xabbadaha ku xaree goob xiran oo gooni ah.
- Isticmaal qunful qori xirid tayo leh, sanaadiiq xiran, ama ammaan xirid qori kasta.
- Furaha maqsinka qoriga iyo baaqa furaha ku qari goob gooni u go'an.
- Canuggaaga kala hadal halista qoryaha/banaadiiqda.
- Bar carruurtaada inaanay marnaba taaan oo ku ciyaarin qori/bunduq.
- Bar canuggaaga inay u sheegaan qof weyn ama wacaan 911 haddii ay qori helaan.
- Hubi dariska, qaraabada, ama dadka waaweyn ee guryaha kale halka ay carruurtu booqdaan si aad u xaqiijiso in macaamilo hub xarayn ammaan ah la isticmaalo haddii hub guriga yaalaan.

Xog dheeraad ah oo ammaanka bunduqa, booqo iskaashada ammaanka ilmaha shabakada: http://www.usa.safekids.org.

10. Baro Calaamadaha Digniinta Isdaldalidda

Waalidiintu waa inay ogaadaan calaamadaha digniinta isdaldalidda waana inay la hadlaan canuggooda haddii ay ka shakiyaan in isagu/iyadu ay/uu ka fakarayo isdaldalid, helna gargaar xirfadeed. Calaamadaha digniinta waxaa ku jira:

- Jawi niyad jab
- Danayntii ama ku raaxaysashadii xirfadaha caadiga u ahaa oo ka dhuma.
- Wax cuniddii ama miisaankii oo isbaddela
- Hannaanadii seexashada oo isbaddela
- Dabeecad halis qaadasho oo baryahan lagu arkay
- Caro ama xaqaan lama filaan ah
- Dareemid qiimo la'aan, naf dhibid ama denbi dareemid

- Awoodda fikirka ama kuurgalka oo isdhinta, fikirradda hoos u dhacda ama go'aan la'aan
- Ka fakarid dhimasho, isdilid, ama rajayn dhimasho
- Qorshe samayn (bixin hanti qiimo leh iyo helid hab naf dilid)

Xog dheeraad ah oo isdaldalidda ah waxaa laga heli karaa ururradan soo socda:

- Teleefanka isdaldalidda (Suicide Hotline) (614) 221-5445, http://www.callthehotline.com
- Teleefanka da'da yarta (Teen Hotline) (614) 294-3300
- Adeegyada ka hortagga isdaldalaadda (Suicide Prevention Services) (614) 299-6600 ext. 2073
- Adeegyada-dhexe ee caafimaadka galbeed (North Central Mental Health Services) (614) 299-6600
- Aasaaska Maraykanka ee ka hortagga isdaldalidda: http://www.afsp.org

Qorshaha/staraatijiyada qaranka ee ka hortagga isdilidda(National Strategy for Suicide Prevention): http://mentalhealth.samhsa.govsuicideprevention/default.asp

- Xariirka waxqabadka ka hortagga isdilidda ee http://www.spanusa.org

Xariiro/U wareejino

Aasaaska Maraykanka ee Ka hortaga isdilidda(American Foundation for Suicide Prevention, 2007) http://www.afsp.orgindex.cfm page_id=0519EC1A-D73A-8D90-7D2E9E2456182D66, 2007.

Mac'hadka Caafimaadka Qaranka, Mac'hadka Caafimaadka carruurta iyo Bini'aadamka ee Qaranka, NIH No. daabacaadda 05-7040, Agoosto 2003. http://www.nichd.nih.gov/publications/pubs/safe_sleep_gen.cfm

Amniga Ilmaha Waddanka oo idil (Safe Kids Worldwide, 2007) http://www.usa.safekids.org/poison/safetytips.html

Amniga Ilmaha Waddanka oo idil (Safe Kids Worldwide, 2007. http://www.usa.safekids.org/tier2_rl.cfm?folder_id=170

Amniga Ilmaha Waddanka oo idil (Safe Kids Worldwide, 2007) http://www.usa.safekids.org/tier2_rl.cfm?folder_id=172

Amniga Ilmaha Waddanka oo idil (Safe Kids Worldwide, 2007) http://www.usa.safekids.org/tier2_rl.cfm?folder_id=181

Waaxda Caafimaadka iyo Adeegyada Bini'aadamka ee Maraynaka. Cawaaqi baha Caafimaad ee Si aan loogu talagalin qiiq tubaako kuugu baaho. *Warbxinta Wasiirka Caafimaadka, Atlanta, GA: Waaxda Caafimaadka iyo Adeegyada Bini'aadamka, Xarunta ilaalinta cudurrada iyo ka hort agga, Xarunta xariirinta horumarinta caafimaadka, Xarunta qaranka ee ee ka hortagga cudurrada halista ah iyo horumarinta caafimaadka, Xafiiska sigaarka iyo caafimaadka, 2006*

Waaxda Caafimaadka iyo Adeegyada Bini'aadamka. Xarumaha ilaalinta iyo ka hortagga Cudurrada, Xarunta xogta Qaranka ee Caafimaadka dumarka, Xafiiska caafimaadka dumarka, 2006. http://www.4woman.gov/faq/prenatal.htm

Dib u eegidda Halista Canugga ee Degmada Franklin

Dib u eegidda Halista Canugga ee Degmada Franklin, (FCCFR), ee ay maarayso waaxda caafimaadka bulshada ee Columbus, waa barnaamij gobolku waajibiyey oo dib u eega dhimashooyinka dhammaan carruurta 18ka sano kayar ee ku nool Degmada Franklin. Barashada dhimashooyinkan, faham fiican ayaa ka kordhaya oo kusaabsan ammuuraha halista ah ee ka qaybqaata caafimaadka liita, dhaawaca, curyaaminta, iyo dhimashada carruurta ku timaaddo oo la gun gaaro. Sanad kastaa Degmada Franklin, nolosha carruur kor u dhaafaysa 200 ayaa lunta. Qaar badan oo dhimashooyinkan kamid ahi waa laga hortegi karaa. Tobankan xogood waxay ku salaysanyihiin xogta laga helay dib eegidda halista canugga ee degmada Franklin (FCCFR) waxaana loo naqshadeeyey in lagu muujiyo arrimaha soo noqnoqda ee ay tahay in waalidiintu ka warhayaan ee hujuuma nolosha carruurtooda. Xog dheeraad ah FCCFR waxaa laga heli karaa kambiyuutarka, shabakadda:http://www.publichealth.columbus.gov/programs/programs_124.asp.

Buug yarahani waxaa diyaariyey Kathryn T. Reese, MPH, Agaasimaha Barnaamijka dib u eegidda halista canugga ee Degmada Franklin.

Xogta Dakhli Siinta

Dakhliga daabacaadda buugyarahani waxaa bixiyey Caafimaadka Bulshada Columbus.

Mahad Gaar ah

Carolyn Slack, Qaybta Dhalmada iyo Caafimaadka Ilamha
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