

SAFESLEEP

- M A I N E -

Yare halista Xaalada Dhimashada Kediska ee Dhallaanka (Sudden Infant Death Syndrome - SIDS). Raac arrimaha aasaaska u ah hurdada ammarka ah:



KALIGI -

Haka dheeraan,
is u-seexo.



U seexi **DHABARKA**
waqtiga hurdada
gaabban ee malinti
iyo ta habeenkiiba.



Gudaha **XOOL** naadif
ah oo si cad looga
dhex arki karo.



DOROOGO KA MADHAN -

Cabitaanka khamrada iyo
isticmaalka daroogadu
waxay wax u dhimmayaan
awoodda aad u leedahay
daryeelka ilmaha.

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Haddii ilmahaagu uusan seexan wayo oo uu si joogto ah u ooyo:



Hubi si aad u ogaato inu ilmahaagu gaajaysan yahay, daalan yahay, ama u baahan yahay beddel xafaayad.



Gacmahaaga ku koolkooli ilmahaaga, u hees, ama biyo diiran ugu qube.



Haddii cimiladu saamaxdo, u saar ilmahaaga bannaanka si u ugu luggeeyo.



Wac saaxiib ama xubin qoyskaaga ah si ay u yimaadaan oy u daawadan ilmahaaga.



Wixii taageero ah, wac **1-888-644-1130** ama la hadal dhakhtarka ilmahaaga.

Xusuusnow:

- Carruurtu waxay si buuxda ugu tiirsan yihiin dadka waaweyn daryeelkooda ammaanka ah.
- Waxa dhici karta inu Ilmuhu joojinwaayo oohinta waxaad doonto haddad ku daydo.
- Haddii aad u baahan tahay inaad waqti qaadato si ay naftaadu u degto, ku rid ilmahaaga meel ammaan ah oo lagu seexo (**KALIGOOD**, **DHABARKOODA** u jiifa, gudaha **XOOL**), oo fiiri 15 -kii daqiiqaba mar.
- Si kasta oo aad u niyad jabsaantahay, **WALIGAA, WALIGAA, WALIGAA** ha ruxin ilmo.

[SafeSleepForME.org](https://www.SafeSleepForME.org)

