

Injirta madaxa

Cid kasta oo madaxa timo ku leh waxa ku iman kara injirta madaxa, da' kasta iyo nooc kasta oo timuhu yihiin. Injirtu dhiiga ayey jaqaysa, qaniinyaduna waxa ay keenaysaa cuncun. Usbuucyo badan ayaa u dhexayn kara marka qofku injir uu qaado ilaa marka cuncunku ku bilaabmayo. Injirta madaxu wax shaqo ah kuma laha nadaafad xumo, oo injirka ma lagu dabargoyn karo shaambo caadi ah

- Tuwaal/shukumaan cad saar garbaha qofka la eegayo/baadhayo
- Timaha qoyan waxa ay xanibayaan dhaqdhaqaaqa injirta
- Timaha oo dhan ku feedh/shanlee shanlo leh ilko yaryar oo isu dhow-dhow
- Injir iyo ukunteeda ka eeg tuwaalka/shukumaanka iyo shanlada
- Carruurta ka eeg injir ugu yaraan hal mar bishii

Injirta madaxa waxa lagaga adkaan karaa dawada injirta, in timaha la shanleeyoo ama in timaha la xiiro oo laga gaabiyo 0,5 cm. Haddii xubno badan oo ka mid ah qoyska ama dadka ku xidhani ay qabaan injirta madaxa, waa in dhammaantood isku mar la daweyo si aanay isu qaadsiiin.

Dawada injirta:

Dawada injirta waxa la marinayaa timaha iyo gunta madaxa. Waxa ku jira maadooyin dilaya injirta. Dawooyinka injirtu way kala fiican yihiin. Dawooyinka ay ku jiraan maadooyinka malation iyo dimetikion ayaa u muuqda kuwo faa'ido wacan leh. Dawooyinka ay ku jirto maadada permetrin inta badan si fiican uma shaqayso waayo injir badan oo Noorway jooqta ayaa noqday kuwo u adkaysan kara maadadaas. Dawooyinka ay ku jiraan saliidaha caleemuhu faa'ido ayey lahaan karaan, laakiin cilmi-baadhis badan laguma sameyn.

Si sugan u raac tilmaamaha isticmaalka dawada/badeecadda. Carruurta yaryar ama haweenka uurka leh ma adeegsan karaan qaar ka mid ah dawooyinka injirta. Ogow in la daweynayo keliya qofka ama dadka injirta qaba oo keliya, waayo waxa markasta jirta halis yar oo ah in cillad ka iman karto dawada.

Shanleynta timaha:

Waa in timaha lagu shanleeyo shanlada injirta madaxa, oo loo sameeyo si nidaamsan oo sugan maalin kasta ugu yaraan siddeed maalmood, kadibna hal mar usbuuc kasta muddo saddex usbuuc ah. Timuhu waa in ay qoayaan ahaadaan marka la shanleynayo. Tuwaal/shukumaan saar garbaha si aad u qabatid injirta iyo ukunta soo dhaca. Intaas kadib waa in tuwaalka/shukumaanka iyo shanlada lagu dhaqo biyo ah 60 °C ama qaboojisada lagu rido ugu yaraan afar saacadood, si loo dilo injirta iyo ukunta.

>>

Injirta madaxa
Sidee loo ogaan karaa injirta madaxa?
Sidee looga guulaysan karaa injirta?

Si injirta looga baadho timaha dheer waxa wacan in timaha loo qaybiyo 3–6 xidho/qaybood oo marba hal xidho la shanle sawir-qaade: lene solbakken

Ukunta injirtu si fiican ayey ugu dhegan yihiin timaha

ill.: hallvard elven

Hodelus/Somalisk

Injirta madaxu ma boodi karto mana duuli karto, laakiin madaxyada ayey u kala gurguurataa marka ay isu dhawaadaan. Aad uma badna in injirta lagu kala qaado barkimooyinka, alaabta guriga, xayawaanka guriga iyo dharka. Laakiin si kastaba waxa la soo jeedinayaa in aan qofka qaba injirta laga amaanaysan koofiyadaha/maryaha madaxa, shanlooyinka timaha, qurxinta timaha iyo wixii la mid ah.

Inta badan injirtu hal qof keliya kuma eekaato. Haddii aan la daweyn waxa ay dhowr jeer geli kartaa qoyska oo dhan iyo dadka u dhow.

Haddii injir laga helo carruur aada xannaanada carruurta ama dugsigu, qasab maaha in carruurta loo diro guriga. Waxa ay u badan tahay in injirtu muddo dheer ku jirtay ilmaha, markaa dhowr saacadood oo ay sii joogaan macno weyn mal aha. Ilmuhu si caadi ah ayuu u sii wadi karaa xannaanada carruurta ama dugsigu, laakiin waxa habboon in uu sida ugu dhakhsaha badan u bilaabo daweynta. Waxa habboon in la wargeliyo xannaanada carruurta/dugsigu iyo saaxiibada ilmaha oo loo sheego in mid ka mid carruurta laga helay injirta madaxa, si loo baadhi karo dhammaantood oo looga hortegi karo si-qaadsiin.

Sidee loo kala qaadaa injirta?
Injirta xannaanooyinka iyo dugsiyada
Head lice • English Page 2

3 mm

Ukun Qandhiciil (yaryar) Waaweyn 8 maalmu 9–12 maalmu ca 25 maalmu

ill.: preben ottesen

Hodelus/Somalisk