

XARUNTA CAAFIMAADKA WEXNER EE JAAMACADA GOBOLKA OHIO

## **Macluumaadka aad raadsaneyso raadsado mudada aad uurka leedahay**

<b>Ohio State Family Medicine Thomas Rardin</b>	<b>614-293-2700</b> Iisniinta ilaa Jimcada 8 a.m.-5 p.m.
<b>Foosha iyo Dhalmada</b>	<b>380-283-7575</b> 24 saac maalintii, maalin kasta
<b>Laynka Caawimaada Naas-nuujinta</b>	614-293-8910
<b>Shaqaalaha Isbitaalka</b>	614-293-8000
<b>Barashada Isdbitaalka Dhalmada iyo Casharada Daryeelka Hooyada iyo Dhalaanka</b>	Kala hadal bixiyahaaga caafimaad tababarrada dhalmada iyo booqashada qaybta dhalmada



# Wakhtiga ay tahay in la raadsado daryeel caafimaad

## Wac xafiiska ama waaxda Foosha iyo Dhalmada haddii aad dareento:

- Madax xanuun aan kaa tagayn ama kasii daraaya muddo kadib
- Isbadello Ku dhaca aragaaga
- Xabad xanuun ama wadne garaac saa'id ah (wax ka badan 10 daqiiqo)
- Dhaqdhaqaaqyada ilmuhu ay joogsadaan ama nuxuusaan
- Barar, mur-murx, ama xanuun kaa haya lugta
- Miyir beelid
- Qarqaryo, qandho, ama natag iyo shumab joogto ah
- Xanuunka daran ee caloosha ama ubucda oo aan kaa ba'ayn
- Dhiig ama dheecaan ka socda xubinta taranka
- Bararka xad dhaafka ah ee gacmaha iyo wajiga
- Adayg ama dikaan kaa haya minka ama ilmo galeenka
- Neefsasho dhib ah/ama neef qabatow
- Wax kasta oo khaldan

## U diyaar garoow inaad u sheegto dhakhtarka ama kalkaalisada:

- Nooca cilada ku haysata
- Marka ciladu kugu bilaabatay
- Xiliga la filaayo inaad umusho



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER