

Nimooniya (Somali)

Waa maxay nimooniya?

Nimooniya waa cudur sanbabada gala oo ay keento bacteeriya, vayras ama bahal kale oo la yiraahaado fangas. Jiradaan waxay keentaa barar iyo xab ka abuurma sanbabada, waxayna keentaa in neefsashadu adkaato. Waxay ka mid tahay cudurada caamka ah ee jiraysiisa qayta hoose ee hawa mareenka caruurta.

Maxay yihiin calaamadaha lagu garto nimooniya?

- qufac
- qandho
- neefsashada oo adag
- xabad xanuun
- calool xanuun ama matag
- raashin cunnid xumo

Sidee baan u daryeelaa ilmahayga?

Waxaa suurtoowda dhakhtarku in uu qoro antibiyootig si ay cudurka ula dagaalanto. Aad ayay muhiim u tahay in la dhameeyo daawada dhamaanteed.

Ku geesinimogali wax cabid badan. Taasi waxay jilcinaysaa xaakada sidaas darteed waa la qufici karaa, sidaas ayay uga soo baxaysaa sanbabada.

Wax yar madaha iyo xabadka qaad.

Qandhada u sii qandhojabiyaasha (Tylenol® ama kuwa la midka ah) ama ib-broofin (Mootrin® ama kuwa la midka ah) sida lagu faray, 4 ilaa 6 saacba mar ama sidii aad ugu baahatid

Pneumonia (English)

What is pneumonia?

Pneumonia (new-**mohn**-ya) is an infection in the lungs caused by a bacteria, virus, or fungus. The infection can cause swelling and mucus to build up in the lungs, making it difficult to breathe. It is one of the most common infections of the lower respiratory tract in children.

What are the signs of pneumonia?

- cough
- fever
- trouble breathing
- chest pain
- stomachache or vomiting
- eating poorly

How should I care for my child?

The doctor may order an antibiotic to fight the infection. It is important to finish all of the medicine.

Encourage extra fluids. This will make the mucus thinner so it can be coughed up and out of the lungs.

Raise the head and chest slightly.

For fever give acetaminophen (Tylenol® or another brand) or ibuprofen (Motrin® or another brand) as directed, every 4 to 6 hours as needed.

Goorma ayaan wacaa bukaan-socod eegtada (clinic)?

Wac bukaan socodka hadii:

- daawada oo aad matagtid.
- hurdo aad uga badan sidii caadiga ahayd.
- wax cabidda oo uu diido.
- neefsasho deg deg ah iyo neef tuur.
- neefjiidida (waxaad arkaysaa in lafaha surka muuqanayaan ama feerahiisa la tirin karo marka kasta uu neefsado).
- midabka qofka afkiisa oo is badala.

Su'aalo?

Warqadaani gaar uma aha ilmahaaga, laakiin waa warbixin guud. Haddii aad qabtid wax su'aal ah, fadhlan wac bukaan – socod eegtada (clinic).

Haddii aad u baahan tahay qoraalo dheeraad ah oo kusaabsan warqadaan ama mawduucyo kale oo caafimaad, fadhlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda internetka ee www.childrensmn.org.

When should I call the clinic?

Call the clinic if:

- vomiting medicine.
- sleeping more than usual.
- refusing to drink.
- fast or noisy breathing.
- retractions (pulling in of the skin around the neck or between the ribs with each breath).
- blue or pale color around mouth..

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call your clinic.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

Children's Hospitals and Clinics of Minnesota
Patient/Family Education
2525 Chicago Avenue South
Minneapolis, MN 55404
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