

Calaamadaha Digniinta Hooyada Iyo Dhallaanka Ee Degdegga Ah



Madax-xannuun aan bixin ama ka sii daraya waqti kadib



Dawakhaad ama suuxdin



Fikradaha inaad nafataada ama ilmaha waxyeellayso



Qandho



Isbeddelo ku dhaca araggaaga



Neefsashada oo dhib noqata



Xabad xannuun ama wadne si aad ah u garaacmaya



Barar aad u daran oo ku dhaca gacmahaaga ama wejigaaga



Xannuun dhanka caloosha ah oo daran oo aan baxayn



Lallabo iyo hunqaaco (aan ahayn sida mida subixii ee haweenka walaca ah)



Dhaqdhaqaaqa ilmaha oo joogsada ama gaabis noqda



Barar, guduudasho, ama xannuun ku dhaca lugaha



Dhiig-baxa farjiga ama dheecaano ka yimaada uurka kadib



Dhiig-baxa farjiga ama dheecaano ka yimaada xilliga uurka



Daal xad-dhaaf ah



SCAN ME

Haddii aad qabto astaamahan xilliga uurka ama uurka kadib, la xiriir daryeel-bixiyaha caafimaadkaaga oo hel caawimaad isla markaaba.

Haddii aad heli waydo daryeel-bixiyahaaga, aad qolka gurmada degdegga ah. Xusuusnow in aad u sheegto inaad uur leedahay ama uur qaaday intii lagu jiray sannadkii hore.

WAX BADAN OGOW

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

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