

Nuqulka 18.0 Waxaa la isticmaalayaa marka la diiwaan gelinayo dhamaan dadka uu ku dhacyo maskaxdhiig degdeg ah **2020-01-01** iyo wixii ka dambeeya.

KHATARTA MASKAXDHIIGGA - 3 BILOOD OO – DIB U EEGIS

Macluumaadkan waxaa ku buuxinaya shaqaalaha caafimaadka ee waaxda maskaxdhiigga

Nambarrada shakhsiga ah ee aqoonsiga |__|__|__|__|__|__| - |__|__|__|__|

Magac

Isbitaalka warbixinta gudbinaya |__|__|__|

Qeybta |__|__|__|

Taariikhda dib u eegista ee u qorsheysan ra'yi baaristan (sanad, bil, maalin)

|__|__||__|__||__|__|

3 bilood ka bacdi marka uu maskaxdhiiggu qofka ku dhacyo ayaa foomkan su'aalaha la buuxinayaa

Tilmaamooyin:

- **Haddii aad caawimaad u baahantahay si aad foomka u buuxisid waa hagaag.** Su'aasha 35 ku sheeg yaa foomka ka jawaabay.
- Haddii adigaaga ka jawaabaya su'aalaha foomku aadan jawaabta su'aasha garaneyn, meeshana aysan ku oollin wax la dooran karo oo ah "Ma ogi" waxaa su'aasha laga tegayaa iyadoon laga jawaabin.
- Haddii aan isbitaal lagu dhigin waxaad su'aalaha nuucaas uga tegi kartaa iyagoon laga jawaabin.
- Saar **X** afar-geeska sida ugu habboon kuu waafaqsan.

Taariikhda foomka ra'yi baarista la buuxiyay

|__|__||__|__||__|__|

1. Xaggeed iminka joogtaa?

|__| = Waxaan degganahay gurigeeyga, iyadoo aanan haysan adeeg guri. (adeeg guri **loolama** jeedo daryeel caafimaad oo guriga ah ama daryeel caafimaad oo guriga ah oo horuumarsan)

|__| = Waxaan degganahay gurigeeyga, iyadoo aan haysto adeeg guri. (adeeg guri **loolama** jeedo daryeel caafimaad oo guriga ah ama daryeel caafimaad oo guriga ah oo horuumarsan)

|__| = Deegaan gaar ah (tusaale ahaan, guri bukaan, guri adeeg, deegaan waqti gaaban ah, deegaan kooxeed, goob la sii maro, deegaan bedbeddelo ama wax u dhigma).

|__| = Isbitaalka xaaladaha degdegga ah (tusaale ahaan, qaybta dawada, neerfaha, qalliinka)

|__| = Qeybta cudurrada da'da la xiriirta-/Baxnaaninta

|__| = Wax kale

2. Kaligaa miyaad meel deggantahay?

I___I = Haa, kaligey ayaan meel degganahay

I___I = Maya, waxaan guri la wadaagaa ninkeyga/xaaskeyga/qof aan wada noolnahay ama qof kale tusaale ahaan walaal, carruur, waaliddiin

3. Weli dhibaatooyin ma qabtaa maskaxdhiiggi ka dib?

I___I = Dhammaan dhibaatooyinku gebi ahaanba wey dhamaadeen

I___I = Weli dhibaatooyinki waan qabaa

I___I = Ma ogi

4. Ma ku guuleysatay in aad dib ugu laabatid noloshi iyo hawlihi aad horay u hayn jirtay inti uusan maskaxdhiiggu kugu dhicin?

I___I = Haa

I___I = Haa, laakin maaha sidi hore

I___I = Maya

I___I = Ma ogi

5. Waa sidee dhaqdhaqaaqaagu iminka?

I___I = Waan ku dhadhaqaaqi karaa gudaha iyo dibadda dhismooyinka iyadoo aysan cid kale i caawineyn

I___I = Waan ku dhaqdhaqaaqi karaa gudaha dhismooyinka, laakin maaha dibadda iyadoo aysan cid kale i caawineyn

I___I = Qof kale ayaa i caawiya marka aan ku dhaqdhaqaaqayo gudaha iyo dibadda dhismooyinka

6. Cid ku caawisa miyaa jirta marka aad musqusha booqaneysid?

I___I = Gebi ahaanba kaligey waan booqan karaa musqusha

I___I = Waa ley caawiyaa marka aan musqusha booqanayo

7. Ma lagaa cawiyaa dhar gashashada- iyo iska bixinta?

I___I = Gebi ahaanba keligeey waan gashan karaa- waana iska bixin kara dharka

I___I = Waa leyga caawiyaa dhar gashashada iyo iska bixinta

8. Maskaxdhiiggaagi ka dib marki isbitaalka lagaa saaray dib boogasho ma ugu timid ama ballan dib u booqasho dhakhtar ma lagaaga qabtay?

FG! Jawaabo la kala dooran karo oo badan ayaa jiri kara

I___I = Haa, isbitaalka (rugta qaabilaadda ama qaybta)

I___I = Haa, rugta caafimaadka ama wax u dhigma (tusaale ahaan rug dhakhtar oo gaar loo leeyahay)

I___I = Haa, qaybta baxnaaninta maalinta

I___I = Haa, guri uu qofku leeyahay ama guri gaar ah

I___I = Maya

I___I = Ma ogi

9. Maskaxdhiiggaagi ka dib marki isbitaalka lagaa saaray dib boogasho ma ugu timid ama ballan dib u booqasho kalkaaliso caafimaad ma lagaaga qabtay?

FG! Jawaabo la kala dooran karo oo badan ayaa jiri kara

I___I = Haa, isbitaalka (rugta qaabilaadda ama qaybta)

I___I = Haa, rugta caafimaadka ama wax u dhigma (tusaale ahaan rug dhakhtar oo gaar loo leeyahay)

I___I = Haa, qaybta baxnaaninta maalinta

I___I = Haa, guri uu qofku leeyahay ama guri gaar ah

I___I = Maya

I___I = Ma ogi

10. Waa nuucee nuuca taageerada ee aad hey'adaha caafimaadka ama degmada ka heshay maskaxdhiiggaagi ka dib? FG! Jawaabo la kala dooran karo oo badan ayaa jiri kara.

I___I = Uma baahan/ma rabo in aan taageero ama kaalmo helo

I___I = Adigoo u baahan ma lagu siin waayay taageero iyo caawimaad

I___I = Baxnaanin guri (baxnaanin/tababar ay guriga qofka ku siinayaan qof jimicsiga ku takhasusay, qof shaqada jirka ku takhasusay ama kalkaaliso caafimaad)

I___I = Baxnaanin maalintii ah/ama wax u dhigma (waxaa loogu tala galay baxnaanin koox ku saleysan oo waqti la cayimay ah)

I ___ I = Baxnaanin kale (waxaa loogu tala galay guriga dibaddiisa iyo marmar go'an)

I ___ I = Deegaan waqti gaaban ah

I ___ I = Adeeg guri

I ___ I = Allaarmiga badbaadada

I ___ I = U wehelyeele

I ___ I = Gaadiidka bukaanka qaada

I ___ I = Taageero kale (tusaale ahaan laga helayo dhakhtar, kalkaaliso caafimaad, qof jimicsiga ku takhasusay, qof shaqada jirka ku takhasusay, la taliye arrimo bulsho ama qof hadalka ku takhasusay)

I ___ I = Ma ogi

11. Maskaxdhiiggaagi ka dib ma u aragtaa in la daboolo baahidaada taageerada ama caawimaadda ee xagga hey'adaha caafimaadka ama degmada?

I ___ I = Uma baahan/ma rabo in aan taageero ama kaalmo helo

I ___ I = Haa, si buuxdo ayaa loo daboolay

I ___ I = Haa, qeyb ahaan waa la daboolay

I ___ I = Maya, sinaba looma daboolin

I ___ I = Ma ogi

12. Qabsashada hawlaha guriga caawimaad ma ugu baahantahay?

Su'aasha waxaa loola jeedaa baahida caawimaadda ee tusaale ahaanxagga xaaqidda, dhar dhaqidda, soo adeegashada, cunto kariska iyo wixii la mid ah iyadoon taasi ku xirneyn in baahidu ay soo korortay maskaxdhiiggaagi ka dib ama in aad baahida horbaba qabtay intii uusan maskaxdhiiggu kugu dhicin.

I ___ I = Haa

I ___ I = Maya

I ___ I = Ima khuseeyo, hawlaha guriga ma qaban jirin inti uusan maskaxdhiiggu igu dhicin

I ___ I = Ma ogi

13. Baahidaada caawimaadda iyo wax waafajinta ee guriga ma la daboolay?

(tusaale ahaan gaariga la cuskado ee soconaya, cuskinnada, kuraasta cuuryaamiinta, musqul kor u qaadid, gemberka qubeyska, in guriga baahidaada la waafajiyo ama taageero xagga xiriirka ah, waxyaabo xasuusta kaa caawiya).

I ___ I = Ma qabo baahi ku aaddan qalab wax caawiya ama baahi waafajin oo xagga guriga ah

I ___ I = Haa, si buuxdo ayaa loo daboolay

I ___ I = Haa, qeyb ahaan waa la daboolay

I ___ I = Maya, sinaba looma daboolin

I ___ I = Ma ogi

14. Maanta ma waxaad tahay qof ku xiran taageerada ama caawimaadda qaraabada/xigtada?

I ___ I = Wax qaraabo/xigto ah ma lihi ama wax xiriir ah lama lihi qaraabada/xigtada

I ___ I = Haa, gebi ahaanba waan ku xiranahay

I ___ I = haa, qeyb ahaan waa ku xiranahay

I ___ I = Maya, marnaba

I ___ I = Ma ogi

15. Maanta ma kugu adagtahay...?

Haddii ay jiraan waxyaabo kugu adag wey ku khuseysaa su'aashu iyadoon la eegayn sababaha dhibaatooyinka FG! Jawaabo la kala dooran karo oo badan ayaa jiri kara.

I ___ I = In aad hadashid

I ___ I = In aad hadal fahantid

I ___ I = In aad wax akhrisid

I ___ I = In aad wax qortid

I ___ I = In aad wax tirisid

I ___ I = In aad wax liqidid

I ___ I = In aad isu dheelli tirnaatid

I ___ I = In aad wax xasuusatid

I ___ I = In aad wax diiradda saartid

I ___ I = Ma qabo wax ka mid waxyaabaha kor ku xusan

I ___ I = Ma ogi

16. Intii aad isbitaalka ku jirtay ama sidi lagaaga soo saarayba awooddaada hadalka, liqidda ama qorista awgood ma ula kulantay qof hadalka ku takhasusay?

I ___ I = Haa, si ley qiimeeyo

I ___ I = Haa si ley qiimeeyo, leyna daweeyo

I ___ I = Maya

I ___ I = Ma ogi

17. Sigaar ma cabtaa?

I___I = Haa, waxaan cabaa hal sigaar ama dhawr sigareet maalin walba

I___I = Maya

I___I = Ma ogi

18. Ma laguugu casuumay sigaar iska goyn ka dib marki uu kugu dhacyay maskaxdhiiggu?

I___I = Maaha wax iminka taagan, sigaar ma cabin maskaxdhiiggi ka bacdi

I___I = Haa

I___I = Maya

I___I = Ma ogi

19. Ma dareemeysaa niyadjab/murugeysnaan?

Haddii aad dareemeysid niyadjab/murugeysnaan wey ku khuseysaa su'aashu iyadoon la eegeyn sababaha keenay niyadjabka/murugeysnaanta

I___I = Marnaba ama ku dhawaad marnaba

I___I = Mararka qaarkood

I___I = Badanaa

I___I = Si joogto ah

I___I = Ma ogi

20. Wax dawo ah ma u qaadataa niyadjabka/murugeysnaan?

I___I = Haa, dawo

I___I = Haa, wadahadal ku daweyn

I___I = Haa, dawo iyo hadal ku daweyn

I___I = Maya, wax dawooyin ah ma qaato

I___I = Ma ogi

21. Dhiig kar daawo ma u qaadataa?

I___I = Haa

I___I = Maya

I ___ I = Ma ogi

22. Sidee baad ku qiimeyn lahayd xaaladda guud ee caafimaadka?

I ___ I = Aadbuu u fiicanyahay

I ___ I = Ilaa heer wuu fiicanyahay

I ___ I = Ilaa heer wuu liitaa

I ___ I = Aadbuu u liitaa

I ___ I = Ma ogi

23. Daal ma dareemeysaa?

Haddii aad daallantihid wey ku khuseysaa su'aashu iyadoon la eegeyn sababta keentay daalka

I ___ I = Marnaba ama ku dhawaad marnaba

I ___ I = Mararka qaarkood

I ___ I = Badanaa

I ___ I = Si joogto ah

I ___ I = Ma ogi

24. Xanuun ma ku hayaa?

Haddii uu xanuun ku hayo wey ku khuseysaa su'aashu iyadoon la eegeyn sababta keentay xanuunka

I ___ I = Marnaba ama ku dhawaad marnaba

I ___ I = Mararka qaarkood

I ___ I = Badanaa

I ___ I = Si joogto ah

I ___ I = Ma ogi

25. Baahidaada daawada xanuunka jebiso ma la daboolay?

I ___ I = Maaha wax iminka taagan, uma baahni/baahan dawo xanuunka jebisa

I ___ I = Haa, gebi ahaanba

I ___ I = Haa, qeyb ahaan

I ___ I = Maya, marnaba

I ___ I = Ma ogi

26. Ilaa intee aad ku qanacsantahay ama aadan ku qanacsaneyn daryeelka aad isbitaalka ugu heshay si la xiriirta maskaxdhiigga?

I ___ I = Aad baan ugu qanacsanahay

I ___ I = Waan qanacsanahay

I ___ I = Ma qanacsani

I ___ I = Aad baan uga xumahay

I ___ I = Ma ogi

27. Ilaa intee aad ku qanacsantahay ama aadan ku qanacsaneyn qaabilaadda shaqaalaha ee aad isbitaalka ugu heshay si la xiriirta maskaxdhiigga?

I ___ I = Aad baan ugu qanacsanahay

I ___ I = Waan qanacsanahay

I ___ I = Ma qanacsani

I ___ I = Aad baan uga xumahay

I ___ I = Ma ogi

28. Ilaa intee aad ku qanacsantahay ama aadan ku qanacsaneyn wadahadalka isbitaal ka saaridda ee aad dhakhtarka kula yeelatay qeybta maskaxdhiigga lagaaga daryeelayay?

I ___ I = Aad ugu qanacsanahay

I ___ I = Waan ku qanacsanahay

I ___ I = Kuma qanacsani

I ___ I = Aad uga xumahay

I ___ I = Dhakhtar lama yeelan wadahadal isbitaal ka saarid

I ___ I = Ma ogi

29. Ma lagu siiyay macluumaad ku aaddan in aad si la xiriirta maskaxdhiigga u joojisid gaari wadidda?

I ___ I = Taasi iminka ma taagna maxaa yeelay gaariba ma wadi jirin inti uusan maskaxdhiiggu igu dhicin ama hadda gaari wadid kuma tala jiro

- I ___ I = Haa
- I ___ I = Maya
- I ___ I = Ma ogi

30. Ilaa intee aad ku qanacsantahay ama aadan ku qanacsaneyn macluumaadka lagaa siiyay cudurka maskaxdhiigga?

- I ___ I = Aad baan ugu qanacsanahay
- I ___ I = Waan qanacsanahay
- I ___ I = Ma qanacsani
- I ___ I = Aad baan uga xumahay
- I ___ I = Macluumaad kama helin cudurka maskaxdhiigga
- I ___ I = Ma ogi

31. Ma taqaannaa meesha aad la xiriireysid haddii aad u baahatid taageero ama caawimaad maskaxdhiiggaaga ka bacdi?

- I ___ I = Haa
- I ___ I = Maya
- I ___ I = Ma ogi

Baxnaanin ama tababar waxaa loola jeedaa tababarrada loogu tala galay in la hagaajiyo ama sideeda lagu hayo awoodda aad u leedahay in aad nolol maalmeedkaaga ka adkaatid. (Tusaale ahaan dhaqdhaqaaqa, dhar gashiga- iyo iska bixinta, musqul booqashada, awoodda hadalka-, akhriska- iyo tirinta, awoodda wax diirad saaridda, cunto kariska iwm).

32. Ilaa intee aad ku qanacsantahay ama aadan ku qanacsaneyn baxnaaninta ama tababarka aad isbitaalka ugu heshay si la xiriirta maskaxdhiigga?

- I ___ I = Aad baan ugu qanacsanahay
- I ___ I = Waan qanacsanahay
- I ___ I = Ma qanacsani
- I ___ I = Aad baan uga xumahay
- I ___ I = Inti aan isbitaalka joogay ma qabin baahi ku aaddan baxnaanin ama tababar
- I ___ I = Inti aan isbitaalka joogay waan u baahnaa baxnaanin ama tababar laakin ma helin
- I ___ I = Ma ogi

33. Ilaa intee aad ku qanacsantahay ama aadan ku qanacsaneyn baxnaaninta ama tababarka loogu tala galay maskaxdhiiggaaga ka dib marki isbitaalka lagaa soo saaray?

I___I = Aad baan ugu qanacsanahay

I___I = Waan qanacsanahay

I___I = Ma qanacsani

I___I = Aad baan uga xumahay

I___I = Ma qabin baahi ku aaddan baxnaanin ama tababar ka dib marki aan isbitaalka ka soo baxay

I___I = Isbitaalka marki aan ka soo baxay dib waan u baahnaa baxnaanin ama tababar laakin ma helin

I___I = Ma ogi

34. Waqtiga iminka ah ma leedahay baxnaanin ama tababar kuu socda?

I___I = Haa

I___I = Ma qabo baahi ku aaddan baxnaanin ama tababar ama waan iska diiday

I___I = Maya, waan u baahanahay laakin ma lihi wax baxnaanin ama tababar ah

I___I = Ma ogi

35. Yaa ka jawaabay foomkan su'aalaha?

I___I = Aniga naftirkeyga ayaa kaligeys si qoraal ah uga jawaabay

I___I = Aniga naftirkeyga oo kaashanaya xigto/qaraabo ama shaqaale caafimaad

I___I = Aniga naftirkeyga (bukaanka) xagga taleefanka

I___I = Aniga naftirkeyga (bukaanka) mar aan dib u booqanayay isbitaalka/rugta caafimaadka

I___I = Rugta caafimaadka oo keliya

I___I = Xigto oo keliya

I___I = Cid kale

***Aadbaad ugu mahadsantahay gacan ka geysashadaada!
Koontarool ku samey in aad ka jawaabta dhammaan su'aalaha!
Foomkan ku soo dir baqshadda jawaabta ee la socota***