

Yaraynta khatarta Sudden Infant Death Syndrome (SIDS)

Dhabarka u jiifi ilmaha yar

Caloosha



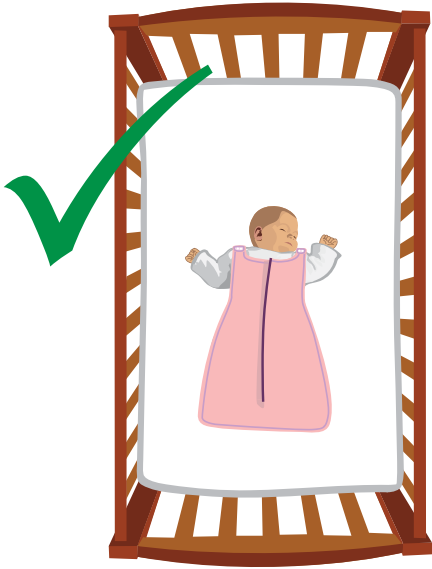
Dhinaca



Dhabarka

U seexinta ilmaha dhinac ama caloosha waxay siyaadisaa khatarta SIDS

Ha ka daboolin
Madaxa iyo Wajiga



Isticmaal baaga hurdada ee amaanka ah kaas oo leh god loo sameeyey luqunta iyo gacmaha

AMA



Ilma dhabarka u jiifa. Luga gaarsiisan dhamaadka sariirta ilmaha. Buste si fiican sariirta loogula qabtay.

Ka daboolida ilmaha madaxa ama wajiga waxay siyaadisaa khatarta SIDS

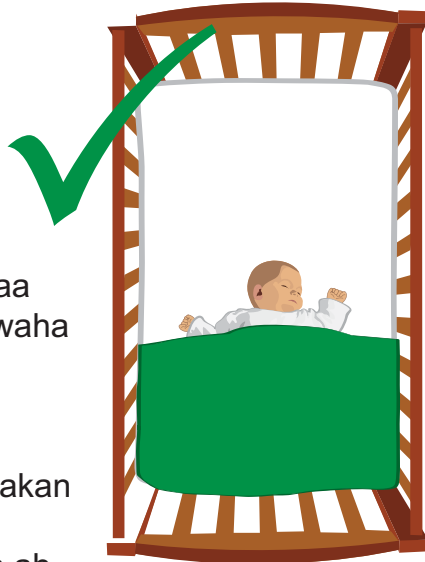


Sigaar iyo dhalashada ka hor iyo ka dib

Cabida sigaarka inta ilmuhu uurka ku jiro iyo markuu dhashaba waxay siyaadisaa khatarta SIDS.

Caawima ayaa waxaa helli kara dhakhtarkaaga, kalkaaliyaha caafimaadka, ama adigoo la xiriiraya

Quitline tel 131 848



Sariirta ilmaha yari waa inay leedahay mustawaha looga baahan yahay Australia (AS2172)

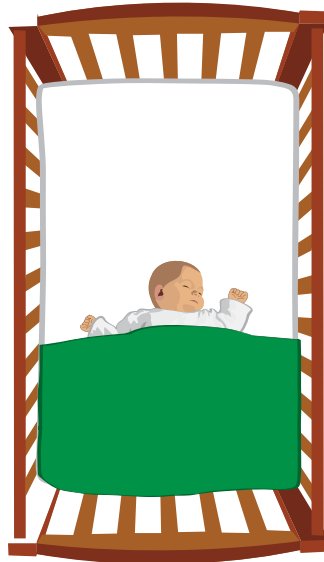
Joodarigu waa inuu kakan yahay isla markaana yahay qiyaasta saxda ah

Ilmaha dhabarka u jiifi ✓

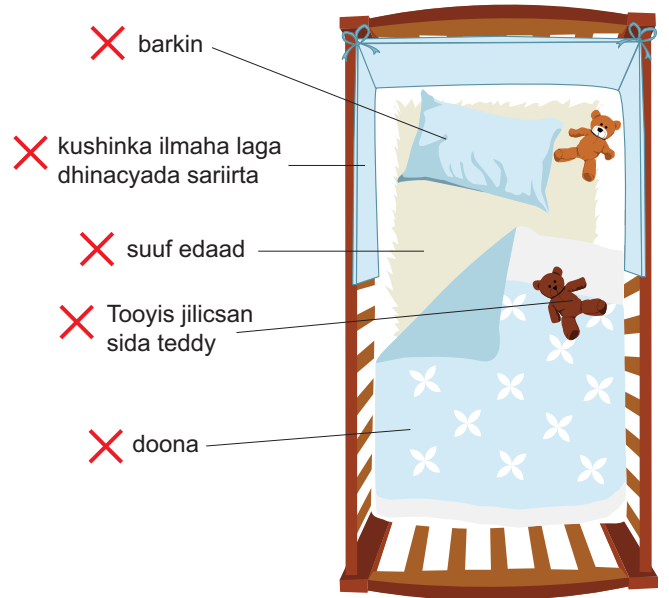
Ha ka daboolin wajiga iyo madaxa ✓

Ilmaha sigaarka ka ilaali inta aanu dhalan iyo ka dib ✓

Seexi ilmaha sariir amaana oo taalla sariirta waalidka dhinaceeda ✓

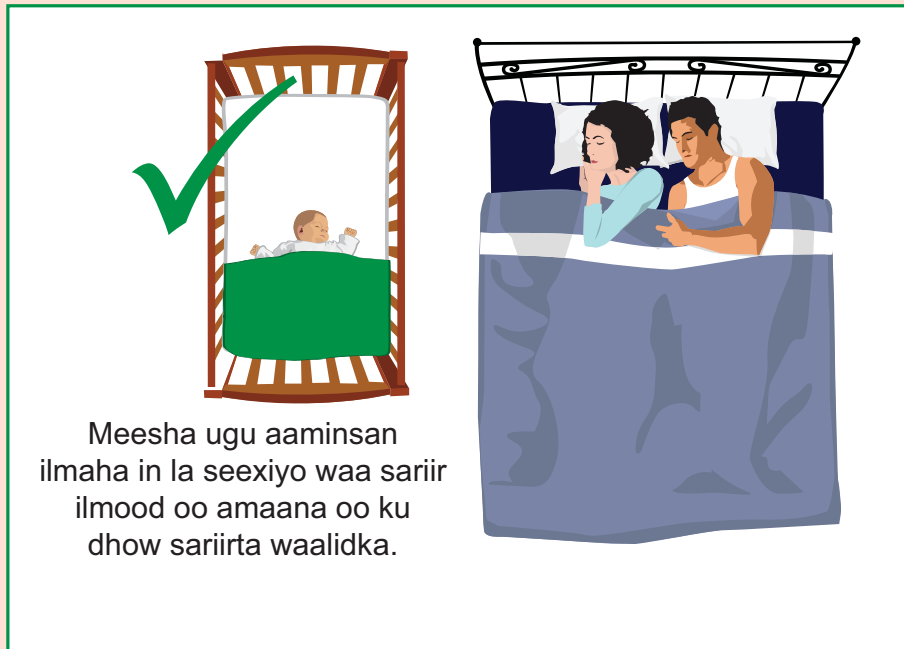


Lama rabo sariir jilicsan oo buufsan



Dusha jilicsani waxay siyaadisaa khatarta SIDS

Meela la seexanayo
oo aan aamin ahayn



Sawirada ay ku taal **X** maaha meelaha amaanka ah in lagu seexiyo

Waxaa wadajir u sameeyey SIDS iyo Kids
ACT, Caafimaadka ACT iyo Wasaarada
linta, Adeegyada Bulshada iyo Gurisiinta.



Waxaa iyaga oo ku faraxsan kharajka bixiyey



www.grobag.com.au
1800 777 107

sidsand
kids

Macluumaad intaas ka badan oo dhakhtarkaaga
iyo caafimaadka ilmaha iyo Xarunta Caafimaadka
Bulshada; wac SIDS and Kids ee meesha
aad joogto tel:

1300 308 307

ama booqo websaytka SIDS and Kids oo ah

www.sidsandkids.org