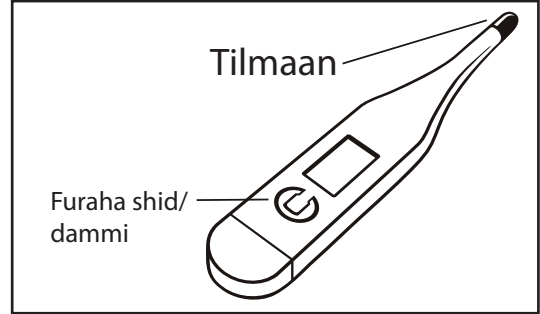


SIDA LOO ISTICMAALO HEER-KUL-BEEGTA

Cabbir xumadda (heer-kulka) marka qofku leeyahay calaamadaha qandhada
(qadhqadhyo, dareemis diirimaad badan, wejiga dhididsan, madax-xanuun, dareemis daal iyo itaal-darro)

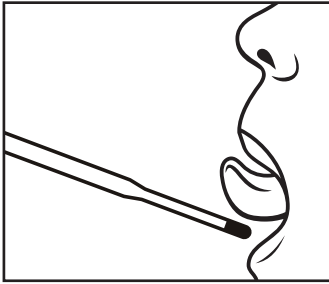
1) DIYAARI HEER-KUL-BEEGTADA

- Ku nadiifi heer-kul-sheegtada saabuun iyo biyo diiran kahor iyo kadib isticmaalka.
- Guuji badhanka oo shid heer-kul-beegtada.



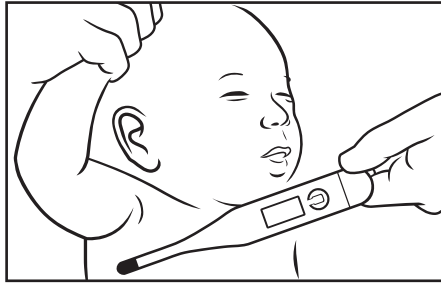
2) SAAR HEER-KUL-BEEGTA AFKA GUDIHIISA AMA KILINKILADA

Gudaha afka:



- Saar caarada heer-kul-beegta carrabka hoostiisa.
- Afka xidh oo ku hay caarada heer-kul-beegta carrabka hoostiisa.

Kilinkilada:



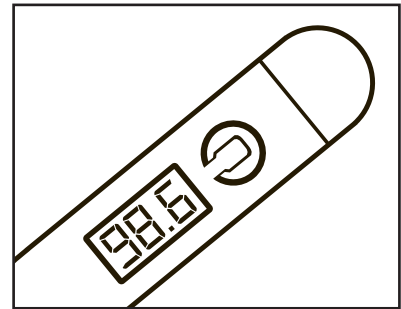
- Saar caarada kilinkilada.



- Gacanta hoos u laab.
- Ku hay gacanta qofka dhinaciisa.

3) AKHRI HEER-KUL-BEEGTA

- Tirada heer-kul-beegta dhijitalka ah wuu biligbiligleeyaa ama wuu dhawaaqaa marka uu diyaar yahay. Soo saar heer-kul-beegta oo akhri heer-kulka uu muujinayo.
- Heer-kulka caadiga ah waa ku dhawaad: 98.6°F (afka), ama 97.6°F (kilinkilada).
- Akhriska saxa ah, ha qaadan dawo xanuun-bi'ye ah ama qandhada jabisa kahor qaaditaanka heer-kulka.



HADDII AAD LEEDAHAY QANDHO

Qandho macnaheedu waa jidhkaaga oo xoog u shaqeeya si uu ula dagaalamo cudur. Nasasho iyo cabbitaan dareere badan ayaa ka gargaari kara jidhkaaga inuu raysto. Guriga joog si aad uga ilaaliso jirradu inay ku faafto dadka kale haddii heer-kulkaagu yahay: 100°F ama ka sarrayso (afka) ama 99°F ama ka sarrayso (kilinkilada). Iskoolada iyo barnaamijyada xanaanada ilmaha waxa laga yaabaa inay leeyihiin xeerar kala duwan oo la xidhiidha goorta ilmaha uu joogayo guriga. Fadlan kala hadal shaqaalaha dugsiga ama xanaanada ilmahaagu tago.

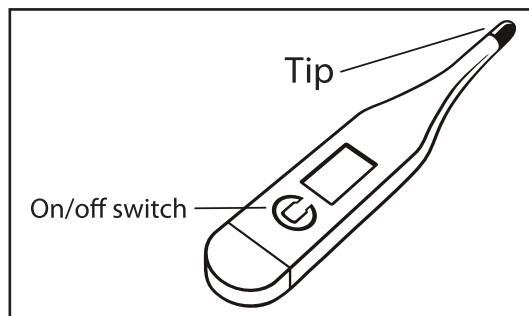
HOW TO USE A DIGITAL THERMOMETER

Check temperature when someone has the signs of a fever

(chills, feels very warm, flushed face, headache, feels tired and weak)

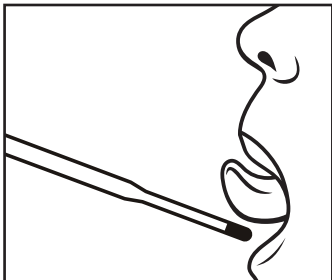
1) GET THE THERMOMETER READY

- Clean thermometer with soapy warm water before and after use.
- Press the button to turn digital thermometer on.



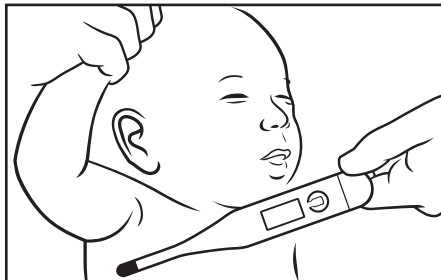
2) PLACE THERMOMETER IN MOUTH OR UNDER ARM

In the Mouth:



- Place tip of thermometer under the tongue.
- Keep the mouth closed and thermometer tip under the tongue.

Under the Arm:



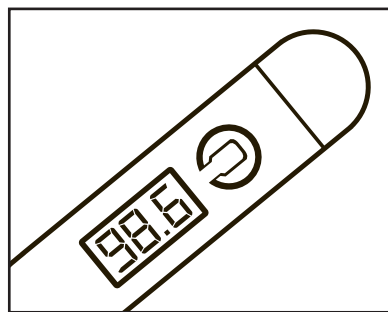
- Place the tip in the armpit.



- Bring the arm down.
- Keep the arm against the person's side.

3) READ THE THERMOMETER

- The numbers on thermometer will flash or it will beep when ready. Remove thermometer and read the temperature shown.
- Normal temperature is around: 98.6°F (mouth), or 97.6°F (arm).
- For correct reading, do not take pain or fever-reducing medicine before taking a temperature.



IF YOU HAVE A FEVER

A fever means your body is working hard to fight off an illness. Rest and drink plenty of liquids to help your body get better faster. Stay home to keep your illness from spreading to others if your temperature is: 100°F or higher (*mouth*) **or** 99°F or higher (*arm*). Schools and child care programs may have different rules about when to keep your child home. Please ask staff at your child's school or child care.



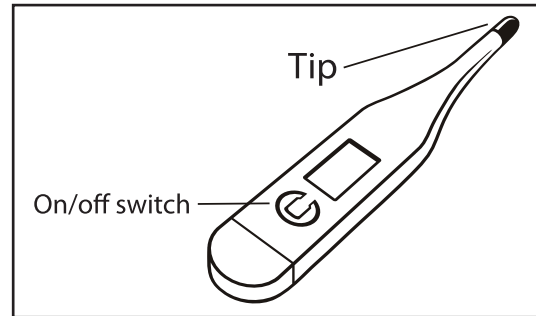
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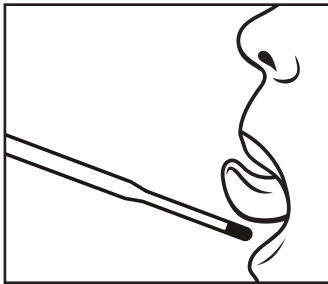
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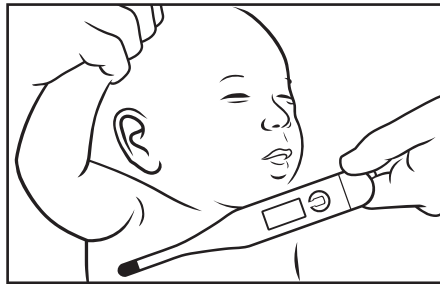
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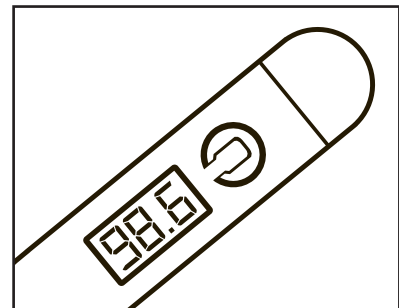
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