

**Haddii aad qabto su'aalo dheeraad ah,
fadlan ururradaan la xiriir:**



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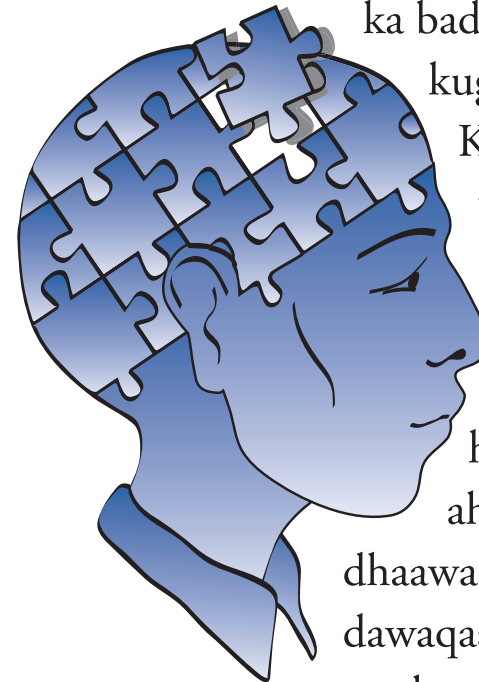
www.braininjurymn.org

Centers for Disease Control and Prevention
The National Center for Injury Prevention and Control (NCIPC)

www.cdc.gov/ncipc/default.htm

Soo Bogsashada Dhaawac Maskaxda ah oo Argagax leh ama Dawaqaad ka dib

Dhaawac maskaxeed oo kasta waa mid gaar ah, sidaas awgeedna calaamadahaagu waxaa laga yaabaa iney ka duwan yihiin kuwa dadka kale. Waxaa laga yaabaa inaad xitaa hubin haddii calaamadahaagu ay la xiriiraan dhaawacaaga. Buuggaan kooban waa taxane la xarriiqayo ee calaamadaha iyo astaamaha. Xarriiq kuwa aad in



ka badan intii uusan dhaawucu kugu dhicin la kulantid. Kala hadal aqoonyahan wax ka yaqaanna dhaawaca maskaxda. Warka wanaagsan waa in caawino la helayo aadanna keligaa ahayn. Dad badan oo dhaawac maskaxeed ama dawaqaad qaba ayaa helaya war, adeegyo, iyo taageero.

Qaar ka mid ah Calaamadaha iyo Astaamaha

Fekerid:

- ❑ Miyaad badanaa hilmaantaa magacyada, tirooyinka, ballamada, ama waxyaabihii aad dooneysay inaad sameysid?
- ❑ Miyey kugu adag tahay inaad la socoto wada sheekeysii u dhexeeya dad badan?
- ❑ Miyey kugu adag tahay inaad raacdo qorshe filim, ama aad xusuusatid waxa uu yiri qofka hadlaya?
- ❑ Miyaad badanaa dib u akhrisaa wax aad hadda akhrisay maxaa yeelay ma xusuusan kartid?
- ❑ Miyaad si fudud u luntaa?
- ❑ Miyey dadku kuu sheegaan ineysan garaneyn waxa aad wixii aad sheegtay ula jeedday? Ama inaad isticmaashay erey ka duwan midkii aad moodday inaad isticmaashay?
- ❑ Miyey aad kuugu adag tahay inaad xusuusato waxa ay tahay inaad sameysa marka xigta?
- ❑ Miyey kugu adag tahay inaad barato qaab ama hawl cusub?
- ❑ Miyey kugu adag tahay inaad qorto qoraallo marka uu qofka hadlaya mawduuc cusub galo?
- ❑ Miyaad mararka qaarkood hilmaantaa inaad qorsheysato wax muhiim ah?

Dareemmada:

- ❑ Miyaad inta badan qososhaa ama oydaa, ama mararka qaarkood taasoo aan habbooneyn?
- ❑ Miyaad iska xanaaqdaa ama si fudud sabar la'aan u noqotaa?
- ❑ Miyey in dhawaale dhibaato kaa qabsatay shaqo, ama muranno daran oo dadka kale aad la gashid?
- ❑ Miyaa xaaskaaga, saaxiib kuu dhow, ama ilmo ay inta badan kugu xanaaqaan, ama u muuqdaan iney iney kaa cabsanayaan?
- ❑ Miyaad si ka daran sidii hore u murugeysan tahay ama u diiqooneysaa?
- ❑ Miyaad inta badan noqotaa qof la luray, laga xanaajiyey, ama lagu kiciyey?
- ❑ Miyey dhibaato kaa haysataa hurdada?

Isbeddellada jidh ahaaneed:

- ❑ Miyuu buuqu ku dhibaa in ka badan intii hore?
- ❑ Miyaad badanaa isu dheellitirkaaga weydaa?
- ❑ Miyaad isku aragtaa arag cawl ku jiro ama lammaane ah?
- ❑ Miyaad in badan isku aragtaa madax xanuun?
- ❑ Miyaad isku aragtaa inaad wax urin karin ama dhadhamin karin?
- ❑ Miyaa hadalku aad kuugu adag yahay, ama miyey dadka ku adag tahay iney ereyadaada fahmaan?
- ❑ Miyey maskaxdaadu shaqada ka fadhiisatay?

Takhtarkaaga tus taxanahaan ka dibna weydii haddii ay tahay in lagu diro takhtarkaxiddada ama dhimirka. Calaamadahaaga waxaa laga yaabaa iney keeneen jahawareer ama dhaawac maskaxeed oo argagax leh.

Aaraa'da Daaweynta

Markaad raadsanayso adeegyo iyo meelo wax laga helo, arag Adeegyada iyo Hay'adaha Minnesota oo ku Caawin Kara kaasoo laga helayo barta internetka MDH: www.health.state.mn.us/injury. Waxaad sidoo kale sameysan kartaa waxyaabahaan marka aad billowdo inaad dib u hesho kartidaadii.

Caafimaadkaaga ka taxaddar:

- Si fiican wax u cun.
- Waqtiyo joogto ah seexo, oo naso marka aad daasho.

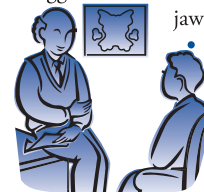


- Xaqiiji in takhtarkaagu uu ogyahay dhammaan daawoyinka/daaweynta ama nafaqada siyaadada ah ee aad qaadato.

- Xaddid isticmaalkaaga aalkolada iyo maandooriyeyaasha qaarkood, maadaama ay hoos u dhigi karaan soo kabashada ayna halis kuu gelin karaan dhaawac kale.
- Raadso daaweyn hawleed, hadal, ama jidh ahaaneed haddii aad dareemaysid inaad u baahan tahay.

Noloshaadii bulsho ku noqo:

- Markaad awooddo, ku noqo hawlahaagii joogtada ahaa, laakiin ha isku dayin inaad wax walba mar wada sameysid.
- Ka shaqee hal shay markiiba, haddii si fudud lagaaga jeedin karayo.
- La xiriir saaxiibbada iyo qoyska. Kala hadal wax ku saabsan go'aammada muhiimka ah.
- Takhtarkaaga wax ka weydii baabuur wadidda, bushkuleeti fuulidda, ama qalab hawl-gelinta, maxaa yeelay dhaawacaagu wuxuu saameeyey aragga, isu dheellitirnaanta, ama waqtiga jawaab celinta.



- Raadso la talin keli ahaaneed ama kooxo taageero. La taliye wuxuu kaa caawin karaa inaad wax ka qabatid dareemmadaada

la xiriira dhaawaca maskaxda iyo siyaabaha ay kuu beddeshay. Ururka Dhaawaca Maskaxda ee Minnesota wuxuu kugu xiri karaa kooxo taageero.

Haddii xusuustu ay dhibaato kugu tahay, qaado buug yar si aad ugu qoratid waxyaabaha. Baar isticmaalka jadwallada, barnaamijyada kombuyuutarrada, kalkaaliyeyaasha shakhsi ahaaneed ee macluumaadka, iyo kaalmooyinka kale ee xusuusta. La xiriir Ururka Dhaawaca Maskaxda ee Minnesota si aad war u heshid.

Iskuulka ku laabo:

- Haddii ilmahaagu uu jahawareer qabo ama dhaawac maskaxeed, ha qiimeeyo takhtar xididdo (ama takhtarka dhimirka ee iskuulka) si loo cabbiro dhaawaca iyo sida laga yaabo inuu ilmaha u saameeyo. Kan wuxuu noqon karaa aasaaska qorshe waxbarasho oo keli ahaaneed (IEP).

Shaqada ku noqo:

- Dadka waaweyn, qiimeyn xididdeed waxaa laga yaabaa iney ka caawiso shaqaaleeyahaagu inuu fahmo baahidaada waxaana laga yaabaa inuu kaa caawiyo inaad faa'iido ku heshid. Haddii aad dooneysid inaad warkaana la wadaagtid shaqaaleeyahaaga, oggolaanshahaaga siitakhtarkaaga.
- Baro sida dhaawacaagu laga yaabo inuu saameeyo shaqada wixii hoy ah ee loo baahan yahayna kala hadal korjoogahaaga.
- Haddii aadan ku noqon karin shaqadaadii hore, ama ay dhibaato kaa haysato shaqada, la xiriir Waaxda Ammaanka Dhaqaalaha. La taliye dib u dejin ayaa kaa caawin kara go'aammadaada ku saabsan kala doorashooyinka xirfadada cusub, tababarka ama dib u dejinta, iyo taageerada maaliyadeed.

