

Haddii aad dib u dhigto in aad ilmahaaga ka tallaasho cudurka jadeecada

Jadeecadu waa cudur aad la isku qaadsiiyo oo fayrus hawada ku faafiyo. Ma jirto daawo looga bogsoodo jadeecada. Waxaa fiican in aan ilmaha safar lala galin inta uu ka helayo tallaalka jadeecada. Tallaalka lagu bixiyo rugta caafimaadka carruurta waa mid fiican oo la isku hubo.

Safarka waddanka dibaddiisa ka hor
Waddamo badan jadeecadu caadi bay ka tahay marka Iswiidhan loo fiirsho. Halista in qofka cudurka la qaadsiiyo aad bay u sarraysaa marka la joogo goobaha dadka badan isugu yimaadaan, tusaale ahaan garoomada diyaarada.

Markii la galo safarka dalka dibaddiisa ah kaddib
Haddii ilmuhu uusan helin tallaalka oo qandho qabato saddex asbuuc gudahood markii aad dib usoo laabateen kaddib,

wac/garaac 1177 si aad talobixin u heshid. U sheeg in ilmaha aan laga tallaalin jadeeco. Ha la kulmin ilmo kale iyo dad waawayn kale.

Haddii ilmahaaga ay ku dhacday jadeeco

Ma jirto daawo looga bogsoodo jadeecada. Daawayntu waxay yaraynasaa astaamaha cudurka. Mararka qaarkood waa in ilmaha lagu daaweeyo isbitaal.

Astaamaha cudur ee jadeecada

Jadeecadu waxay ku bilaabataa:

- Qandho
- Qufac
- Duuf
- Indhaha oo gaduudta/casaada

2-4 kaddib waxaa qofka kasoo yaaca firiiric (dhibco gadgaduudan).



Ma rabtaa in aad wax kasii ogaatid?

Waxaad wixii warbixin cudurka jadeecada ku saabsan ka heli kartaa 1177



qufac



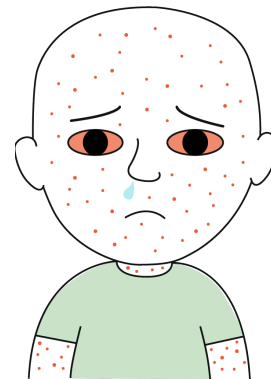
indhaha oo gaduuta/casaada



qandho/xumad



duuf



firiiric kasoo yaaca jirka

Waxaa soo saaray Rugta caafimaadka carruurta Central iyo laanta ka hortagga cudurrada faafa ee gobolka Västra Götaland iyagoo tixraacaya daabacaadii kasoo baxday qaybta qaabilsan Daryeelka caafimaadka carruurta iyo laanta ka hortagga cudurrada faafa ee Stockholm.