Xarunta caafimaadka dugsigayaga waxay si farxad leh uga jawaabi doonaan wixii su'aala ah.

Adeegyadayada waxaa loo heli karaa dhammaan carruurta iyo kurayda joogta dugsiga hoose ee Zürich, siibaa waalidkoda iyo macalimiinta oo guud ahaan waa bilaash. Shaqaalahu waxay ilaalinayaa qarsoodiga. Wixii macluumaad dheeraad ah waxaa laga heli karaa: www.stadt-zuerich.ch/schularzt

Waa xagee xarunta caafimaadka dusigayga maxaliga ah?

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4 Schulkreis Waidberg
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5 Schulkreis Zürichberg
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6 Schulkreis Glattal
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Stadt Zürich
Schulgesundheitsdienste

Schulärztlicher Dienst

Adeegyada lagu bixiyo xarunta caafimaadka dugsiga ee Zürich

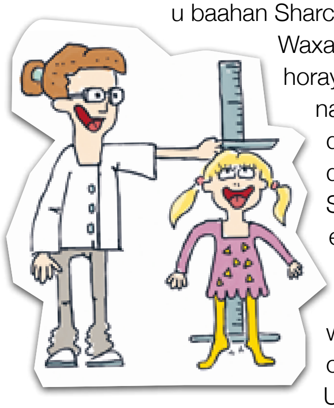
Waxbarid caafimaad leh

Maxaayeelay caafimadku waa hanti qiime leh…

Haysashada carruurnimo caafmaad leh waa muhiim. Ka sakow waalidka, dugsiga sidoo kale waxa uu ballan ku qaadayaa kordhinta wacyi gelinta caafimaadka leh iyo ka warhaynta dhaqanka caafimadka la xidhiidha ee carruurta. Taasi wa sababata aan u bixino adeega dugsiga Marka la eego xuquuqha daryeelka caafimaad, adeega caafimaadka dugsiga waxa uu bixiyaa daryeelka ugu fiican si uu u taageero koriin caafimaad leh oo dhammaan carruurta dugsiyada ah laga bilaabo dugsiga barbaarinta ilaa dugsiga sare. Adeega soo socdaa waxaa laga heli karaa waalidka, carruurta dugsiga iyo dugsiyada.

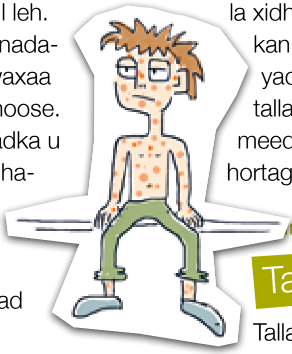
Baadhitaanadan caafmaad ee ka hortaggaga ah

Ilma kasta daryeelka ugu suuragalsan waa in lagu siiyaa waxbarid guul leh. Sababtan awgeedna baadhitaanadaka hortagga ee dugsiga hooe waxaa u baahan Sharciga Dugsiyada hoose. Waxay dhacaan sanadka u horaysa iyo fasalka shanaad ee sanad dugsiyeedka dugsiga sare. Sanadka koowaad ee dugsiga barbaarinta, baadhida caafimad caadi ahaan waxaa fuliya dhakhtarka carruurra ee qoyska. Ujeedada baadhitaanada caafimaad waa in la aqoonsado khataraha caafimaad iyo dhibaatooyinka horumarinta goor hore, si loo bilaabo tallaabooyinka ku habboon wakhti wanaagsan, haddii ay lama huraan tahay.



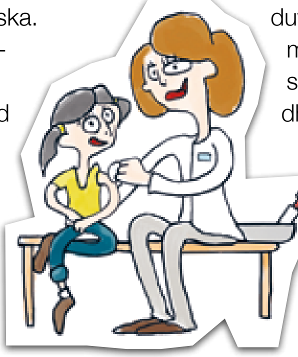
Ka ilaalinta cudurka faafa

Jadeecada, kixda, ololka malaxda leh ee maqaarka sare ama dhibaatooyinka la xidhiidha: Haddii jirrooyinkan ay ka dhacaan dugsiyada, waxaanu qaadnaa tallaabooyin la bartilmaameedsado si aanu uga hortagno faafid dheeraad ah.



Tallaalka

Tallaalada waa qaabka wanaagsan ee looga ilaaliyo naftaada iyo kuwa kale cudurada faafa oo kala duwan. Waxaanu u samaynaa baadhitaanka si aanu u hubino dhammaan carruurta inay tallaalanyihiin oo u siino tallaal bilaash ah sida loogu baahanyahay.



Koorsoyinka gaarka ah ee ku saabsan jimicsiga

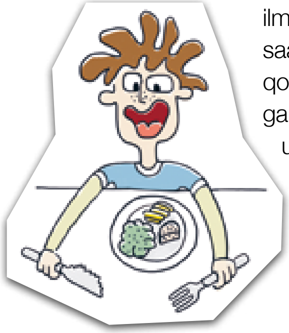
Carruurta, si wanaagsan u seexdaa, si wanaagsan dareenka ugu soo jeedin kara dugsiga oo guud ahaan si wanaagsan maskax ahaan u dheeli tiran. Guud ahaan, waa muhiim ilmahu inuu u jimicsado koriinkooda. Carruurta, aan helin jimicsi ku filan ama miisaankoodu wayn yahay, waxaanu siinaa kooxahao jimicsiga gaarka ah. Ujeedada saddexdan kooras waa in la horumariyo farxada iyo maada jimicsiga. Wixii macluumaad dheeraad ah waxaa laga heli karaa: www.stadt-zuerich.ch/schularzt

Taladda caafimaad

Haddii aad hayso wax su;aalo ah oo ku saabsan caafimaadka iyo koritaanka ilmahaaga ee la xidhiidha dugsiga, waalidka waxay la tashan karaan dhakhtarka dugsiga.

Taladda nafaqada ee gaarka ah

Miyaad ka walaacsantahay miisaanka ilmahaaga? Ma ka haysaa su'alo ku saabsan waxa loo karinyo cuntooyinka qoyska iyo siinta nafaqo ku filan ilmahaaga? Adeega caafimaadka dugsigu waxa uu siiyaa carruurta taladda nafaqada ee waalidka iyo carruurta. Wixii macluumaad dheeraad ah booqo: www.stadt-zuerich.ch/schularzt



Ka sakow cudurka raaga, waxaanu hubinaynaa inaanay carruurtu seegin wax duruusta dugsiga ah.

Waxaanu ku talinaynaa oo taageernaa dugsiyada siiba waalidka ee carruurta qabta cudurada raaga. Gaar ahaan marka tallaabooyinka ay u bahaanyihiin in la qaado gudaha dugsiga ama xarumaha daryeelka dugsiga ka dib (tusaale, dirista dawada).

Ilaalinta carruurta

Waxaanu ballan ku qadaynaa ilaalinta ilmahaaga, markaas carruurta iyo kurayda waxay u kori karaan jidh ahaan iyo maskax ahaan.

Bixinta macluuaad

Xarunta caafimaadka dugsiga waxay bixisaa warsidde macluumaadka ku saabsa mowduucyo kala duwan. Tusaale ahaan: "Caafimaad qaba oo jidh wanaagsan waxaa mahad leh jimicsiga caadiga ah," "Jadeecada," "Daawaynta injirta madaxa," "Ilmahagu ma u diyaaryahay xarunta barbaarinta?" "Heerka qiimaynta ee aragtidda waxbarasho," "Tilmaamaha isticmaalka saxaafada wixii daryeelka barbarinta carruurta ah," "Macluumadka habboon ee maktabadda dugsiga," "Macluumaadkaaga iyo tilmaamaha quraacda iyo qaddada." Waxaad ka heli kartaa xaashida macluumaadka: www.stadt-zuerich.ch/schularzt