

Mallattoolee Akeekkachiisaa Haadholii Hatattamaa



Bowwoo dafee hin badne ykn yeroo gara yerootti hammaataa dhufu



Miira lafaan martoo ykn of wallaalluu



Yaadota waa'ee ofii keessan ykn daa'ima keessan miidhuu



Dhaqna gubaa/leygdaa



Jijjiiramoota ilaaluu wajjin wal qabatan



Rakkoo hargansuu



Dhukkuba qoomaa ykn rukutaa onnee si'ataa



Garmalee dhiita'uu harkaa ykn fuulaa



Dhukkubbii garaa cimaa dafee hin badne



Lolloccii cimaa fi haqqee (kan ulfaa wajjin walhinqabanne)



Dhaabbachuu ykn hir'achuu sochii daa'ima



Dhiita'uu, diimachuu ykn dhukkubuu miillaa



Dhiiguu qaama saalaa irraa ykn dhangala'aa ba'u ulfa boodaa



Dhiiguu qaama saalaa irraa ykn dhangala'aa ba'u yeroo ulfaa



Dadhabbii humnaa ol ta'e



SCAN ME

Yeroo ulfaattii fi ulfa booda mallattoolee kanneen keessaa kamiyyuu yoo qabaattan, dhiyeessaa tajaajila fayyaa keessanii qunnamaa, battaluma sanatti gargaarsa argadhaa.

Dhiyeessaa keessan qunnamuu yoo hin dandeenye, gara kutaa yaala hatattamaa dhaqaa. Ulfa ta'uu keessan ykn bara darbe keessa ulfan ture jechuu hin dagatinaa.

CAALAATTI BARUUF

<https://obgynsafety.org/urgent-maternal-warning-signs/>

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