

Qaamuus



Macluumaad muhiim ah oo ku saabsan Fayruska Korona COVID-19

Dadka badankoodu waxay yeeshaan calaamado fudud sida qufac iyo qandho kuwaas oo kaligood iska taga/baaba'a, laakiin dadka qaar ayaa yeesha xanuun aad u daran kuwaas oo ay u weheliso dhibaatooyin neefsashada iyo oofwareenka. Fayrusku waxa uu ku faafaa xiriir dhow oo lala yeesho qof cudurka qaba ama dhibco neefta soo raaca marka qofka cudurka qaba uu qufaco ama hindhisto. Calaamaduhu inta badan waa qaar fudud iyagoo caadi ahaan soo baxa shan maalmood ka dib marka fayruska la qaado, laakiin calaamaduhu waxay soo bixi karaan wakhti ka horreeya ama ka dambeeya shan maalmood.

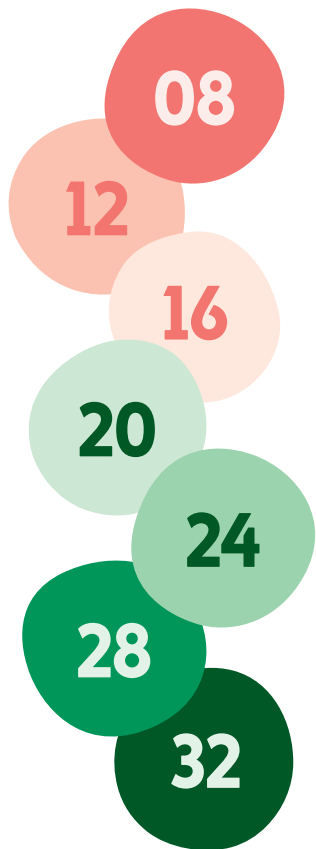
Waxaynu dhamaanteen gacan ka geysaneynaa xadidaadda fiditaanka. Midkeenna ma rabbo inuu dadka kale soo gaadhsiiyo khatar fiditaanka oo aan loo baahnayn. Miyaad hargab ama calaamado hawo mareenka ah leedahay:

- Si xoog ah uga taxaddir nadaafadda gacanta
- Had iyo jeer ku qufac oo ku hindhis xusulka/xagasha gacanta ama masarka/fasaleetiga sanka layskaga siimiyo
- Haddii aad kari karto - iska ilaali bay'adaha/meelha aad dadka kale ku qaadsiiin karto

Farmasiigayaga, waxa badanaa jooga dad
waayeel ah iyo dadka kale ee ay aad ugu sii
adkaan karto haddii ay infekshanka/caabuqa
qaadaan.

Waad ku mahadsan inaad tixgelin u
muujineyso!

Haddii aad ubaahan tahay inaad dawo qof
qaraabo ama saaxiib ah kaas oo aan isagu
imaan karin farmasiiga, waxaad taas si fudud
ugu sameyn kartaa adigoo kaashanaya
wakiilasho/awood siin iyo aqoonsigaaga.
Na weydii anaga, markaas ayaanu ku caawin
doonnaaye!



Caloosha

Qabow & xanuun

Hoosta/Galmada

Maqaarka iyo Timaha

Xasaasiyadda

Boogaha, qaniinyada & mudidda cayayaanka

Waxyaalaha farmasiiga guriga u daruuriga ah

Ku saabsan Apotek Hjärtat

Marka laga eego ku dhowaad 390 kayaga farmasii ayaa Apotek Hjärtat uu yahay silsiladda farmasiyada gaarka loo leeyahay ee ugu weyn Iswiidhan Aragtidayada/ Himiladayadu waxa weeye in aanu macmiil kasta siino daryeel caafimaad oo ka wanaagsan iyo ka caafimaad badan iyada oo loo soo maraayo daryeel shaqsi ahaaneed, badeecadooyin fara badan oo kala duduwan iyo adeegyo la kordhiyey. Waxaanu leenahay in ka badan 3000 oo shaqaale ah, kuwaas oo qaar badani Iswiidhishka maahee luqado kale ku hadlaan. Haka waabanin inaad caawimo aad na weydiisatid, anaguna si farxad leh ayaan wax dheeraad ah kuugi sheegi doonnaa.

Anaga ahaan waxa noo muhiim ah inaad caawimada saxda ah ka hesho Apotek Hjärtat. Haddii aad si fiican iswiidhishka ugu hadasho iyo haddii kale.

Taasi waa sababta aan ugu sameynay qaamuusyada dawooyinka si aanu kaaga caawino inay kuu fududaato inaad dawada saxda ah hesho oo ayna kuu fududaato inaad calaamadahaaga ku sharaxdo luqada aad ku hadasho.

Qaamuuska dawooyinka waxaad ka heli doontaa qeexitaanno gaagaaban oo ku saabsan cudurrada caadiga ah, dhibaatooyinka/ xanuunada jira iyo dawooyinka, oo laga soo turjumay Iswiidhish loona turjumay Carabi/ Basthuu/Daari/Soomaali. Buug-yarahan u adeegso si aad shaqaalaha farmasiiga ugu sharaxdo nooca caawimada aad u baahan tahay. Tusaale ahaan, adiga oo tilmaamaaya ereyada sida ugu fiican u qeexaaya calaamadahaaga ama dawada aad raadineyso.

Ku soo dhowow inaad nagu soo booqato Apotek Hjärtat

A close-up photograph of a person's face, focusing on the eyes and nose. A red circle is overlaid on the upper left portion of the face, containing the word 'Caloosha' in white text.

Caloosha

Xilliga jiilaalka waxa caadi ah in la qaado hargab calool xanuun shuban iyo matag wata (maginfluensa) tusaale ahaan Cudurka Matagga leh ee Jiilaalka yimaada. Gacmahaaga si taxaddir leh saabuun iyo biyo ugu dhaq si aad iskaga ilaalisid cudurka oo aad ugana hor tagtid inay bakteeriyadu faafto. Waxa kale oo aad istcimaali kartaa inaad dawada jeermiska gacmaha disha raaciso. Waa muhiim in la hubiyo in biyo jidhkaaga ku jiraan xilliga aad qabtid hargabka calool xanuunka shubanka iyo mataga wata, biyaha cusbada leh ee fuuqcelinta afka laga qaato ayaa ah hab wanaagsan oo dib loogu soo celiyo dheelitirka dareeraha jidhka. Dhibaatooyinka kale ee caloosha sida casiraada, gaasaska ama bararka, waxa farmasiigayaga yaala waxyaalo la kala doordooran karo oo aan warqada dawada u baahneyn.



Svenska

Soomaali

Svenska

Soomaali

Diarré

Shuban Biyood

Maginfluensa

Hargabka caloosha

Halsbränna

Laab dillaac/jeex

Uppsväld mage

Caloosha oo ku dibirsan/hawo ka buxdo

Förstoppning

Calool istaag

Vätskeersättning

Cusbada fuuqcelinta ee afka laga qaato

Magknip

Casiraad

Åksjuketablett

Lallabo/matag safarku keeno

Hemorroider

Babaasiirta/mabaasiir

Illamående

Yalaalugo/Lallabo

A close-up photograph of human skin, showing a textured surface with some discoloration and a small, dark, circular mark. A semi-transparent pink circle is overlaid on the left side of the image, containing the title text.

Qabow & xanuun

Haddii aad hargab qabto waxa muhiim ah inaad hesho nasasho wanaagsan, iyo inaad cabto biyo badan. Waxa kale oo jira waxyaalo badan oo kala duduwan oo lagu yareeyo cune xanuunka, sanko oo ku ca-budhsan, qandho ama xanuun. Xusuusnow in xanuun jabiyayaasha kala duduwan ay ku habboon yihiin noocyada kala duwan ee xanuunka, ha ka waaban inaad nala tashato si aad u hesho ta ugu fiican.



Svenska	Soomaali	Svenska	Soomaali
Huvudvärk	Madax xanuun	Slemhosta	Qufac qoyan
Förkyld	Qabow la dareemo	Torrhosta	Qufac qalalan
Feber	Qandho/xumad	Värktablett	Xanuun jabiye
Halsont	Cune xanuun	Nässpray	Dawadda sanku lagu buufiyo
Nästäppa	Sanku oo ku cabudhsan	Snuva	Sanku oo duuf ku leh



Xidhiidh dhow

Farmasiiyada Iswidhan badankoodu waxey bixiyaan alaabo badan oo kala duduwan oo xagga nadaafada iyo daryeelka hoosta/ xubnaha taranka ah. Tani waxay kuu suurto gelineysaa inaad farmasiiyahayaga ka iibsato wax kasta oo laga bilaabo waxyaalaha dhiiga caadadda loo isticmaalo illaa kondhoomka. Hubso inaad daryeel caafimaad raadsato haddii aad ka shakisan tahay inaad qabtid xanuunada galmada lagu kala qaado.

Xidhiidh dhow

Svenska

Soomaali

Graviditetstest

Tijaabada uurka

Kondomer

Kondhoomka

Mensskydd

Waxyaalaha/suufka dhiiga caadadda loo isticmaalo

Underlivssvamp

Infekshanka/caabuqa xubinta taranka

Klåda i underlivet

Cuncunka xubinta taranka

Utslag i underlivet

Finanka xubinta taranka

Svenska

Ägglossningstest

Glidmedel

Intimtvätt

Klamydiatest

Mensvärk

Riklig mens

Soomaali

Tijaabada ugxanta

Saliidaha lagu dhaashado

Waxyaalaha hoosta lagu dhaqo

Baadhitaanka kalamiidiyada

Xanuunka caadada

Dhiigbax culus



Maqaarka iyo Timaha

Cimilada adag ee Nordig-gu waxay saamey ku yeelata maqaarkeena. Qabowga jiilaalku wuxuu ka dhigi karaa mid qallalan oo dildilaaca, halka guga iyo xagaagu ay keenaan baahida loo qabo in maqaarka la ilaaliyo, markay qorraxdu aad u kulushahay jiilaalka dheer ee madow kadib. Injirta madaxa gasha ayaa sidoo kale caadi ah inta lagu jiro xilliga qaboobaha.

**Maqaarka
iyo Timaha**

Svenska	Soomaali	Svenska	Soomaali
Torr hud	Maqaarka/jidhka qallalan	Hudlotion	Looshinka jidhka/maqaarka
Eksem	Canbaar	Kortison	Kortisonta
Solsveda	Qorraxda oo maqaarka ku gubta	Solkräm	Kiriimka/kareemka qorraxda kaa ilaaliya
Hudklåda	Cuncunka maqaarka	Löss	Injirta madaxa
Handkräm	Kiriimka/kareemka Gacanta	Mjukgörande kräm	Kareem maqaarka jilciya
Ansiktskräm	Kiriimka/kareemka Wajiga		

A close-up photograph of an elderly person's eye. The eye is light green with a dark pupil. The surrounding skin is wrinkled and aged. A green circle is overlaid on the top left of the image, containing the text 'Xasaasiyadda' in white.

Xasaasiyadda

Xasaasiyadda faxalka ayaa aad u badan inta lagu jiro bilaha gu'ga. Calaamadaha caadiga ah waa ilmo kaa da'aysa iyo cuncun indhaha, sanko oo ku xidhan iyo hindhiso. Calaamadaha xasaasiyadda faxalka ayaa caadi ahaan khafiif ah waxaana lagu daaweyn karaa dawooyinka aan warqada la iskugu qorin.

Xasaasiyadda

Svenska	Soomaali	Svenska	Soomaali
Kliande ögon	Cuncunka indhaha	Allergisk Reaktion	Kacdoonka xasaasiyadeed
Rinnande ögon	Indhaha oo ku ilmeynaaya	Allergitabletter	Dawooyinka xasaasiyadda
Röda ögon	Indhaha oo ku cas	Kliande hals	Cuneha oo ku cuncunaaya
Nästäppa	Sanka oo ku cabudhsan	Kliande utslag	Finan ku cuncunaaya
Rinnsnuva	Sanka oo duuf ku leh	Nysningar	Hindhiso
Pollenallergi	Xasaasiyadda faxalka		

**Boogaha,
qaniinyada
& mudidda
cayayaanka**

Qaniinyada cayayaanka ayaa caadi ah xilliga xagaaga. Qaniinyooyinka intooda badan waa qaar aan dhib lahayn laakiin waxa hadana la dareemi karaa inay fiican tahay in qaniinyada lagu qaboojiyo kiriimka/kareemka alsol ama aloe vera. Kareemada Kortisonta ayaa sidoo kale yareyn kara cuncunka iyo bararka. Hubi in qaniinyada aanay cabuuq yeelan. Daryeel caafimaad raadso haddii xaaladdaada guud ay xumaato. Waxa kale oo xilliga xagaaga caadi ahi waa qaniinyada shilinta, taas oo keeni karta xanuunka TBE (cudur ku dhaca xuubka maskaxda) iyo Borrelia (cudur marmarka qaar xubnaha ama neerfaha saameeya). Aad ula soco jirkaaga oo maalin kasta qaniinyo ka baar.



Svenska	Soomaali	Svenska	Soomaali
Myggbett	Qaniinyada kaneecada	Skrapsår	Xoqitaan
Kliande bett	Qaniinyada cuncunka leh	Varande sår	Nabar malaax leh oo aan bogsan
Getingstick	Qaniinyada xoonka/laxle	Klåda	Cuncun
Plåster	Sharooto yar/balastar	Skavsår	Boogta la yeesho marka haragga la xoqo
Sårtvätt	Nadiifinta boogta	Fästingbett	Qaniinyada shillinta



Farmasiiga guriga

Waa fikrad fiican inaad haysato farmashiye
guri oo ka kooban dawooyinka iyo
alaabooyinka ugu muhiimsan. Waa kuwan
liiska waxyaabaha Apotek Hjärtat kugula
talinaayo inaad had iyo jeer guriga ku haysatid.



Svenska	Soomaali	Svenska	Soomaali
Värktabletter	Xanuun jabiye	Xylocainsalva	Jeesha/bomaatada Xyloca
Febertermometer	Heerkulbeegga xaraarada lagu cabiro	Kortisonkräm/salva	Kareemka/bomaatada Kortisonta
Halstabletter	Dawadda qufaca	Vätskeersättning	Biyaha cusbada leh ee fuuqcelinta afka laga
Nässpray	Dawada sanku lagu buufiyo	Medicinskt kol – vid förgiftning	Dhuxusha (Aktivt kol) – haddii wax lagu sumoobo
Plåster	Sharooto/balastar	Pincett	Bir qabato
Sårtvätt	Waxyaalaha boogta lagu nadiifiyo	Fästingplockare	Aalad shilinta la iskaga gooyo
Alsolsprit	Maadada dareeraha ee Alsol	Kompresser	Suufka/maradda nabarka lakor saaro
Handdesinfektion	Dawadda jeermiska gacanta disha		

Lambarka telefoonada ee muhiimka ah

Xarunta macluumaadka sunta
ee Iswiidhishka- 010 456 67 00
(dhacdooyinka aadka u khafiifka ah)

SOS alarm – 112
Haddii ay jirto xaalad degdeg ah,
marwalba wac 112.

Waxaad wici kartaa lambarka
macluumaadka ee 113 13 si aad ugu dhiibto
ama aad ugu hesho macluumaad ku
saabsan dhacdooyinka khatarta/halista ah
iyo xaaladaha adag. Dhamaan
macluumaadka la bixiyey iyada oo la soo ma-
raayo 113 13 waa macluumaad la xaqiijiyay,
lala wadaagay oo ay xaqiijisay degmada aad
ku nooshahay.