



Calaamadaha Digniinta Dhalaanka Cusub

Cutubkaan wuxuu soo taxaa calaamadaha digniinta ee u baahan in la waco kliinikada dhalaanka cusub, bixiyaha daryeelka, ama 9-1-1.

Wac 9-1-1 haddii:

- Aad isku aragtid arrin dagdag ah oo ku saabsan caafimaadka cunugaada.
- Kliinikada xeran tahay, cunugaadana aad ku aragtid dhibaato aadan la suggi karin.

Wac kliinikada cunugaada isla markiiba haddii:

- Heerkulka shakhfasha cunugaada gaaro 100.4°F (38°C) ama ka badan.
- Cunugaada ku adag tahay in uu u soo kaco quudin ama u muuqdo in uu aad u daalan yahay si uu wax u cuno, haddii usan daneynin in uu wax cuno, haddii ay yar tahay inta uu soo jeedo, iyo haddii aad ku aragtid jilicsanaan (tabar darrida murqaha).
- Buufka caloosha cunugaada gaduudan yahay ama kulul yahay.
- Cunugaada ku yaraato neefta, ku adag tahay neefsiiga, ama haddii uu dadajiyo neefta muddo dhowr daqiiqo.



Wac kliinikada cunugaada haddii aad qabtid arrimo.

Wac kliinikada cunugaada muddo 24 saac gudahooda haddii:

- Aadan horay u haysanin ballan aad ku tagtid bixiyaha daryeelka caafimaadka cunugga maalinta 3, 4, ama 5, ama aadan ogeyn haddii aad haysatid ballan.
Booqashadaan aad ayay muhiim u tahay. Cunugaada waa la miisaami doonaa marka la keeno. Inta badan, waxaa kor u kaca tirada inta jeer uu kaadiyo iyo saxaroodo dhalaanka maalmaha hore kaddib marka uu dhasho. Hase ahatee, inta jeer uu cunugaada kaadiyo ama saxaroodo, mar kasta kuuma sheegto inta uu cuno cunugaada. Miisaanka cunugaada waa sida keliya ee lagu ogaado tan.
- Marka cunugaada uusan u muuqanin in uu raali yahay kaddib marka la quudiyo.
- Marka cunugaada uusan qaadanin caanaha naaska ugu yaraan 8 jeer 24tii saac (ama uusan cabin caanaha dhalada ugu yaraan 6 jeer 24tii saac).

- Marka midabka maqaarka iyo indhaha cunugaada in badan isu baddalaan jaalo.
- Marka cunugaada qufaco in badan, ama marka uu sixdo in badan inta la quudinaayo.
- Marka cunugaada wuxuu mattagaa dareere cagaaran, marka uu mattago in ka badan 2 jeer halkii maalin, ama marka uu mattago laguna arko shuban. (Mattagga waa marka uu “tuffo” waxa ku jira caloosha.)
- Marka cunugaada qabo dhibaato adiga kula ah in aadan suggi karin ilaa laga gaaro booqashada kliinikada xigta ee cunugaada.

Su'aalo?

Su'aalaha aad qabtid waa muhiim. Wac bixiyaha daryeelka caafimaadka cunugaada haddii aad qabtid su'aalo ama arrimo.

Haddii aad qabtid degdeg caafimaad, wac 9-1-1.

Newborn Warning Signs

This chapter lists warning signs that require a call to your newborn's clinic, care provider, or 9-1-1.

Call 9-1-1 if:

- You have an urgent concern about your baby's health.
- The clinic is closed and your baby has a problem that you feel cannot wait.

Call your baby's clinic right away if your baby has:

- An underarm temperature of 100.4°F (38°C) or higher.
- A hard time waking up for feedings or seems too tired to eat, is not interested in eating, is rarely alert, and is floppy (weak muscle tone).
- A belly button that is red or hot.
- Shortness of breath, a hard time breathing, or is breathing fast for several minutes.



Call your baby's clinic if you have concerns.

Call your baby's clinic within 24 hours if:

- You do not already have a clinic visit scheduled with your baby's health care provider on day 3, 4, or 5, or you do not know if you do.

This visit is very important. Your baby will be weighed at this visit. Most times, the number of a newborn's pees and poops increases over the first few days of life. But how often your baby pees and poops does not always tell you how much your baby is eating. Your baby's weight is the only way to know this.

- Your baby does not seem satisfied after feedings.
- Your baby is not breastfeeding at least 8 times in 24 hours (or bottle-feeding at least 6 times in 24 hours).
- Your baby's skin or eyes are turning more and more yellow.

- Your baby coughs a lot, or chokes a lot during feedings.
- Your baby vomits green liquid, vomits more than 2 times in a day, or vomits and has diarrhea. (Vomiting is when the stomach contents "shoot out.")
- Your baby has a problem you feel cannot wait until your baby's next clinic visit.

Questions?

Your questions are important. Call your baby's health care provider if you have questions or concerns.

If you have a medical emergency, call 9-1-1.