

**1**  **Talaabada 1:** Suurtagal ma tahay in bukaanku la kulmo xasaasiyad la yaqaano: Haa (Sii wad!) Maya (JOOJ!!) Hubi dhammaan qaybaha hoose ee adiga ama ilmaahaagu aad la kulantaan.

## Astaamaha aad u daran:

**Xaaladaha Dhimirka:**

- Xasaasiyada
- Isku dhexyaaca
- Dareemida dawakhsanaan

**Wajiga:**

- Waji barar
- Bararka carabka

**Dhuunta:**

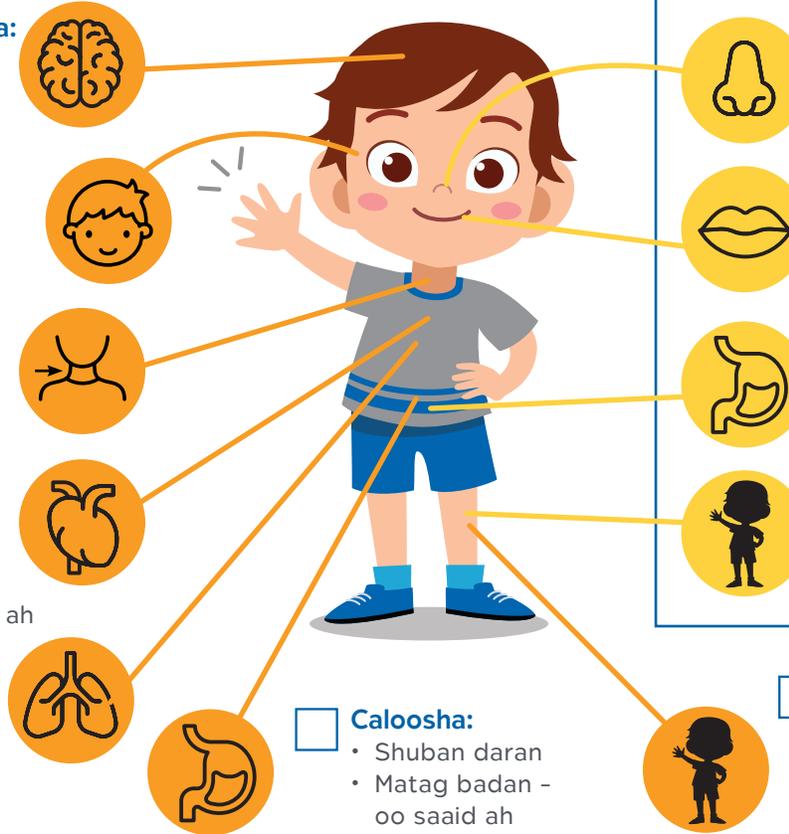
- Neef qabati
- Adkaanshaha in wax la laqo
- Cariiri

**Wadnaha:**

- Dawakhaad
- Daal
- midabkacawlka
- Wadnaha daciifka ah

**Sambabada:**

- Qufac
- Neefsasho q ayblo leh
- Neefta yari



**Caloosha:**

- Shuban daran
- Matag badan - oo saaid ah

## Astaamaha khafiifka ah:

**Sanka:**

- Cuncun
- Biyo sanka ka yimaada
- Hindhiso

**Afka:**

- Cuncun

**Caloosha:**

- Lalabbo
- Calool xanuun

**Maqaarka:**

- Cuncun
- Dhawr cuncun

**Maqaarka:**

- Finanka oo dboolayaa jirka
- Nabaro cassan ah oo jirka kasoo baxa

**2** **Talaabada 2:** Immisa qaybood ayaad calaamadeysay?

Haddii wax ka mid ah qaybaha daran kor lagu calaamadeeyo:

Sii cirbada ootamaatiga ah ee epinephrine

**Eeg qaybta gadaale si aad u hesho tilmaamo Qofku ha fadhiisto ama dhinac u jiifsado (hadduu matagayo)**

Haddii kor lagu calaamadeeyo wax ka badan hal qayb oo dhexdhexaad ah:

Sii cirbada ootamaatiga ah ee epinephrine

**Eeg qaybta gadaale si aad u hesho tilmaamo Qofku ha fadhiisto ama dhinac u jiifsado (hadduu matagayo)**

Haddii qaybo aad u daran la calaamadeyn: **HA** siin epinephrine



Haddii mid ama ka yar qaybaha khafiifka ah la calaamadeeyo: **HA** siin epinephrine

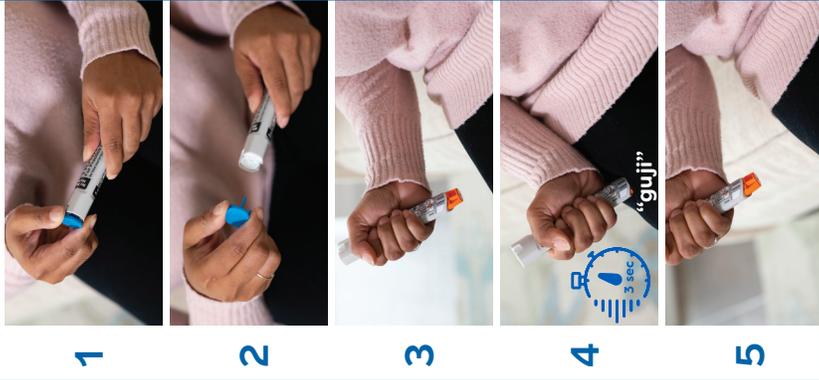


**3** **Talaabada 3:** Si dhaw ula soco cunugaaga

Wac 911. Haddii astaamuhu ka sii daraan ama ayna ka soo rayn 5 daqiiqo ka dib, mar labaad sii epinephrine inta aad sugayso in gargaar caafimaad yimaado.



## EpiPen iyo EpiPen Jr.



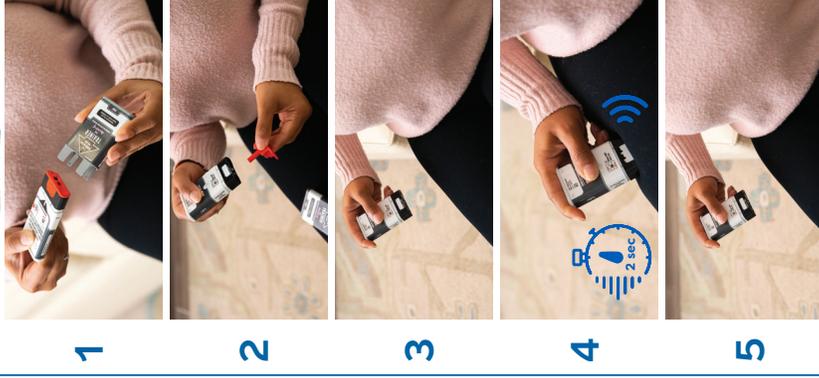
## Amneal



## SYMJEPI



## AUVI-Q



## Teva



Epinephrine waa daawo naf-badbaadin ah oo loo isticmaalo falcelinta xasaasiyada daran (xasaasiyad daran) waxaana lagu bixin karaa dhar.

**Dhibaatooyinka ka dhasha:** gariir/qarqaryo, madax-furnaano, garaaca wadnaha oo kordha, walaac, lallabbo/matag, dhidid, maqaarka oo cawl yeesha  
**Kaydinta:** heerkulka qolka, ka ilaali kulaylka iyo qabowga (iska ilaali inaad baabuur uga tagto)

**Sida loo tuuro cirkada:** cirkada waxaa lagu tuuri karaa weel agabka afka leh lagu rido ama weel dhinac adag leh sida weelka saabuunta dharka ka hor inta aan qashinka lagu tuurin.

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 AFEED: Mawduuca halgaan ku qoran waxaa loola jeedaa in lagu hormariyo fahamka guud ee mawduucyada caafimaadka ee lagu qeexay daabacaadan waxaana loogu talagalay ujeeddoyin macluumaad oo keliya. Macluumaadkaan oo kale looma adeegsan karo badeelka tababarka Rugta caafimaadka ee xirfadlaha daryeelka caafimaadka, waayo-aragnimada, ama xukunka. Shaqsiyaadka iyo qoysaskoodu waa in aanay u isticmaalin macluumaadka noocaas ah badeelka la-talinta caafimaadka, daaweynta, ama daryeelka caafimaadka xirfadleyda. MA JIRTO DAMAANAD KASTA, HA HAATO MID SI CAD AMA SHARCI AH, LOO SAMEEYO AYADOO LA TIXGELINAAYO XOGTA.