

# Goorma Ayay Tahay Inaan Waco Dhakhtarka Cunnugayga

## When Should I Call My Baby's Doctor

**Call 911** if your baby turns blue or has trouble breathing.

**Call your baby's doctor** if your baby has any of the following:

- Cries non-stop for several hours or is more irritable and soothing does not stop crying
- Hard to wake up
- Fever:
  - A rectal temperature (in baby's bottom) of 100.4° F or higher, or an armpit (axillary) temperature of 99° F or higher
  - Fever does not come down with medicine
  - Fever lasts more than 24 hours
- A lot of discharge from the eyes
- A hard time breathing or skin below or between baby's ribs pulls in when breathing.
- Yellowing or rash on the skin that gets worse
- Redness, discharge or a foul smell from a healing umbilical cord or circumcision
- Breastfeeding less often or taking less formula for more than 8 hours
- Green vomit or vomiting after more than 2 feedings in a row
- Fewer than 6 to 8 wet diapers in 24 hours
- Constipation or diarrhea

**Wac 911** haddii cunnugaaga uu buluug isku bedelo ama neefsashada uu ku dhibtoodo.

**Wac dhakhtarka cunnugaaga** haddii cunnugaaga uu qabo mid ka mid ah kuwaan soo socda:

- Haddii uu oynayo muddo dhowr saac ah si aan kala joogsi lahayn ama uu aad u xanaaqayo maaweelintuna aysan ka joojinayn oohinta
- Ay adag tahay in uu hurdada ka tooso
- Qandho
  - Heerkulka dabada (dabada canugga) oo 100.4° F ka sarreeya, ama heerkulka kilkishu (kilkisha) oo 99° F ama ka sarreeya
  - Haddii aysan qandhaddo daawada ku dagayn
  - Haddii andhadu ay socoto in kabadan 24 saac
- Haddii dheecaan badan ka yimaado indhaha
- Haddii waqtiga neefsi adag yahay ama maqaarka ka hooseeya ama u dhexeeya feeraha canugga uu hoos u jiidmo marka uu neefsanayo.
- Jaallowga ama finan kasoo baxa maqaarka oo sii darsanaya
- Dheecaan guduud ah, ama ur xun oo ka imaanaya xuddunta ama gudniinka sii buskoonaya
- Haddii uu naaska nuugayo wax yar inta badan ama uu qaadanayo cunto yar in ka badan 8 saacadood
- Matag cagaaran ama matagidda kaddib wax ka badan 2 quudasho oo isku xigta
- Wax kayar 6 ilaa 8 xafaayadood oo qoyan 24 saacadood gudahood
- Calool fadhi ama shuban

- Cough that will not go away, especially if there is a rash
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- Poor muscle control or baby feels floppy when held
- Convulsions or seizures (body gets stiff, eyes rolls, legs thrash around)
- Baby seems to have an earache (stiff neck or pulls at ears).
- Qufac aan baxayn, khaasatan haddii ay jiraan finan
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- Xakamaynta murqaha oo leedata ama canugga oo u muuqda jileec marka la qabto
- Gariir ama qallal (jirka oo noqda mid adag, indhaha oo rogmada, lugaha oo meelaha ku garaacma)
- Canugga oo u muuqda in uu dhegaha ka xanuun sanayo (margiyo xanuun ama dhego soo jiidid).

If you have any concerns about your baby's health, call your baby's doctor, family doctor or health clinic. Be sure to tell them the baby's name and age.

Never be shy about calling the doctor's office. Often talking to your baby's doctor or nurse will help you decide if your baby needs medical care. When you call the doctor, have written down:

- What is wrong with your baby and when the signs started
- Your baby's rectal temperature
- Any allergies your baby has to food, medicine or environment
- Name and phone number of your pharmacy
- Type of medicine you have given and how much

Keep a paper and pen nearby to write down the doctor's instructions.

Haddii aad qabto wax welwel ah oo ku saabsan caafimaadka canuggaaga, wac dhaqtarka canuggaaga, dhaqtarka qoyska ama isbitaal caafimaad. Hubi in aad u sheegto magaca iyo da`da canugga.

Marna ha ka xishoon in aad wacdo xafiiska dhaqtarka. Had iyo jeer la hadalka dhaqtarka canuggaaga ama kalkaalisada waxa ay kaa caawinaysaa in aad go`aansato in canuggaagu u baahan yahay daryeel caafimaad iyo in kale. Marka aad wacdo dhaqtarka, meel ku qoro:

- Waxa ka qaldan canuggaaga iyo marka ay calaamaduhu bilowdeen
- Heerkulka dabada ee canuggaaga
- Xasaasiyad kasta oo canuggaagu ku qabo cuntada, daawada ama deegaanka
- Magaca iyo taleefoonka lambarka farmasigaaga
- Nooca daawada lagu siiyay iyo inta ay tahay

Soo dhaweyso qalin iyo waraaq si aad u qoroto warbixinnada dhaqtarka.