

# HADDII AAN DHAMMAANTEEN HORE UGA FIKIRNO WAXAAN SI KA DHAKHSO BADAN ISAGA CELIN KARNAA INJIRTA TIMAHA

Qof kaste ayaa yeelan kara injirta timaha. Injirta timuhu waa dhibaato caadi ku ah waddanka Iswiidhan sababtuna ma aha nadaafadda xun ee jirka. Injirta timuhu ma aha wax ceeb leh. Runtii, qiyaas ahaan boqolkiiba 50 dhammaan qoysaska ku nool waddanka Iswiidhan ayay mar uun taabatay.<sup>1</sup> Haddii aad ilmahaaga ku aragto injirta timaha, waxaad ku dadaali doontaa in aad sida ugu dhakhso badan uga saarto injirta timaha. Daawaynta injirta timaha ee guriga diyaar kuugu ah ayaa kuu noqonaysa xal niyaddu kuugu degto oo camali ah.

## Marka dugsigaaga ama dugsigaaga hore ay injirta timuhu ka dillaaco:

- 1 Si joogto ah oo fiican timaha ilmahaaga ugu shanlee ama ugu feer shanlada ama saqafta qindhicilka**

Marka aad soo iibsato daawaynta injirta timaha, baakadka waxaa badi ku jira shanlada qindhicilka. Shanlaynta joogtada ah ee timaha ee loo isticmaalo shanlada qindhicilka, oo ugu fiican in lagu dul sameeyo xaashi warqad cad ah ama tuwaal ama shukumaan garabka kaga duuban, ayaa ah habka ugu fiican ee injirta timaha lagu arko.
- 2 Haddii aad injirta timaha ku aragto, islamarkaaba u bilow daawaynta**

Qoyskoo dhan ka baar oo ka daawee dhammaan dadka ay ku jirto adigoo isticmaalaya qalabka caafimaadeed ee daawaynta injirta timaha. Daawaynta lagu tilmaamo qalab caafimaadeed waxay ka dhigan tahay in daawayntu ay injirta farsamo ahaan ku disho iyadoo cabburisa ama engejisa halkii ay ugu dili lahayd sunta cayayaanka ee dadka u xun. Daawaynadani u adkaysi ma keenaan.
- 3 U sheeg macallimiinta ama kalkaaliyaha caafimaadka ee dugsiga**

Si aanay u faafin injirta timaha ee dillaacday, oo aanay ilmahaaga ugu soo noqnoqonin, waxaa muhiim ah in aad shaqaalaha dugsiga ka war geliso in uu ilmahaagu injirta timaha leeyahay. Weliba la xiriiir xubnaha kalee qaraabadaada. Yaa og, waxaa laga yaabaa in ayeeyo iyadana madaxu cuncunayo.
- 4 Ka hortag**

Waxaa suuqa ku jira dhowr badeeco ama shay oo ka hortag leh oo aad isticmaali karto si aad uga badbaaddo dillaacyada injirta timaha oo aad uga badbaaddo baahida daawaynta

Tixraacyada: 1. Prime research 2013



FÖREBYGGANDE



SCHAMPO



SENSITIVE

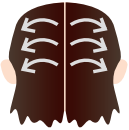


SPRAY

# SHANLAYNTA QINDHICILKA – XALKA

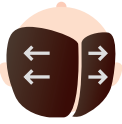
Waxaa muhiim ah in aad timaha si fiican ugu shanlayso shanlada qindhicilka si aad uga hesho injirta timaha, uga saarto injirta timaha dhimatay una fiiriso in daawayntu ay si fiican wax u tartay. Ku shanlee iftiinka maalinta, waxaa ugu fiican in aad ku dul samayso xaashi warqad oo cad, si ay kuugu sii fududaato in aad hesho martidan aanan la rabin. Si gaar ah ugu fiiri qaybta madaxa ee dhegaha ka dambaysa iyo qoorta hareeraheeda.

**Ogsoonow:** Shanlada ama saqafta masax ka dib mar kastoo aad timaha mariso.



## 1. Madaxa gadaashiis

Bartamaha ka kala saar oo timaha si fiican ugu shanlee labada dhinac ee aad u kala saartay. Ka dib ka kala saar meel kaloo ku xigta meeshii hore oo si fiican u shanlee. Sidaas ku sii wad ilaa timahoo dhan aad si fiican u shanlaynayso.



## 2. Madaxa korkiisa

Si fiican u shanlee timaha madaxa korkiisa ku yaalla adigoo isticmaalaya isla farsamadii hore.



## 3. Timaha shanlee adigoo ka dhaqaaqaya foodda wajiga hoosna ugu dhaadhacaya qoorta.



## 4. Shanlee adigoo ka dhaqaaqaya qoorta korna ugu kacaya foodda wajiga.

**Fikrad:** Si aad u fududayso shanlaynta timaha, isticmaal timo hagaajiye caadi ah ama timo hagaajiye buufs ah.

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