

Baro calaamadaha faalligidda!

DEGDEG UGA JAWAAB

(KNOW THE SIGNS OF A STROKE! BE FAST)

BALANCE (DHEELLITIRKA)

Si kedis ah in loo waayo
wadashaqeynta jirka ama dheellitirka

EYES (INDHAHA)

Aragga oo si kedis ah isu beddela

FACE (WEJIGA)

Itaal la'aan kedis ah hal dhinac
oo ah wejiga ama qalloocsamid ah wejiga

ARM (GACANTA)

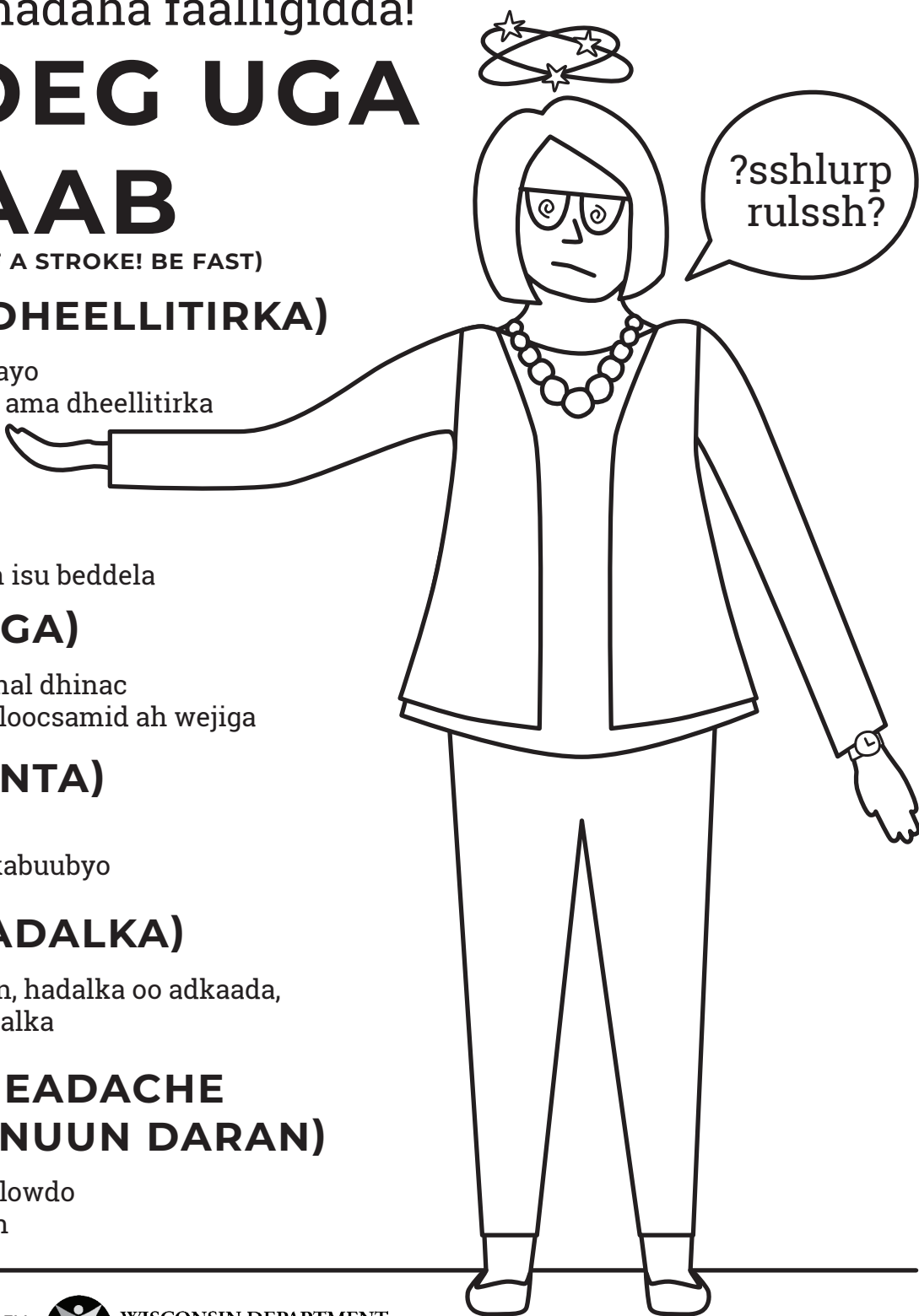
Itaal la'aan kedis ah
gacan ama lug ama kabuubyo

SPEECH (HADALKA)

Hadal aan la fahmeyn, hadalka oo adkaada,
fahmid la'aan ah hadalka

TERRIBLE HEADACHE (MADAX-XANUUN DARAN)

SI kedis ah in uu u bilowdo
madax-xanuun daran



WISCONSIN COVERDELL
STROKE PROGRAM



WISCONSIN DEPARTMENT
of HEALTH SERVICES
P-02107FSO (12/2019)

Bogga
intarnetka:
U DEGDEG
Bella



Fiidiyow:
Sida la isaga
yareeyo
khatarta
faalligidda



DEGDEG U GARAAC 9-1-1

Ilbiriqsi kasta waa muhiim!

Bella Waxay Aadeysaa Dukaanka

Ku caawi Bella in ay soo iibsato cuntooyinka Bella ka difaaci kara faalligidda. Cuntooyinka ay Bella cuneyso xarfahooda ayaa la isku qasay. Eeg xarfaha hoose oo ka dhex hel eray cunto u taagan oo midabbee.

DGRII _____

Wax la beerto oo adag, oo yaryar, oo badanaa guduudan, oo intaan la cunin biyo lagu kariyo. Waxaa ku jira barootiin badan, aayroon, oo caloosha ayaa ku socota.

BAKOORLOI _____

Khudaar cagaaran oo u eg geed kurtumo leh, oo ah bulbul, oo ka mid ah waxa la cuno ee ugu caafimaadka badan.

CAGAAR _____

Tusaaleyaal ka mid ah waa caleen midmid ah, caleen weyn, bagal, iyo isbiinaash. Cuntooyinkaas waa qaar ka mid ah kuwa ugu caafimaadka badan ee dunida laga helo.

MIOR- REEDUUD _____

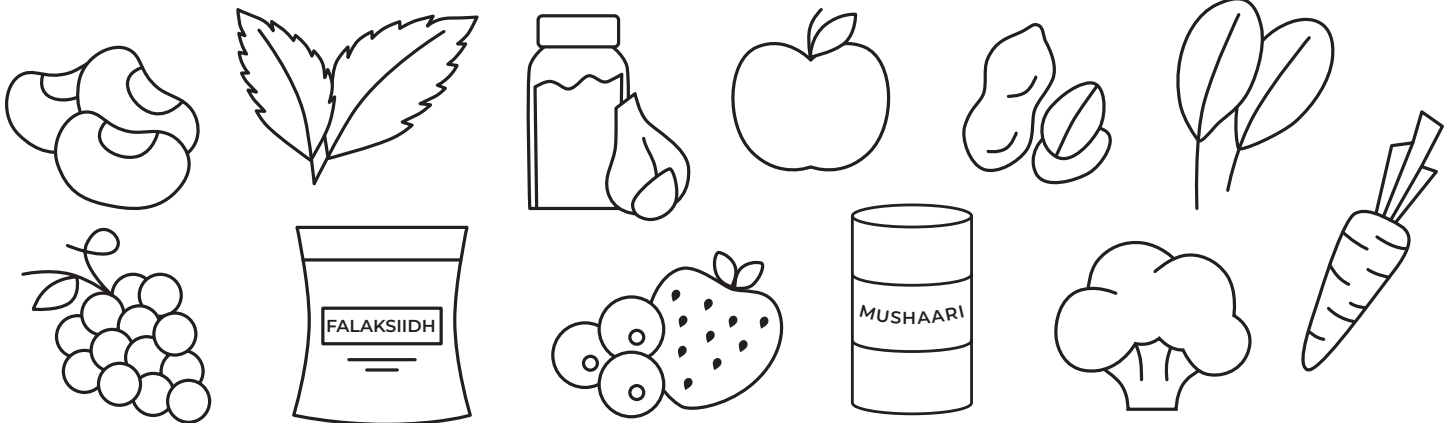
Wax laga soo gurto geedo duurka ah oo yaryar, oo leh dheecaan macaan ama kharaar. Waa wax la muudsado marka ay bislaadaan, oo fitamiin ayaa ku jira.

XWAASHA _____

Magac guud oo la isku yiraahdo waxyaabo dhandhan u yeela oo cuntada lagu karsado. Tusaaleyaal ka mid ah waa sanjibiil, basbaas, gorfe, huruud, iyo toon

INAHIINA FALAKIS _____

Iniino aan dhadhan lahayn oo u fiican caafimaadka dadka "oo magacoodu ka bilowdo fala". Waa in laga cuno 2 qaaddo maalintii oo waxay u fiican yihiin wadnaha, maskaxda, iyo jirka.



TUAAFAX _____

Miro macaan oo ah guduud ama cagaar oo ceyriin iyo dahaarkooda lagu cuno. Dahaarkoodu waa qeybta ugu caafimaadka badan.

DAABACSE _____

Khudaar dhuudhuuban oo leh midab ah oranji, oo ah halhal oo suugada loogu darsado sida baradho ama barbarooni oo leh fitamiin A.

MURAASHI _____

Cunto ah dareere oo si degdeg ah loo karsado oo ka sameysan galley ama qamadi oo ay badanaa cunaan umulaha.

LOSW _____

Tusaaleyaal ka mid ah waa iniino qolof leh oo intaan la cunin ka hor la dubo oo dhadhan leh. Waa wax ka baxa geedaha oo leh aayroon badan.

DAAOW _____

DHAMEEQAD

Tusaaleyaal ka mid ah waa wax dhir ka baxa sida malmalka, diinsiga, iyo dacarta. Wax yar ayaa laga isticmaalaa si loogu bogsado.

CABNA _____

Miro yaryar oo macaan, oo leh midab guduudan, cagaaran ama basali. Nooca guduudan ama kan cagaaran ayaa ugu fiican in loo cuno faalligidda.

MA OGTAHAY?

Waxaad maskaxdaada falligidda uga ilaalin karto waa adigoo maalin kasta cuna miro, khudaar, cuntada laga sameeyo badarka, iyo digir. Cunista badan ee hilibka, jiiska, iyo ukunta waxay kordhin karaan halista faalligidda¹.



Sawiro oo arag cuntada u fiican caafimaadka

Waa maxay faalligiddu?

Maskaxdaadu waxay u baahan tahay dhiig iyo ogsijiin uga yimaadda xididdada 24/7. Faalligiddu waxay dhacdaa markay maskaxda soo gaari waayaan dhiig ama ogsijiin ku filan.



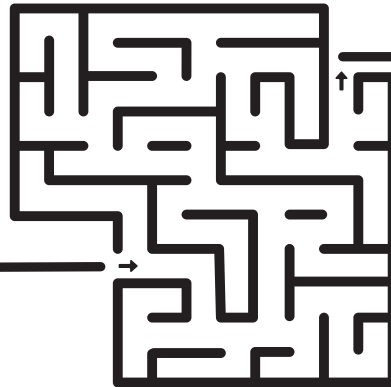
MA OGTAHAY?

Badanaa faalliggu wuxuu dhacaa markay xinjir dhiig ah dhex istaagto xididka maskaxda.

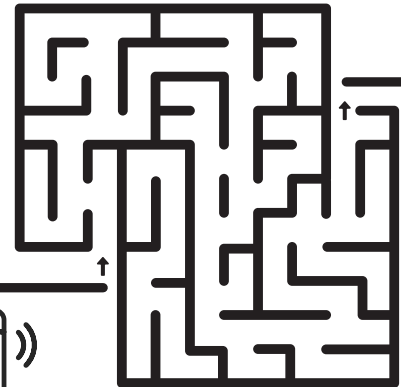
**Ka caawi
Bella xaalad
kasta ilaa
ay gaarto
isbitaalka.**



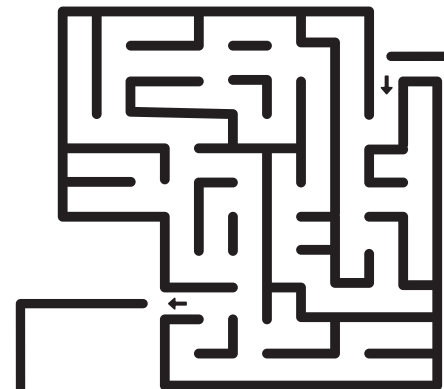
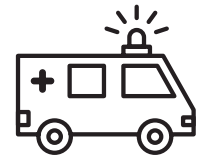
KA-BILOW



**GARAAC
911**



AAMBALAAS



MA OGTAHAY?

Halkii daqiiqo in ka badan 2,000,000 oo ah unugyo maskaxeed ayaa ka dhimanaya qofka uu faallig ku dhaco. Marka loo garaaco 911 iyo aambalaas ayaa isbitaalkuna si degdeg ah wax uga qaban karaa qofka ay ku dhacday faalligidda.

Hubso Bella Calaamadaheeda Faalligidda

Fiidiyow: Siday
maskaxdu u
shaqeyso



Bella waxaa ku dhacay faalligid. Goobo geli
calaamadaheeda oo dhan.

- Balance
(Dheellitirka)
- Eyes (Indhaha)
- Face (Wejiga)
- Arm (Gacanta)
- Speech (Hadalka)
- Terrible Headache
(Madax-Xanuun Daran)



MA OGTAHAY?

Qeybo kala duwan oo ah maskaxda ayaa dadka ku caawiya hadalka, socodka, dheellitirka, aragga, xasuusta iyo barashada waxa ku cusub. Markuu faallig dhaco, qeybo ka mid ah maskaxda ayaa joojinaya inay si fiican u shaqeeyaan.



ISBITAAL

