



Gabatar da kowane Matakin Rayuwa

Gaisuwa... (Barka da Asuba/Barka da Rana/Barka da Yamma). Suna na...

Ni mai sa-kai ne a cikin al'umma da ke aiki da Karamar Hukumar [SUNA] tare da hadin gwiwar Shirin Breakthrough ACTION-Nigeria.

Shirin Breakthrough ACTION-Nigeria yana aiki da Jihohi da Kananan

Hukumomi domin inganta lafiyar iyaye mata da kananan yara. Daya daga cikin ayyukan da kungiyar Breakthrough Action Nigeria keyi shi ne, kai ziyara zuwa kauyuka da garuruwa inda take tattaunawa da maza da mata akan abubuwan da zasu iya aiwatarwa da kansu, domin kyautata lafiyar iyalansu dama al'umma baki daya.

Idan babu damuwa, ko za ku ba mu lokaci mu tattauna wasu daga cikin wadannan abubuwa da ku? Ku sani, cewa duk abubuwan da za mu tattauna a nan abubuwa ne na sirri.



Matakin Rayuwa na 3:
Iyalin da ke da Kananan
Yara Da Kuma Yaran da
Ba su kai Shekara 5 ba

Sakonni ga masu kula da
kananan yaran da suka wuce
makwanni hudu har zuwa
matakin da ke kasa ga
shekaru 5

Gabatar da Matakin Rayuwa na 3



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Uwa da uba ne ke farin ciki da 'ya'yansu. 'Ya'yan suna cikin koshin lafiya. Sauran 'yan'uwansu da shugabannin addininsu suna wurin, su ma, suna cikin farin ciki.

Q2. Wane dalili kuke ganin ya sa ma'auratan suke cikin farin ciki?

A2. Ma'auratan suna cikin farin ciki ne saboda 'ya'yansu na cikin koshin lafiya babu abun da ke damunsu. Sauran mutanen suna farin ciki saboda ma'auratan suna girmama al'adu da kuma addininsu.

Q3. Ko kun san abun da za ku yi domin ku samu irin wannan farin cikin game da lafiyar 'ya'yanku?

A3. Akwai abubuwa 3 da za ku yi domin samun kariya daga rashin lafiya mai tsanani da kuma wasu abubuwa guda 3 da za ku yi domin kulawa da rashin lafiya mai tsanani sosai:

Hanyoyi uku da za ku samu kariya daga rashin lafiya mai tsanani ga yara 'yan kasa ga shekaru 5 su ne:

1. Kammala zagayen alluran rigakafi,
2. Tabbatar da yara suna samun abinci mai gina jiki tare da bayar da nonon uwa zalla har tsawon watanni shida bayan an haihu,
3. A tabbata yaro yana bacci cikin gidan sauro a kowane dare.

Yadda za a kula da rashin lafiya mai tsanani ga yara 'yan kasa ga shekaru 5

1. A tabbatar da kulawa da shan maganin zazzabin cizon sauro daidai a kuma kammala shan maganin,
2. A yi amfani da ORS/Zinc wajen maganin amai da gudawa,
3. A gaggauta neman maganin rashin lafiyar nemoniya (pneumonia).

A nan gaba, za mu tattauna wadannan abubuwan tare da bayani sosai.



Rigakafin yara da manya



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Munga taron munanen da aka yiwa rigakafi a cikin da'ira suna bayarda kariya ga jarirai, yara kanana, da mace mai juna biyu. Akwai kuma dattijo daga al-ummar da ba'ayiwa rigakafi ba da kuma wani mutum a wajen da'irar wanda yakamu da cuta. Munga Yatsu tara suna nuna tsarin rigakafin yara, katin lafiyar yaro, lafiyayyen yaro yana karbar rigakafi, yarinya tana karbar rigakafi, da kuma uba da Uwa a lokacin da Uwar tana dauke da yaro Uba kuma yana karbar rigakafi.

Q2. Ko kun san me ya sa ake son a yi wa jarirai da manya allurar rigakafi?

A2. Idan aka karbi rigakafi a dukkan matakin rayuwa, wannan zai taimaka wajen rage yaduwar cutukka da mace-mace dake faruwa a cikin al-umma sanadiyyar cutukkan da ake iya yiwa rigakafi (Kamar cutar shan inna, kyanda, da CORONA), Rigakafi yana bada kariya ga rayuwa ya kuma taimaka wurin inganta lafiyar yara da manya. Idan jarirai da sauran yara kanana suka samu cikakken rigakafi a cikin al-umma, wannan zai basu cikakken kariya daga cutukka masu hatsari ga rayuwa kuma zai hana yaduwar cutukka ga sauran al-umma. Maganin rigakafi baya da illa kuma koda mutum yaji zazzabi bayan anyimasa rigakafi, to wannan ba abin damuwa bane yana nuna maganin yana aiki

Q3. Sau nawa ya kamata jarirai, yara kanana da manya su karbi rigakafi?

Ayi amfani da hotuna domin bayani akan tsarin rigakafin yara

A gagguta turawa zuwa assibiti

A kwai bukatar akai yaro wurin rigakafi sau tara (9): Da zaran ai haifeshi, bayan sati 6, bayan sati 10, bayan sati 14, idan yakai wata 6, idan yakai wata 9, idan yakai wata 12, idan yakai wata 15, da kuma shekara 9 zuwa 13. Katin lafiyar yaro yana nuna kwanan watanda za'a maida yaro assibiti da kuma rigakafin da yakamata yaro ya karba a ko wane mataki. Yakamata iyaye su tafi asibiti da katin lafiyar ko wane yaro da za'a kai rigakafi.

Dukan manyan na bukatar karbar rigakafi domin kare kansu, iyalansu da kuma al-ummarsu daga cutukka masu hatsari kamar cutar shawara da CORONA

Duk yaron da ba'a taba yiwa rigakafi ba ko bai cika tsarin rigakafinshi bad ai-dai shekarunshi

Maganin rigakafin CORONA bayada matsala kuma yanada tasiri wurin bada kariya daga cutar CORONA. Yakamata kowa ya tabbatar anyi masa rigakafin, wannan ya kunshi mata masu juna biyu, mata masu shayarda nono. Iyaye da masu kula da yara na iya samun rikagafin cikin sauki a lokacin da suka kai yaransu asibiti wurin rigakafi. Maganin rigakafi bayada illa, yanada tasiri kuma shine hanya mafi inganci wurin kare yara da manya daga rashin lafiya mai tsanani da kuma nakasa da mutuwa.

Kowane mutun dan shekaru 18 ko sama da haka wanda bai karbi rigakafin Corona ba



Tsarin rigakafi na koda yausha



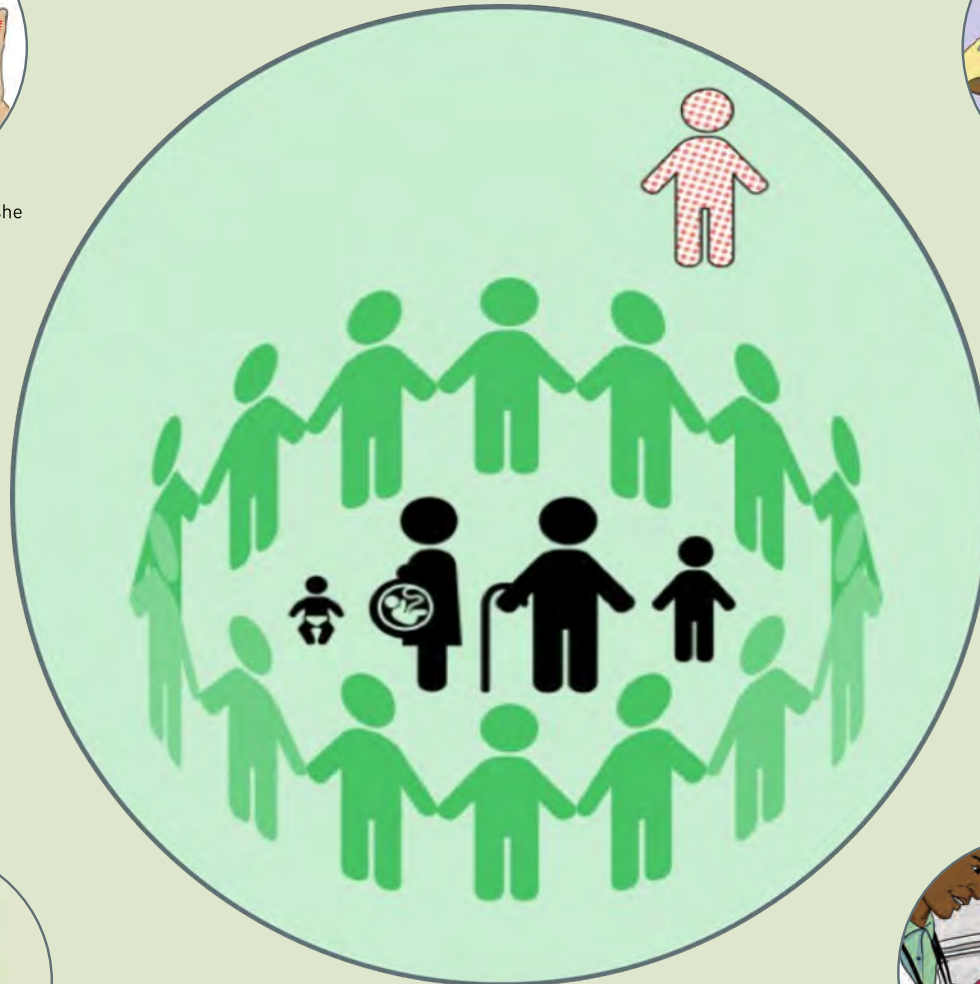
Tsarin rigakafi na jarirai



Rigakafin yara



Katin lafiyar yaro



Rigakafin manya – Uba yana karbar rigakafi alokacin kulawar bayan haihuwa



Rakakafin manya – Mace mai jego

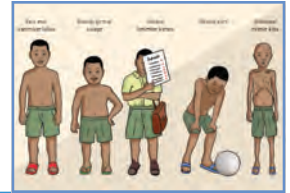


Tattaunawa tsakanin ma'aurata



Tallafawar maza

Samar da Abinci Mai Gina Jiki: Alamomin Tamowa



Tambayoyi

Amsar da ake son a bayar

Q1 Me kuke gani a cikin wannan hoton?

A1. Yara maza guda biyar masu tsayi mataki daban-daban. Daya daga cikin yaran yana cikin farin ciki, daya kuwa ya fi gajarta sosai, wani daya daga cikinsu ya samu makin jarabawa marar kyau a makaranta, dayan kuwa ya nuna alamun gajiya bai iya yin wasa sai kuma dayan ga shi nan da rama sosai.

Q2. Ta yaya za ku gane idan jariri ba ya samun isassun sinadarai masu gina jiki a cikin abincinsa?

A2. Idan yaro ba ya samun isasshen abinci mai gina jiki mafiyawa yana kasancewa dan ramamme, wani lokaci ana ganin layin hakarkarinsa (awazu) da hannuwansa ramammi da 'yan kafafunsa gajeru ba kamar na masu irin yawan shekarunsa ba. Koyaushe za a gan shi cikin gajiya da rashin karfin jiki da yawan kuka koyaushe da yawan rashin lafiya da busasshiyar fatar jiki kuma zai kasance wanda ke samun matsala sosai wajen mayar da hankali da kuma koyon karatu. Tamowa tana kuma iya haddasa mutuwa idan ba a kula da ita ba.

Bi kowane hoto tare da yin bayanin illar tamowa.

Q3. Me za ku yi idan kuna tunanin cewa jaririnku yana da tamowa?

A3. Idan kuna tunanin yaro yana fama da tamowa, aje asibiti domin a binciki lafiyarsa, a kuma baku shawarar da ta dace.

Idan yaro ya yi fama da rashin lafiya kwanan nan, ko kuma bai cin abinci sosai a sati guda da ya gabata, a kara nau'in abinci mai gina jiki da ake ba shi. Idan yaron bai kai shekara biyu ba, a tabbataranci gaba da bashi nono.

Yi awon MUAC ga kananan yara da ke kasa ga shekaru 5 sannan a tura duk yaron da awonsa ya nuna kalar ja zuwa asibiti, a bada shawarwari kan ingantattun abinci wa masu kula da yaran da awonsu ya nuna ruwan rawaya

Yaro mai
isasshiyar lafiya



Rashin girma/
kwage



Rashin
fahimtar karatu



Rashin karfi



Ramewa/
rashin kiba



Samar da Abinci Mai Gina Jiki: Fara Bayar da Karin Abincin da Zai Taimakawa Jariri



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Uwa mai shayarwa da kuma nau'o'in abinci daban-daban masu gina jiki.

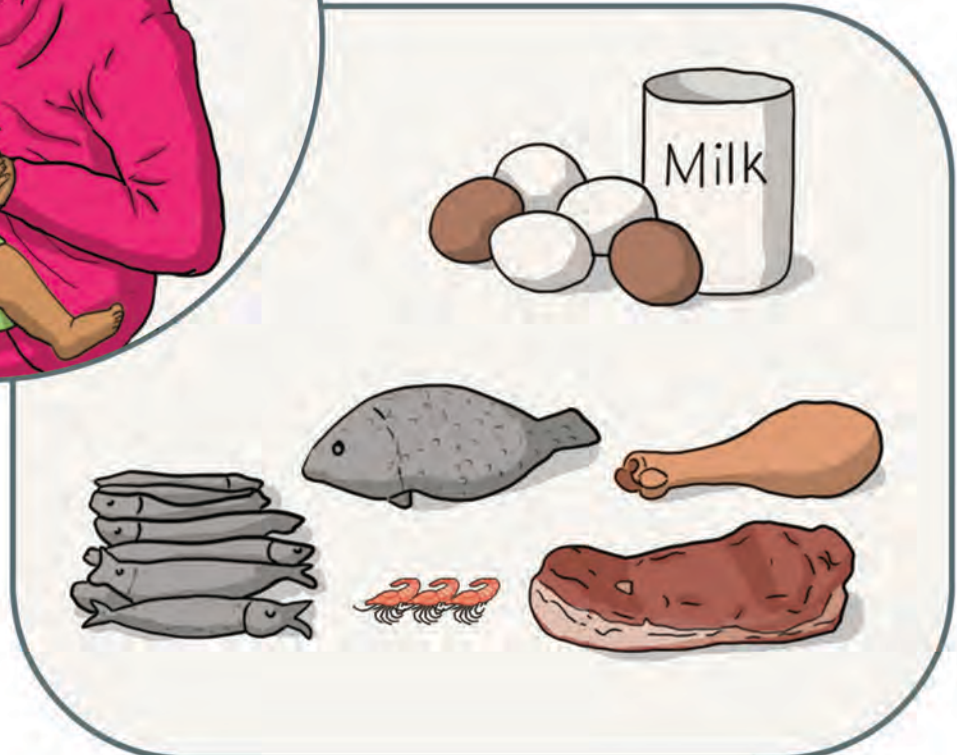
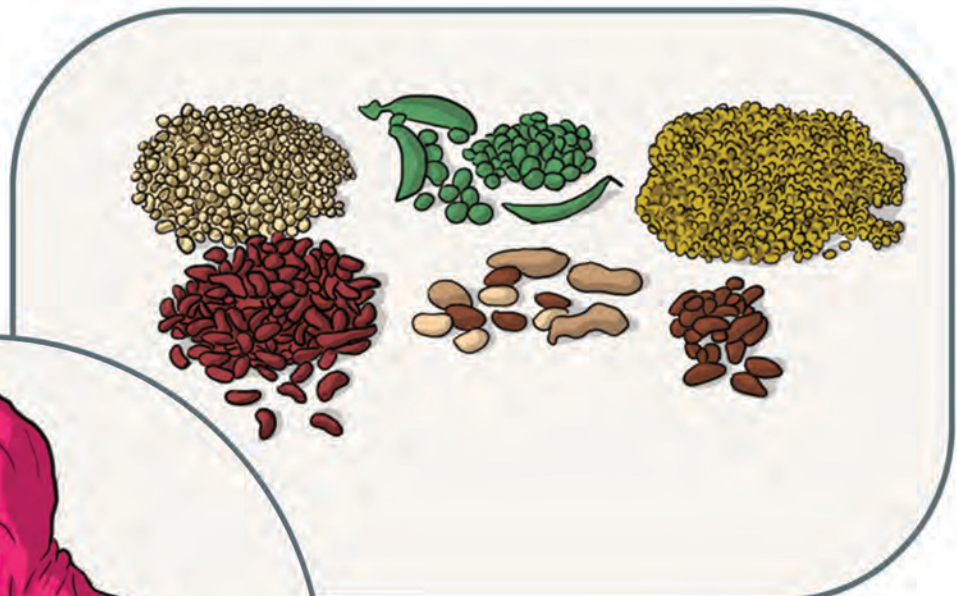
Q2. Wane irin nau'in abinci ne zai kara taimakawa nono bayan watanni 6?

A2. Bayan watanni 6, ruwan nono zalla bazai kosar da jariri ba, saboda haka akwai bukatar a fara ba shi wani karin abinci bayan nonon. Wani Karin abincin zai kasance masu gina jiki daga kowanne nau'in wanda za a baiwa jariri tare da nonon uwa bayan watanni shida da haihuwa. Wata hanya mai kyau da za a tuna ita ce ta "nau'o'i 4-na fitattun nau'o'in abinci", wadanda ke kunshe da nau'in abinci daga kowane daga cikin wadannan rukunan abinci hudu (4):

1. Abinci daga dabbobi (nama da kwai da kuma madara) domin gina jiki,
2. Abincin da aka fi sabawa da shi (tsaba kamar su dawa, gero da sauran su, da nau'o'in abinci masu tsiro cikin kasa da masu sanyu (kamar su doya da rogo) domin samun karfin jiki,
3. Abinci mai kwaya da 'ya'ya (wake, waken soya, ridi, da gyada) domin gina jiki,
4. 'Ya'yan itace da kayan lambu (mangwaro, ayaba, alayyaho da ganyen kabewa) domin gina sinadarin kariyar jiki.

Kunu mai kauri da taushi ko fate mai kunshe da karin sinadarai masu gina jiki 2-3. Sauran karin sinadarai masu gina jikin, ana iya nemo su daga kifi, nama, kwai da kuma 'ya'yan itace (ayaba da mangwaro da gwanda) da abubuwa masu sanyu; (dankali na turawa dana hausa) da kayan lambu (gwanda, karas da sauransu) da ridi, garin zogala, garin kuli-kuli, garin karafish da garin gyada da kuma manja, da sauransu. A kula da tsafta wajen sarrafa abincin nan ta hanyar wanke hannu da sabulu da ruwa mai gudana don kar yaron ya kamu da wata rashin lafiya.

Yawan abinci da kuma ko sau nawa za a baiwa yaro a lokacin da yake kara girma: Yara yan watanni 6-8 na bukatar ciyarwa sau biyu da abincin marmari 1 bayan shayar da nonon uwa, watanni 9-11 ana bukatar abinci sau uku da abincin marmari sau 1 tare da nonon uwa, watanni 12-24, ana bukar cin abinci sau 3 da abincin marmari 2 tare da nonon uwa. Yakamata a karfafa ciyarwa ta zama abin shaawa ba dole ba.



Samar da Abinci Mai Gina Jiki: Fara Bayar da Karin Abincin da Zai Taimakawa Jariri, kashi na 2



Tambayoyi

Amsar da ake son a bayar

Q3. Me za ku yi idan jaririnku bai cin abincin yara daga wata 6?

A3. Kowane jariri yana da bambanci, kuma wasu jarirai suna iya daukar lokaci mai tsawo kafin su saba da cin abinci bayan nonon uwa. Uwa, dole ne ta yi hakuri da kuma taimakawa jaririnta don ya ci abinci ta kuma tabbatar da akwai nau'o'in abinci daban-daban.

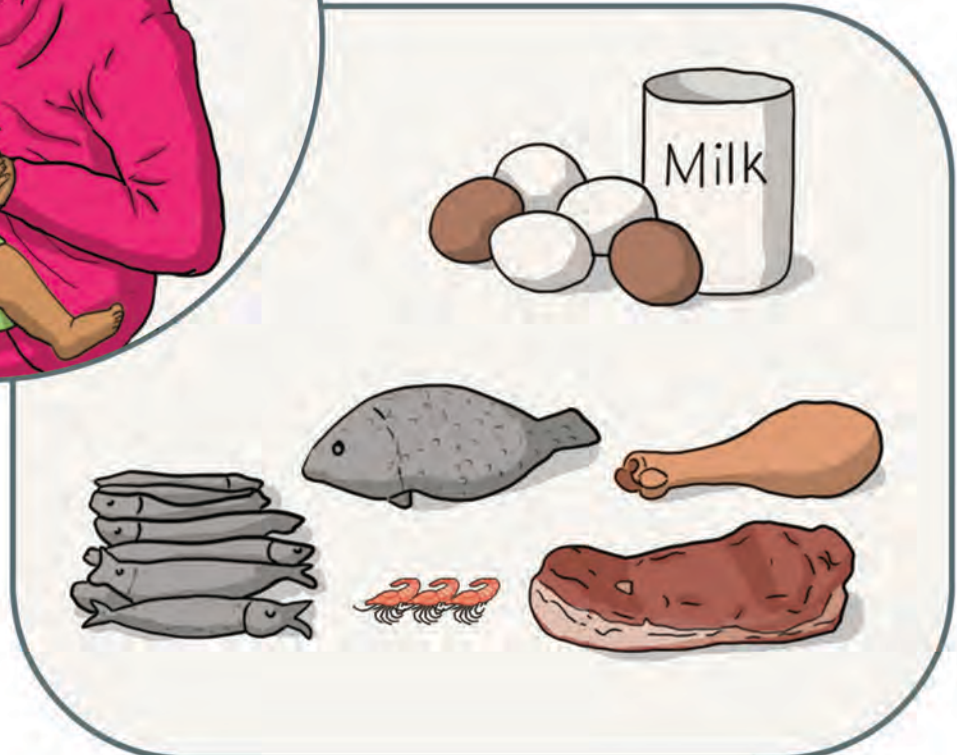
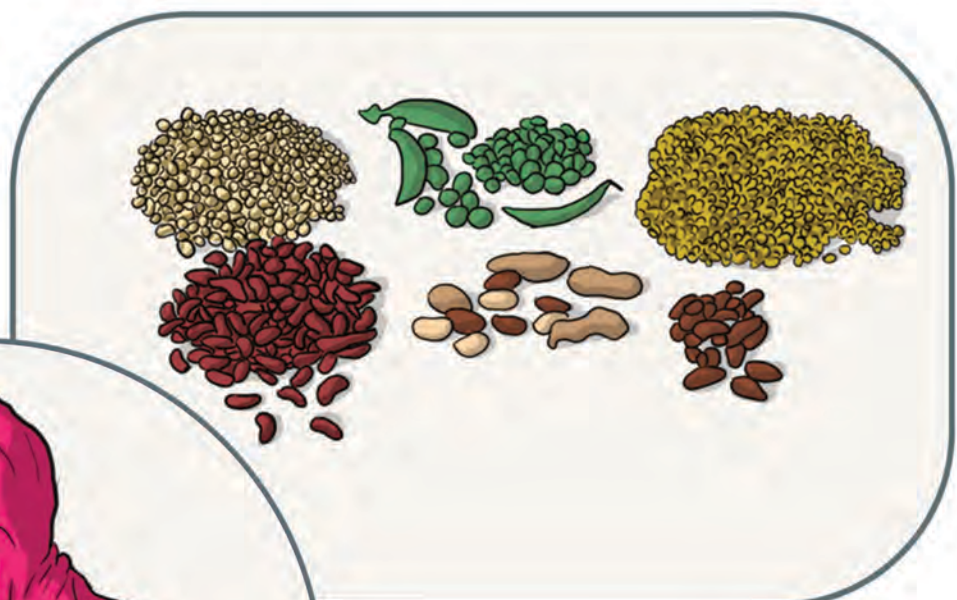
Ku fara da abincin da aka nika daga nan sai ku kara wasu sababbin nau'o'in abinci lokaci zuwa lokaci, kadan-kadan, kuna gabatar da wasu nau'o'i da kaloli daban-daban ga jaririn, ta yadda jaririn zai saba da cin nau'o'in abinci iri daban-daban.

Tsarin cin abincin yana sauyawa akai-akai kuma lokacin da jariri ya cika watanni 12, zai iya cin duk sauran nau'in abincin da mutanen gidan ke ci. Yawan abincin da yake ci zai na karuwa a hankali yayin da jaririn yake kara girma, a fara bashi chokali kadan daga farko.

Q4. Ta yaya uwa za ta cigaba da baiwa jaririnta nono?

A4. Nonon uwa har yanzu yana da muhimmanci daga cikin nau'o'in abincin da yaro ke ci, har lokacin da ya kai tsawon shekaru 2.

Daga watanni 6-12, rabin abinci mai gina jikin da jariri ke bukata ana son ya fito daga nonon uwa, saboda haka a tabbata an fara bayar da nonon uwa ga jariri har tsawon shekara daya kafin bayar da wani nau'in abinci. Idan aka cika jariri da wasu nau'in abinci, jaririn zai kasa shan nonon, wanda ta hakan zai kasa samun abun da ake bukar ya samu daga nonon uwar tasa.



Kariya daga Zazzabin Cizon Sauro: Yara Su Rika Bacci Cikin Gidan Sauro Mai Magani



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Yaro ne, ke bacci cikin gidan sauro mai magani yayin da uwarsa da babansa suke soka gidan sauron karkashin katifa domin hana sauro samun shiga cikinsa.

Q2. Me ya sa yake da muhimmanci ga yara su rika bacci cikin gidan sauro mai magani?

A2. Gidan sauro mai magani yana kare yara daga cizon sauro. Cizon sauro yana haddasa zazzabin cizon sauro, wadda rashin lafiya ce da kowa ya sani da ke tafiya da zazzabi nan take a cikin al'ummarmu.

Q3. Ko kuna tunanin cewa zazzabin cizon sauro yana da illa ga kananan yara kamar yadda ya ke da illa ga manya?

A3. Rashin lafiyar da zazzabin cizon sauro ke haddasawa ta fi matsala ga kananan yara a kan manya. Idan zazzabin cizon sauro ya kama yara kuma ba a gane ba, aka warkar da zazzabin da wuri, yana iya haifar da rashin lafiya mai nauyi da kuma salwantar rayuwa.

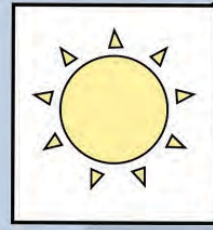
Q4. Me iyali za su yi domin su tabbatar da yaro yana bacci cikin gidan sauro mai maganai a kowane dare?

A4. Hakkin uba ne da uwa da masu kula da yara a gida, su tabbatar da yaro yana bacci cikin gidan sauro mai magani a kowane dare.

Akwai bukatar a soka gidan sauro mai magani kasan katifa sosai domin a kare yaro daga cizon sauro.

Q5. Wace hanya za mubi domin kare yara kanana 'yan kasa da shekara biyar daga zazzabin cizon sauro?

A5. A baiwa yaro dan kasa da shekaru biyar maganin riga-kafin zazzabin cizon sauro (SMC) wanda ake samarwa lokacin damina.



Kulawa da Zazzabin Cizon Sauro: Gaggauta Neman Magani da kuma Yin Binciken da yake Daidai



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Uba da uwa tare da yaronsu a asibiti, wani ma'aikacin lafiya yana yi masa gwajin zazzabin cizon sauro.

Q2. Ta wane mataki za ku gaggauta neman magani lokacin da yaronku ya kamu da zazzabi?

A2. Yana da kyau mai kula da jariri ta kai jaririn da ya kamu da zazzabi asibiti da gaggawa kafin zazzabin ya yi muni, Musanman idan jaririn ya kamu da rashin lafiya mai tsanani sosai.

Q3. Bayan zazzabin cizon sauro, wadanne rashin lafiya na yara kuka sani da ke zuwa da zazzabi?

A3. Ba kowane zazzabi ne zazzabin cizon sauro ba. Rashin lafiya da yawa na iya zuwa da zazzabi, kamar mura da shawara (typhoid) da sauran su. A tabbatar yaro yana da zazzabin cizon sauro ta hanyar yin gwajin RDT ko blood microscopy. Saboda zazzabin cizon sauro ya fi hadari ga kananan yara 'yan kasa ga shekaru 5, dole ne a kula da magance rashin lafiyar da gaggawa idan ana zargin zazzabin cizon sauro ne, ko da kuwa ba a iya yin gwajin nan take.

Q4. Me zai faru idan muka sha maganin zazzabin cizon sauro don maganin wata rashin lafiya wadda ba zazzabin cizon sauron ba?

A4. Kowace rashin lafiya tana da nata magani. Maganin wata rashin lafiya ba zai yi wa wata ba. Idan yaro ya sha maganin zazzabin cizon sauro da sunan wani zazzabi na daban, yaron ba zai samu sauki ba kuma hakan na iya sa rashin lafiyar ta kara muni. Ya kuma zama bata lokaci da kudi.

Q5. Ko kun san wani da ya yi tunanin yana da zazzabin cizon saro, ya sha maganin zazzabin cizon sauron ba tare da yin gwaji ba kuma bai samu sauki ba?

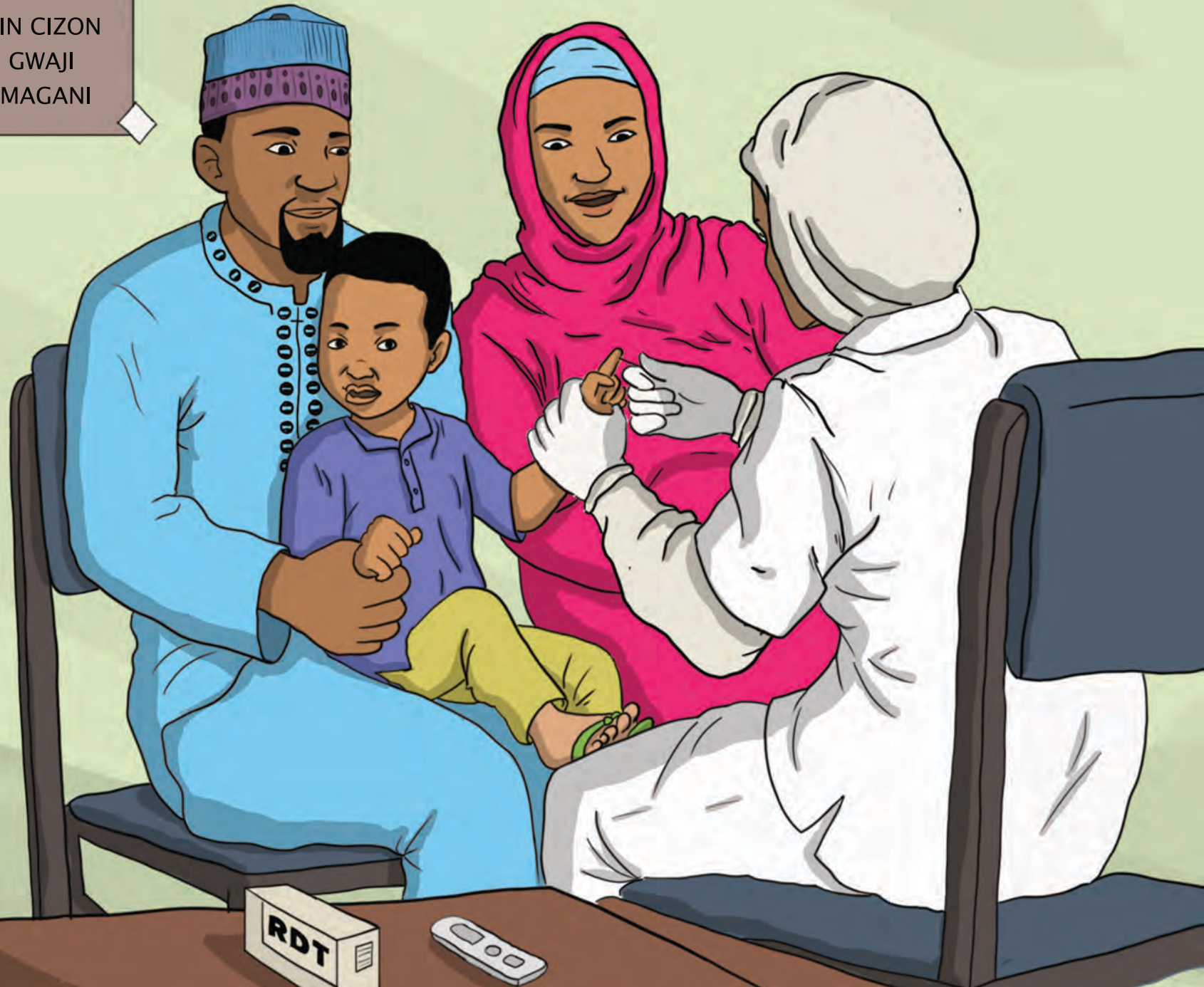
A5. Nemi su tattauna abun da ya faru.

Q6. Ina za ku tafi domin yin gwajin zazzabin cizon sauro a cikin al'ummarku?

A6. A asibiti mafi kusa da kuma wurin kwararrun ma'aikatan lafiya da ke babban dakin shan magani (PPMV) idan babu asibitin kusa.

Ba da takardar zuwa asibiti ga duk wani yaro da ke da zazzabi.

BA KOWANI ZAZZABI
BANE ZAZZABIN CIZON
SAURO. AYI GWAJI
KAFIN SHAN MAGANI



Kulawa da Zazzabin Cizon Sauro: Bayar da Magani Daidai kuma Cikakke tare da Amfani da ACT



Tambayoyi

Q1. Me kuke gani a cikin wanann hoton?

Amsar da ake son a bayar

A1. Wani mutum ne yake shan kwayoyin maganin ACT da kuma wata uwa tana baiwa jaririnta kwayoyin maganin ACT da karamin cokalin shayi.

Q2. Me mutanen da ke cikin yankinku suke amfani da shi wajen maganin zazzabin cizon sauro?

A2. Hadin maganin Artemisinin-based combination therapy (ACT) maganin zazzabin cizon sauro ne wanda Ma'aikatar Lafiya ta Tarayya (FMOH) ta aminta da shi domin samun ingancin da ya dace sosai.

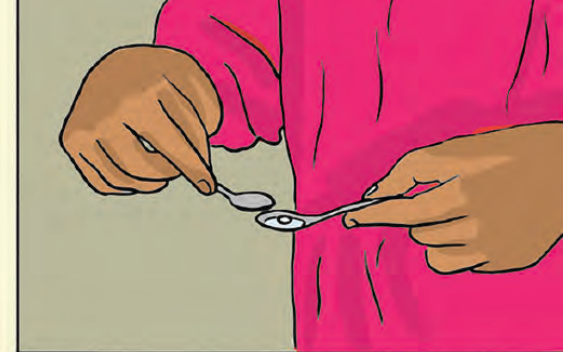
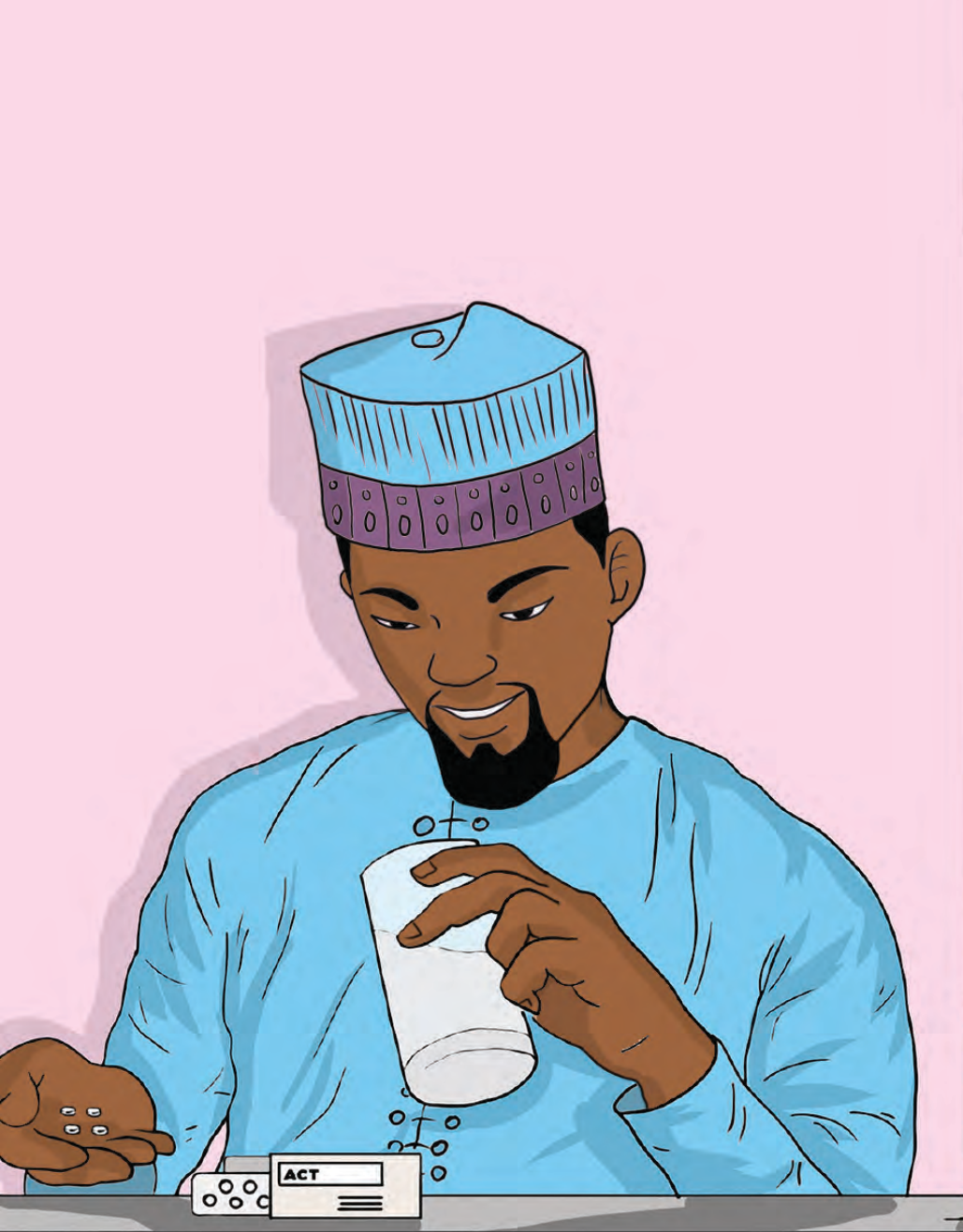
Ba a aminta cewa magungunan Antibiotics da chloroquine da Fansidar da kuma magungunan gargajiya suna maganin zazzabin cizon sauro ba.

Q3. Me zai faru ga jariri idan bai kammala shan maganin ACT ba?

A3. Idan jariri bai sha maganin ACT yawan adadin da ake bukata ba a kowace rana, kuma adadin yawan kwanakin da ake bukata ba, zazzabin cizon sauron na iya dawowa da muni fiye da yadda yake da farko, tare da matsaloli sosai sannan kuma mai yiyuwa sai an kwantar da jaririn a asibiti.

Masu kula da yara wani lokaci ba su kammala bayar da maganin zazzabin cizon sauro da maganin ACT saboda jariri ya samu sauki, maganin yana da tsada kuma ana iya aje shi domin amfani wani lokaci a gaba.

Dole ne, a tabbatar da kammala shan maganin zazzabin cizon sauro na ACT don a tabbatar da zazzabin cizon sauron ya warke sosai, ko da kuwa jariri ko mutum ya samu sauki kafin a kammala shan maganin.



Gudawa: Kulawar Lafiyar da Ya Dace



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuka gani a cikin wannan hoton?

A1. Wani uba ne yake bayar da maganin ORS da Zinc fluid ga yaro.

Q2. Ta yaya za ku san lokacin da yaro ke gudawa?

A2. Ana gane yaro yana gudawa ne yayin da yake bahaya mai ruwa-ruwa sau 3 ko fiye da haka a kowace rana (ko kuma fiye da yadda aka saba). Gurbataccen abinci da gurbataccen ruwa su ke kawo gudawa.

Q3. Me zai faru ga jikin yaro idan yana gudawa?

A3. Yaro yana rasa ruwan jikinsa idan yana gudawa sosai akai-akai, da ruwa-ruwa sosai. Gudawa, rashin lafiya ce mai hatsari ga yara 'yan kasa ga shekaru 5.

Raguwar ruwan jiki yana sa yaro rashin lafiya da rashin karfin jiki. Idan gudawar ta yi tsanani, kuma ba a magance ta da wuri ba, tana iya haddasa salwantar rayuwar yaro.

Q4. Ta yaya za ku kare yaro daga kamuwa da rashin lafiya da raunin jiki a lokacin da yake gudawa?

A4. Da zarar an fara gudawa, ku shirya, ku kuma cigaba da bayar da ORS/zinc da kuma nonon uwa (idan har lokacin ana baiwa jaririn nono) domin mayar da ruwan jikin da aka rasa dalilin gudawar. Masu kula da yaran, su wanke hannuwansu da sabulu da kuma ruwa masu gudu kafin su hada ruwan ORS/Zinc. Za a iya ajiyeshi har na tsawon awoyi 24 a cikin mazubi mai marfi.

A bayar da Zinc akalla kwanaki 10-14 domin kare yaro daga hatsarin sake kamuwa da rashin lafiyar gudawa har zuwa watanni uku a gaba. A mafi yawan gudawa, magungunan antibiotics ba su aiki kuma ka da a bayar da su. A kai yaro asibiti idan gudawar ta kai tsawon kwanaki 3, ko kuma idan aka fara ganin alamun jini a cikin bahayan da yake yi. Za a iya kare ciwon gudawa ta hanyar shayar da nonon uwa zalla har tsawon watanni shida kuma da Karin abinci har zuwa shekara biyu da haihuwa da kuma tsaftar jiki da abinci da ruwan sha mai tsafta.

Ana iya samun ORS/zinc a asibitin da ke kusa ko dakin shan magani a kan farashi mai sauki.

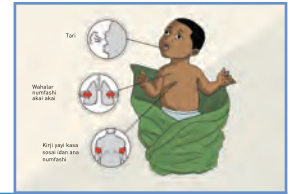


1 Litre

ORS

ZINC

Kulawa da Rashin Lafiyar Wahalar Numfashi



Tambayoyi

Q1. Me kuke gani a cikin wannan hoton?

Q2. Ta yaya za mu gane idan tari da yaro ke yi, ya yi tsanani sosai?

Bi kowane daya daga cikin wadannan hotunan ka yi bayanin tari da numfashin da ba a saba da shi ba kamar yadda aka bukaci a yi.

Q3. Ta wacce hanya yaro zai iya kamuwa da ciwon wahalar numfashi.

Amsar da ake son a bayar

A1. Wani yaro ne yake tari.

A2. Tari na faruwa ne dalilin abubuwa da yawa, kuma yana wahala a gano ko cewa tari mai sauki ne ko mai matsala ko kuma sanin irin maganin da ya kamata a bayar. Kuna iya kashe kudi wajen bayar da maganin da ba daidai ba don kokarin samun lafiya.

Idan yaro yana tari tare da numfashi da sauri ko numfashi ba yadda ya saba yi ba da zazzabi – tana iya kasancewa rashin lafiya mai tsanani da ake kira nemoniya (pneumonia), wadda ke bukatar kulawar kwararren ma'aikacin lafiya.

Duk yaron da ke tari da numfashi ba yadda ya saba yi ba, a kai shi asibiti ko wajen wani kwararren jami'in kula da lafiya domin binciken lafiyarsa da kuma bayar da magani.

A3. Yaro zai iya kamuwa da ciwon wahalar numfashi:

- Idan uwa ta bar yaro a cikin hayaki lokacin girki da itace da gawayi
- Idan manya suka sha taba kuma yara suka shaki hayakin tabar
- Rashin tsaftar jiki da muhalli
- Ciwon yunwa – tamowa

A tabbatar an kai yara wajen alluran riga-kafi da samar masu da abinci mai gina jiki da shayar da nonon uwa zalla. Wanke hannu da sabulu, samar da isasshiyar iska ko daina dafa abinci ko shan taba a cikin gida zai kare yara daga ciwon wahalar numfashi.

Ba da takardar zuwa asibiti ga duk yaron da ke tari tare da numfashin da ba a saba da shi ba.

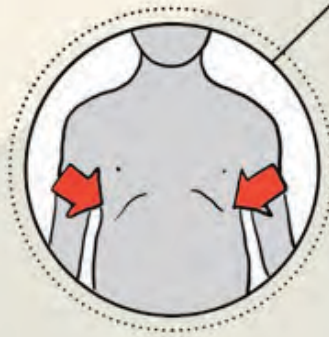
Tari



Wahalar
numfashi
akai akai



Kirji yayi kasa
sosai idan ana
numfashi



Tazarar Haihuwa



Tambayoyi

Q1. Me kuke gani a cikin wannan hoton?

Q2. Wadanne abubwane ma'aurata yakamata su sani a lokacin da suka fara tunanin samu yara?

Q3. Me ma'aurata zasu iyayi domin jinkirta samun juna biyu har lokacin da matar takai shekara 18 na haihuwa, ko domin mace ta samu tazarar shekara 2 bayan haihuwa ko domin ta kaucewa samun juna biyu a shekarun tsufa?

Amsar da ake son a bayar

A1. Uwa ce da mijinta suke wasa da jaririnsu, kuma suna tunanin hanyoyi dabam dabam na yin tazarar haihuwa

A2. Lafiya mace tafi inganta idan ta samu juna biyu a lokacin da jikinta zai iya jure ma canje-canjen juna biyu a lokacin da take tsakanin shekaru 18 zuwa 35.

Matan dake samun juna biyu a kananan shekaru ko bayan shekaru 35 sunfi hatsarin samun matsalolin alokacin juna biyu ko laokacin haihuwa sannan kuma sufi haihuwar yaran da watannin haihuwarsu bai kaiba ko kanana dake da matsalolin lafiya.

Akwai abubuwa da yawa da yakamata ma'aurata suyi domin ganin yaron su ya tsahi cikin koshin lafiya a raywa. Daya daga cikinsu shine tazarar haihuwa.

Dazaran mace ta haihu, lafiyar tafi inganta idan ta jinkirta samun wani juna biyu sai bayan jikinta ya gama murmurewa. Zaifi dacewa ga mace da yaronta idan zata sami murmurewar akalla shekara biyu kafin samun wani juna biyu. Idan iyali suka bada tazara tsakanin yaransu, Uba, Uwa, Yara, da duk sauran al-umma sazu amfana.

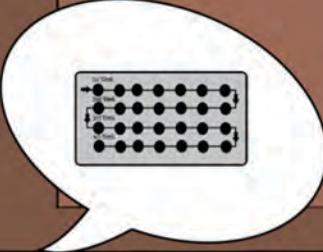
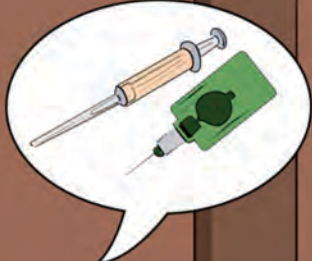
A3. Akwai dabaru daban-daban da ma'aurata zasu iya amfani dasu domin jinkirtawa, ko bayarda tazara koma kaucewa samun juna biyu a mata kai daban-daban. Wadansu daga cikin dabarun na bukatar aiwatarwa a aikace:

- 'Yan Kulum, Misali kwayoyi, Kwararon roba na maza da mata, Charbin mata, da kuma shayar da jariri nonon uwa zalla har tsawon watanni shida da haihuwa.
- 'Yan wata 1 zuwa 3, misali: Allura
- 'Yan Shekara 3 zuwa 10. Misali: Robar hannu data Mara
- Na Dindindin, Misali: Kashe kwayoyin haihuwa na Maza da Mata.

Wadannan dabarun:

- Basu da illa
- Suna bada Kariya,
- Suna da Inganci,
- Wadanda ake iya sauyawa ne (in ban da dabara ta dindidin).

Idan ma'auratan suna bukatar yin amfani da dabarun bayar da tazarar haihuwa TURA SU A ASIBITI!



Tattaunawar Ma'aurata kan Lafiyar Yaro



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Miji da matarsa ne suke tattaunawa da yaronsu zaune kan cinyar mamarsa.

Q2. Mun tattauna darusa da yawa daban-daban. Yaya abokan zamanku na aure za su yi tunanin wadannan abubuwan?

A2. Wasu daga cikin darusan masu saukin tattaunawa ne kamar; ba da abincin da zai kara taimakawa jariri. Wasu daga cikin darusan kuwa suna da kalubale sosai, kamar na; samun gwajin zazzabin cizon sauro kafin fara shan magani ko na bayar da magungunan antibiotics don maganin gudawa.

Q3. Daga cikin wadannan abubuwan wanne ne kuke tunanin akwai bukatar miji ya taimakawa matarsa wajen yin sa?

A3. Ga dukkansu. Akwai bukatar miji ya taimakawa matarsa da goyon baya, domin tabbatar da yara suna bacci a cikin gidan sauro a kowane dare domin samar da kyakkyawar kulawar kariya daga rashin lafiyar da yara ke yi.

Q4. Ko kuna ganin yana da muhimmanci ma'aurata su tattauna irin wadannan abubuwan kuma su yanke shawara a kansu tare?

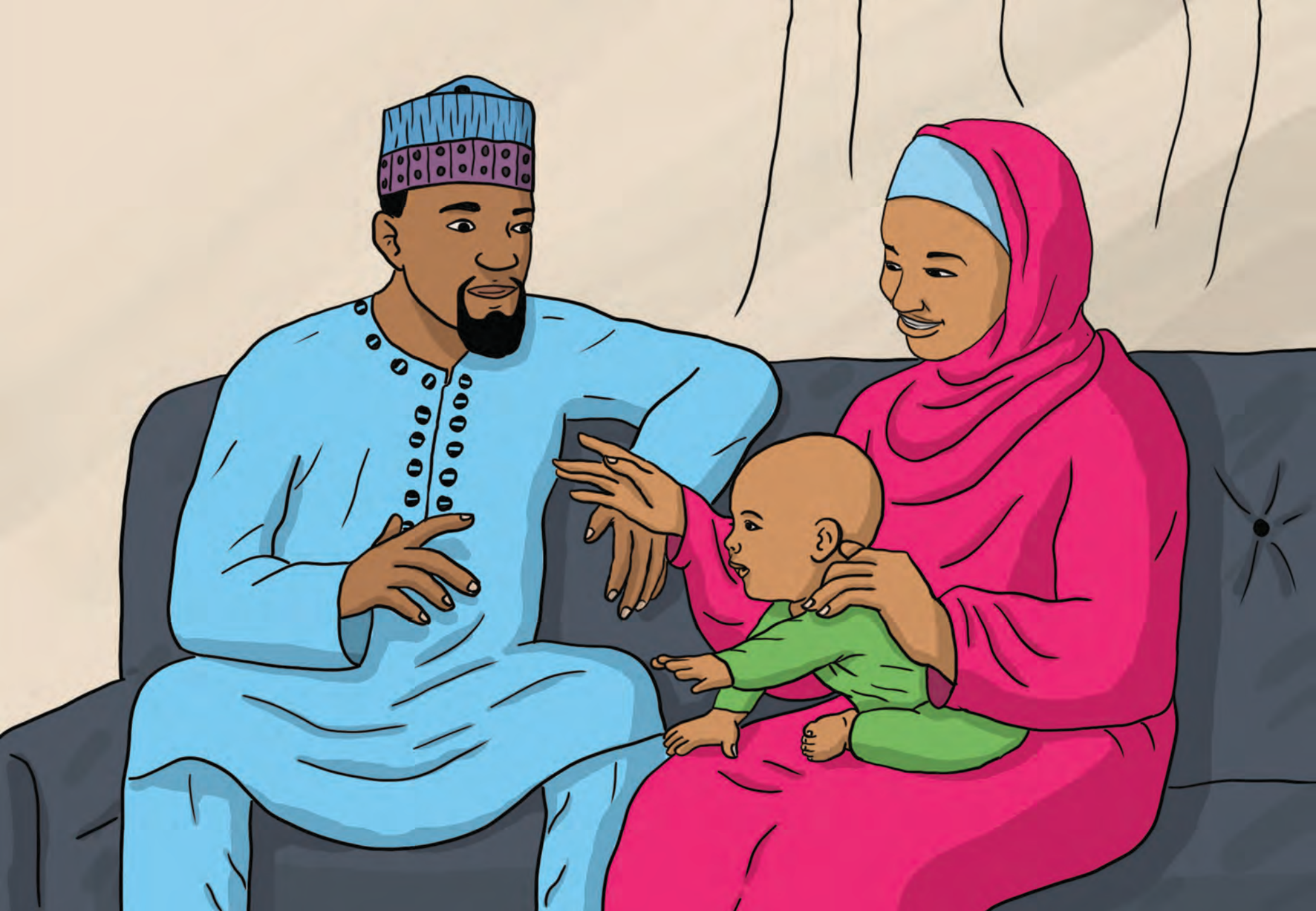
A4. Yana da muhimmanci ga ma'aurata su hada kai wajen yanke shawara a kan lafiyar yaronsu. Ta hanyar tattauna wadannan abubuwan, suna iya yanke shawara tare, kuma su fahimci juna tare.

Q5. Ta yaya za ki fuskanci mijinki don tattauna wadannan abubuwan?

A5. Ya kamata ku tsara lokaci da yadda za ku tattauna da abokan zamanku na aure, saboda wadannan dalilai:

Taimaka musu, su yi tunanin wadannan tambayoyin sannan su, sa lokacin da za su tattauna da mazansu.

- Wane lokaci ne ya fi dacewa ku tattauna?
- Wadanne ne kebabun abubuwan da kuke bukatar tattaunawa?
- Wadanne shawarwari ne ya kamata ku yanke tare?



Kira ga Abubuwan da Za'a Aiwatar



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Hotunan abubuwan da ma'aurata za su yi domin tabbatar da yaransu suna cikin kariya da kuma koshin lafiya.

Q2. Mun tattauna darusa da yawa daban-daban. Me za ku yi domin tabbatar da yaranku sun girma kuma sun tashi cikin koshin lafiya?

A2. Akwai abubuwa guda 3 da za ku yi domin samun kariya daga rashin lafiya mai tsanani, da kuma wasu abubuwa 3 da za ku yi domin kula da rashin lafiya mai tsanani sosai.

Hanyoyi uku da za ku samu kare 'ya'yanku wadan da ba su kai shekaru 5 ba daga kamuwa da rashin lafiya mai tsanani:

1. Kammala tsarin zagayen allurar rigakafi gaba daya,
2. Tabbatar da yara suna cin abinci mai gina jiki tare da shan nonon uwa zalla har bayan wata shida da haihuwa,
3. Ku tabbata yaron yana bacci cikin gidan sauro a kowane dare.

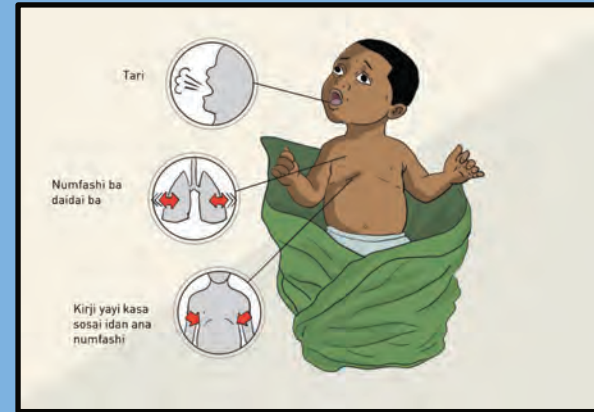
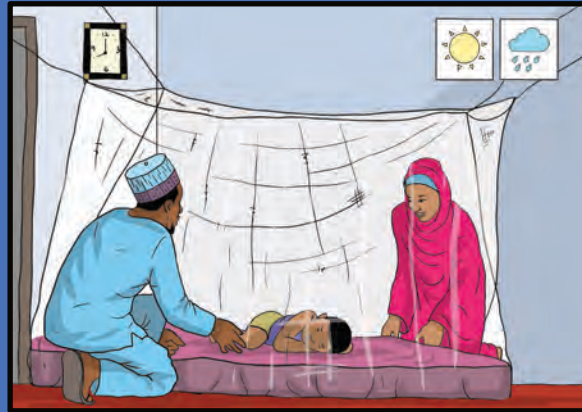
Yadda za ku kula da rashin lafiya mai tsanani sosai ga yaranku da ba su kai shekaru 5 ba:

4. A tabbatar da shan maganin zazzabin cizon sauro wanda yake daidai kuma a kammala shan maganin,
5. A yi amfani da maganin ORS/Zinc domin maganin gudawa,
6. A tabbatar da gaggauta neman maganin rashin lafiyar nemoniya (pneumonia) cikin lokaci.

Ba da takardar zuwa asibiti ga wadannan abubuwan lokacin da ya dace:

- Tsarin allurar rigakafi akai-akai
- Zazzabi
- Alamomi masu hadari ga yara da mata masu juna-biyu

Yi awon MUAC ga kananan yara da ke kasa ga shekaru 5 sannan a tura duk yaron da awonsa ya nuna kalar ja zuwa asibiti, domin samun kulawar lafiyar abinci mai gina jiki. Yaron da awonsa ya nuna kalar rawaya (Yellow) a fada wa iyayensu su inganta abinci kada yaran su kamu da tamowa.



Muhimman Sakonni akan cutar CORONA

- Yakamata a sani cewa har yanzu cutar CORONA na cigaba da afkuwa a tsakanin al'ummar mu
- Ga wasu mutanen, cutar CORONA ka iya janyo matsananciyar jinya, harma ta kaiga sanadiyyar mutuwa.
- cikakken rigakafi na daya dana biyu da kuma na kari itace kadai hanyar da mutun zai iya samun cikakkiyar kariya daga cutar CORONA.
- Riga kafin CORONA baya da hatsari kuma yana da tasiri ga dukkan mutumin da yakai shekaru 18 zuwa sama. Wannan ya kunshi mata masu juna biyu da masu shayarwa
- gaggauta zuwa a karbi rigakafi domin samun kariyar kai dana iyali da sauran al-umma
- Shin kuna da wata matsala ko damuwa gameda wannan allurar rigakafi?
- Wuri mafi kusa daku da zaku sami wannan rigakafi shine (A fadi sunan wurin rigakafin)

Domin Karin bayani akan rigakafin CORONA sai a ziyarci assibiti mafi kusa ko kuma a kira wannan lamba 7722 kyauta



Karshen Matakin Rayuwa na 3

Gabatar da kowane Matakin Rayuwa

Gaisuwa... (Barka da Asuba/Barka da Rana/Barka da Yamma). Suna na...

Ni mai sa-kai ne a cikin al'umma da ke aiki da Karamar Hukumar [SUNA] tare da hadin gwiwar Shirin Breakthrough ACTION-Nigeria.

Shirin Breakthrough ACTION-Nigeria yana aiki da Jihohi da Kananan

Hukumomi domin inganta lafiyar iyaye mata da kananan yara. Daya daga cikin ayyukan da kungiyar Breakthrough Action Nigeria keyi shi ne, kai ziyara zuwa kauyuka da garuruwa inda take tattaunawa da maza da mata akan abubuwan da zasu iya aiwatarwa da kansu, domin kyautata lafiyar iyalansu dama al'umma baki daya

Idan babu damuwa, ko za ku ba mu lokaci mu tattaunawa wasu daga cikin wadannan abubuwa da ku? Ku sani, cewa duk abubuwan da za mu tattauna a nan abubuwa ne na sirri.



Matakin Rayuwa na 4:
Dukkan Ma'auratan da
Suka Kai Mizanin
Shekarun Haihuwa (Da
Yanzu Ba Su Da Juna-
biyu)

Sakonni ga ma'auratan da
suka kai mizanin shekarun
haihuwa – (da ba su da juna-
biyu yanzu)

Gabatar da Matakin Rayuwa na 4



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

Wasu ma'aurata cike da farin ciki tare da iyalansu da shugabannin addinansu, su ma cikin farin ciki.

Q2. Me ya sa kuke tunanin wadannan ma'auratan suke cikin farin ciki?

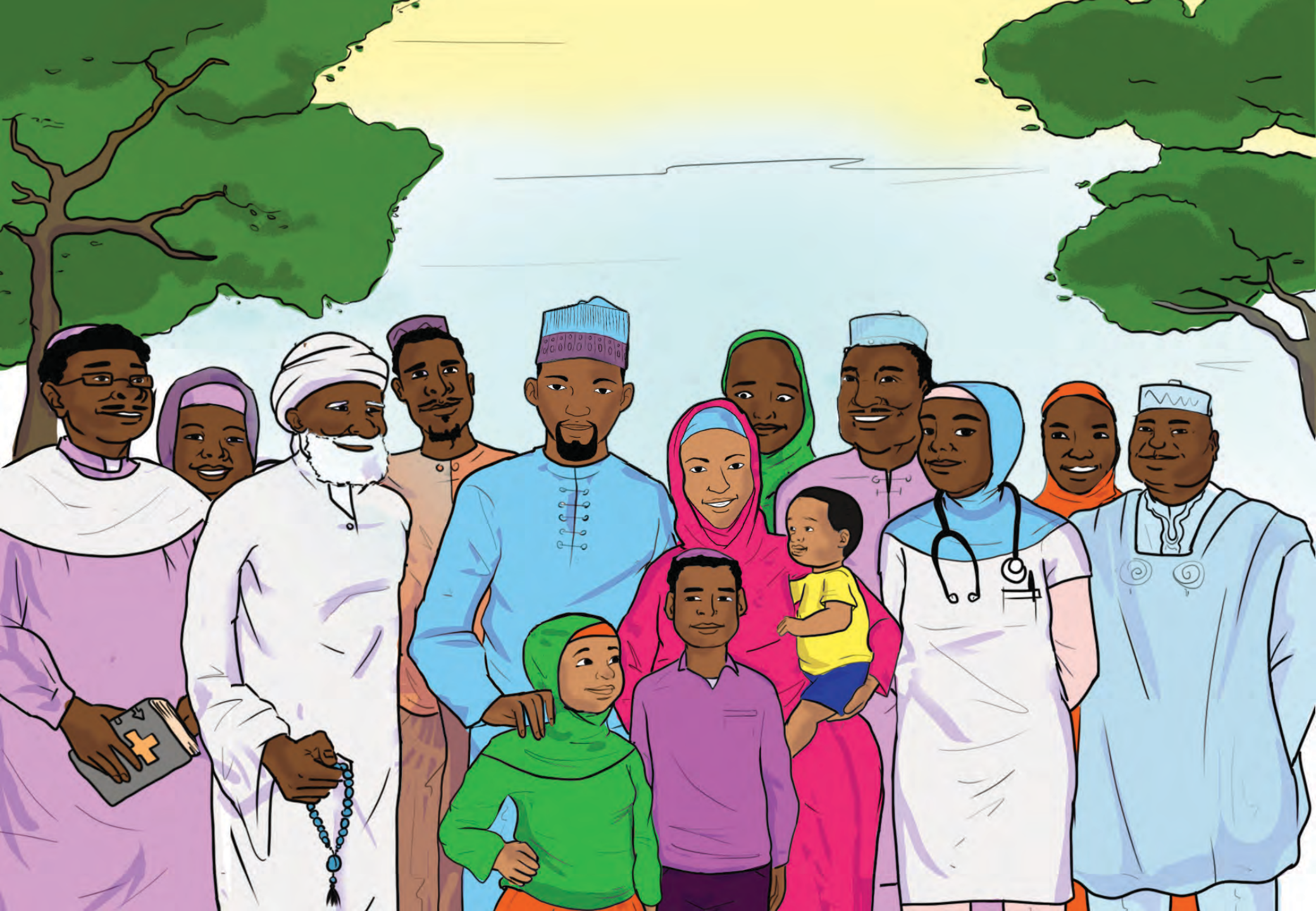
A2. Suna farin ciki ne saboda suna cikin koshin lafiya, sauran mutane ma, suna cikin farin ciki saboda ma'auratan suna girmama al'adunsu da addininsu.

Q3. Ko kun san abun da za ku yi domin ku samu irin wannan farin cikin?

A3. Akwai wasu muhimman dabi'u hudu da za su taimakawa iyali, su kasance cikin koshin lafiya da farin ciki:

1. Ku yi amfani da tsarin bayar da tazarar haihuwa domin ku samu yawan yaran da kuke so, a lokacin da kuke son haihuwarsu,
2. Iyali su rika cin isasshen abinci mai gina jiki wanda ya dace,
3. Kariya da kuma bayar da maganin zazzabin cizon sauro yadda ya kamata ga duk wani da zazzabin ya kama a cikin iyalin,
4. Maza su taimakawa matansu a lokacin da suke dauke da juna-biyu da lokacin haihuwa da bayan sun haihu, su kuma taimaka musu wajen kula da yaran.

A gaba, za mu tattauna wadannan abubuwan tare da bayani sosai.



Gabatar da Bayar da Tazarar Haihuwa



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1: Hoton wasu iyali. Suna cikin koshin lafiya da farin ciki.

Q2. Me zai taimaka wajen samun iyali masu koshin lafiya da farin ciki kamar wadan da ke cikin wannan hoton?

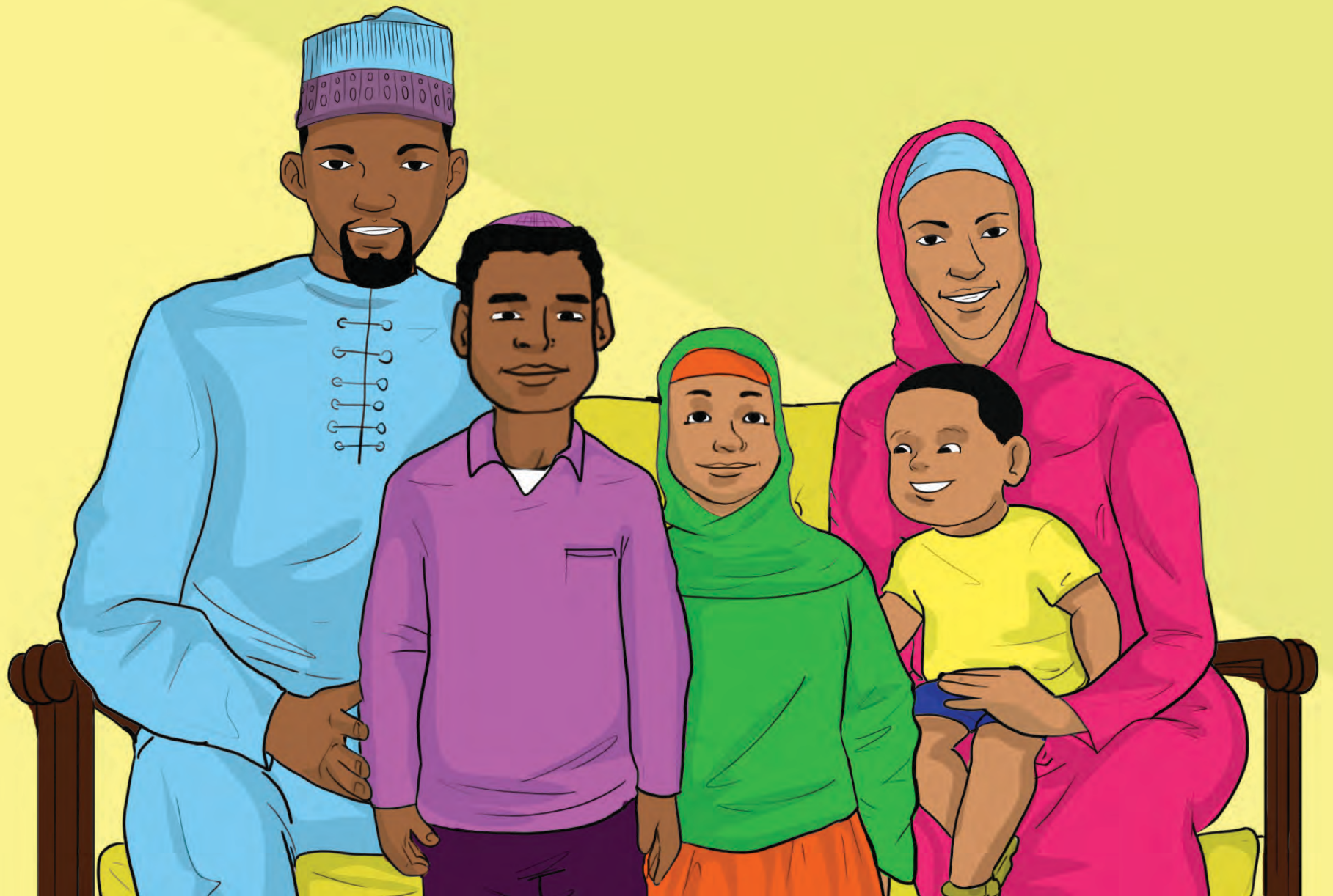
A2. Abubuwa da yawa suna taimakawa wajen samun iyali masu koshin lafiya da farin ciki. Amma, daya daga cikin muhimman wadannan abubuwan shi ne Bayar da Tazarar Haihuwa.

Q3. Me kuka fahimta game da Bayar da Tazarar Haihuwa?

A3. Bayar da Tazarar Haihuwa yana nufin lokacin da mace ta samu juna-biyu ta samu hutun akalla shekaru biyu bayan haihuwarta ta baya.

Ya fi dacewa ga lafiyar mace ta samu juna-biyu lokacin da jikinta ya murmure sosai daga juna-biyun da ta yi a baya.

Matan da suke samun juna-biyu da wuri sosai bayan haihuwarsu ta karshe da kuma wadan da ke samun juna-biyu da kananan shekaru suna iya fuskantar hatsarin kamuwa da rashin lafiya a lokacin da suke dauke da juna-biyu da lokacin haihuwa kuma jariransu suna iya kasancewa marar sa lafiya.



Amfanin Ba da Tazarar Haihuwa



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Mahaifi na wasa da yaransa da kuma hoton kammala karatun uwar yaran. Suna cikin koshin lafiya da farin ciki.

Q2. Mene ne amfanin Bayar da Tazarar Haihuwa?

A2. Idan iyali suka bayar da tazarar haihuwa ga 'ya'yansu, kowa yana amfana. Iyaye maza da iyaye mata:

- Suna samun lokaci sosai, da wadata, da karfin gudanar da ayyukansu da kulawa da iyali da kuma al'ummarsu,
- Samun lokacin tsara samun haihuwarsu ta gaba,
- Samar da jagorancin da ya fi dacewa da kuma taimakawa yaran
- Kara kusanci ga junansu,
- Iyaye mata za su samu lokaci su huta, su kuma mayar da karfin jikinsu tsakanin junan-biyun.

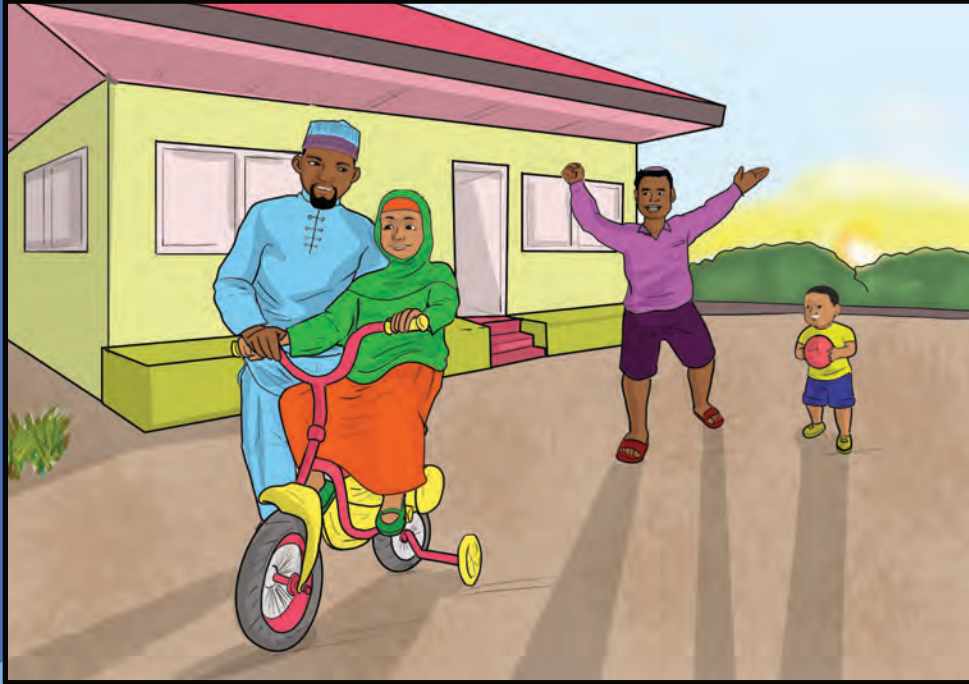
Yara:

- Suna da dama sosai ta samun dorewar rayuwarsu na shekaru biyar na farkon rayuwar,
- Suna iya girma da tashi cikin koshin lafiya sosai yadda za su kasance cikin iyali masu cike da koshin lafiya da karfi da samun al'umma nagartattu,
- Yaran da suka girma suna iya taimakawa masu tasowa daga cikinsu
- Samun ingantacciyar lafiya da damar samun ilimi.

Al'umma za su samu wadata da cigaba a lokacin da iyalai suke cikin koshin lafiya.

Q3. Me ma'aurata za su yi idan suna son su jinkirta haihuwa sai bayan wani lokaci sannan su sake haihuwar wani jaririn?

A3. Ya kamata su yi magana da Jami'an Lafiya Masu Kula da bayar da Tazarar Haihuwa a kan dabarar da ta fi dacewa da su ta kaucewa samun juna-biyu har sai lokacin da suka shirya samun haihuwa ta gaba.



Zabin Hanyar Bayar da Tazarar Haihuwa



Tambayoyi

Amsar da ake son a bayar

Q1. Wadanne dabarun bayar da tazarar haihuwa kuka sani?

A1. Ku bari su kawo dukkan dabarun bayar da tazarar haihuwa da suka sani.

Q2. Me kuke gani a cikin wannan hoton?

Bi kowane hoto sannan ka yi bayanin dabarun bayar da tazarar haihuwa daban-daban kamar yadda ake bukata.

A2. Dabaru daban-daban na bayar da tazarar haihuwa.

Wasu daga cikin dabarun bayar da tazarar haihuwar suna bukatar aiwatarwa a aikace:

- Alal misali; kwayoyin magani da kororon roba na maza da mata da kiyaye lokutan saduwa da shayarda ruwan nono zalla har Tsawon Watanni 6 bayan haihuwa,
- Sau daya kawai cikin watanni 1-3, misali; na allura,
- Sau daya kawai a cikin shekaru 5-10, misali; abubuwan da ake sakawa da IUCDs,
- Na dindindin, misali; kashe kwayoyin haihuwa na Maza da Mata.

Wadannan dabarun su ne masu:

- Kariya,
- Inganci,
- Wadan da ake iya sauyawa (in ban da dabara ta dindidin).

Q3. Wadanne misalai ne kuka taba ji game da dabarun bayar da tazarar haihuwa?

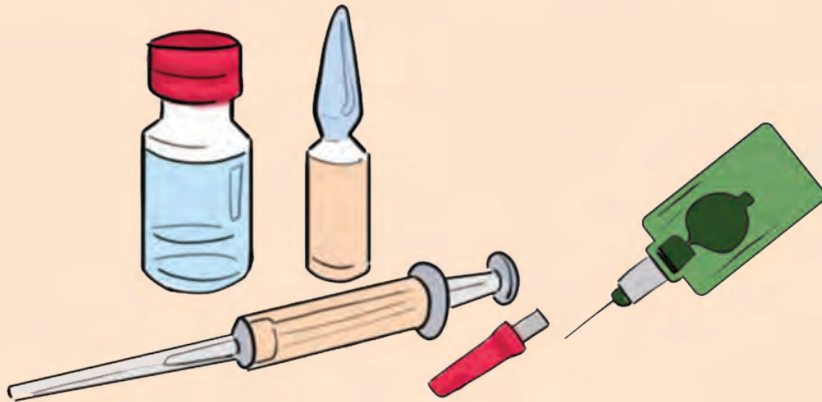
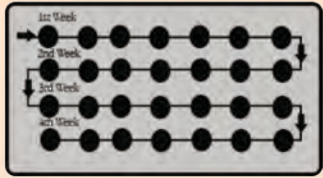
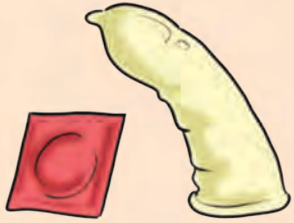
Yi bayanin duk wata rashin fahimta game da Bayar da Tazarar Haihuwa

A3. Wasu mata suna iya samun wasu matsaloli idan suka fara amfani da dabarun tazarar haihuwa. Illolin basu da hatsari kuma za su tafi cikin watanni kadan da fara amfani da dabarar bayar da tazarar. Ba kowace mace ce ke samun illolin ba. Mutanen da suke fama da wadannan illolin, su yi kokarin ganin daya daga cikin kwararrin masu kula da lafiyar iyali.

Q4. Ta yaya kuka san dabarar bayar da tazarar haihuwar da ta fi dacewa da ku?

A4. Hanyar sannin dabarar tazarar haihuwar da tafi dacewa da ku ita ce ta tattaunawa da kwararrin masu kula da lafiya na Tazarar Haihuwa don daukar matakin da ya dace.

Idan akwai mutanen da ke bukatar amfani da wata dabarar bayar da tazarar haihuwa TURA SU ASIBITI!



Gina Jiki: Isasshen Abinci Mai gina Jiki ga Iyali



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Hoton wasu iyali cikin koshin lafiya zagaye da nau'o'in abinci daban-daban masu gina jiki.

Q2. Wadanne nau'o'in abinci ne ya kamata iyali su ci domin su samu abinci mai gina jiki da yaransu suke bukata?

A2. Mace mai juna biyu da uwa mai sabuwar haihuwa da yara da uba dukkansu, ya kamata su ci nau'o'in abinci masu inganci da gina jiki:

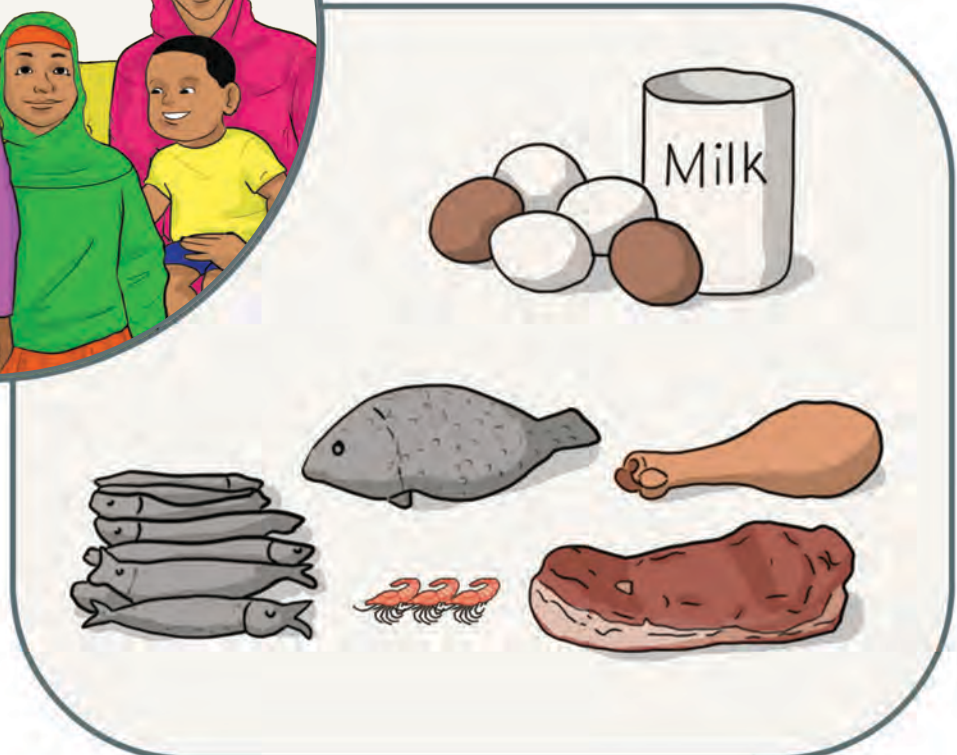
Wata hanya mai kyau da za a tuna ita ce ta "nau'o'i 4-na fitattun abinci", wadanda ke kunshe da nau'in abinci daga kowane daga cikin wadannan rukunan abinci hudu (4):

1. Abinci daga dabbobi (nama da kwai da kuma madara) domin gina jiki,
2. Abincin da aka fi sabawa da shi (tsaba da nau'o'in abinci masu tsiro cikin kasa da masu sanyu) domin samun karfin jiki,
3. Abinci mai kwaya da 'ya'ya domin gina jiki,
4. 'Ya'yan itace da kayan lambu domin gina sinadarin kariyar jiki.

Duk da haka akwai bukata ta musamman a lokutan mataakai daban-daban na rayuwa.

Dole ne, a hada dukkan abinci a hanya mafi tsabta ta hanyar wanke hannu da sabulu da ruwa mai gudu kafin a dafa abincin.

Mace mai juna-biyu ta fara zuwa asibiti wajen awon ciki da zarar ta gano cewa tana da juna-biyun. Ta rika cin nama mai yawa da kifi da ganyayyen lambu (kamar zogala) da shan abubuwa masu madara da wake (har da waken suya) da nau'o'in gyada da dankalin Hausa. Ta tabbata tana amfani da gishirin iodized da kuma shan abubuwa masu ruwa sosai.



Gina Jiki: Isasshen Abinci Mai gina Jiki ga Iyali, kashi na 2



Tambayoyi

Amsar da ake son a bayar

Q2. Cigaba

A2. Domin sababbin iyaye su murmure sosai daga haihuwa su kuma samu isasshen ruwan nono, uwar da ke shayarwa tana bukatar cin nau'o'in abinci da yawa da kara shan abubuwa masu ruwa da cin abinci sau uku ga wuni da karin wasu kananan abinci sau biyu ko abubuwan toyawa a kowace rana.

Ta rika cin nama mai yawa da kifi da gayayyen lambu (kamar zogala) da nau'o'in madara da wake (har da waken suya) da nau'o'in gyada da dankalin turawa.

Ba da misalai masu yawa na nau'o'in abinci daga abincin gargajiya da ke da amfani ga uwa domin ta samar da isasshen nonon da jaririnta zai sha.

Ga kananan yara, bayan watanni 6, shayar da nonon uwa zalla ba zai iya kosar da jariri ba, saboda haka ya kamata a fara ba shi wasu nau'in abinci bayan nonon.

Kunu mai kauri da taushi ko fate mai kunshe da karin sinadarai masu gina jiki 2-3, kamar; kifi da kwai da 'ya'yan itace da gyada da manja, da sauran makamantansu, suna samar da abinci mai gina jiki.

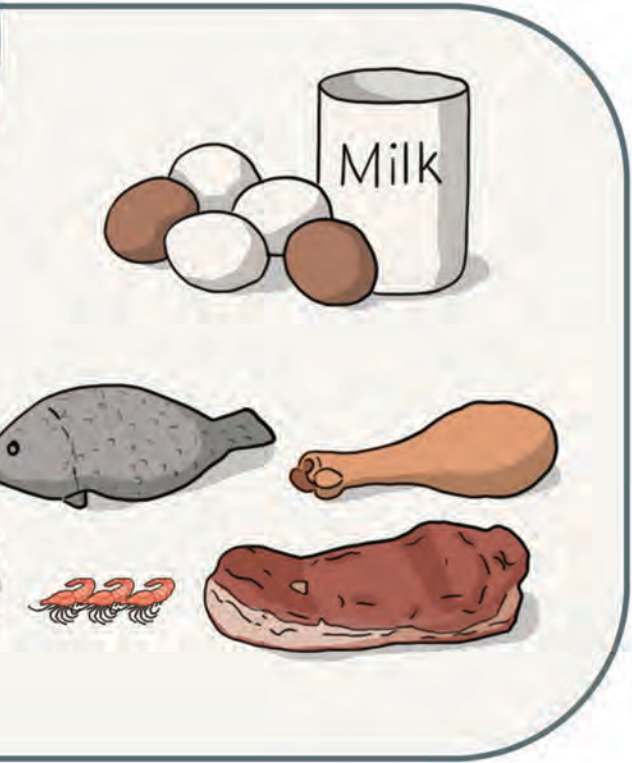
Yayin da yaro yake girma, yawan abincin da ake cigaba da ba shi da yawansa zai sauya lokaci zuwa lokaci.

Iyaye maza suna bukatar abubuwa masu gina jiki kamar (kwai da wake da gyada, da sauransu) da abubuwa masu sa karfin jiki (shinkafa da doya da dankali) da abinci mai ba da kariya ('ya'yan itace da kayan lambu).

Ana iya shirya abinci mai gina jiki da inganci mai kyau ga dukkan iyalan gida a cikin tukunya guda.

Q3. Yaya iyali za su mallaki duk wadannan nau'o'in abincin?

A3. Iyali ba su bukatar kashe kudi mai yawa domin samun abinci mai gina jiki. Nau'o'in abinci masu gina jiki da yawa da aka zayyano a sama ana samunsu a cikin al'ummominmu kuma muna iya shuka su a harabar gidajenmu. Muna iya kiwon kaji, zabbi da wasu dabbobi a cikin gidajenmu.



Zazzabin Cizon Sauro: Kariya da Gwaji da Bayar da Magani



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Hotunan kariya daga zazzabin cizon sauro da gwaji da bayar da magani.

Q2. Me ya sa kuke ganin yana da muhimmanci ga dukkan mutane cikin iyali su yi bacci cikin gidan sauro mai magani?

A2. Dukkan mutanen da ke cikin iyalinka su tabbata suna bacci cikin gidan sauro mai magani – a kowace rana tun da dare har zuwa safe a kowane yanayin lokaci na shekara – domin samun kariya daga cizon sauro. Wannan zai taimaka wajen tabbatar da samun sakamakon zama cikin koshin lafiya a duk fadin shekara.

Q3. Bayan zazzabin cizon sauro, wace rashin lafiya kuka sani wadda ke zuwa da zazzabi?

A3. Ba kowane zazzabi ne, zazzabin cizon sauro ba. Nau'oin rashin lafiya da yawa na zuwa da zazzabi, kamar mura da shawara (typhoid) da sauran su.

Hanyar da za a tabbatar da wani daga cikin iyali yana da zazzabin cizon sauro shi ne yin gwaji ta hanyar gwaji da Rapid Diagnostic Test (RDT) ko gwajin jini na blood microscopy.

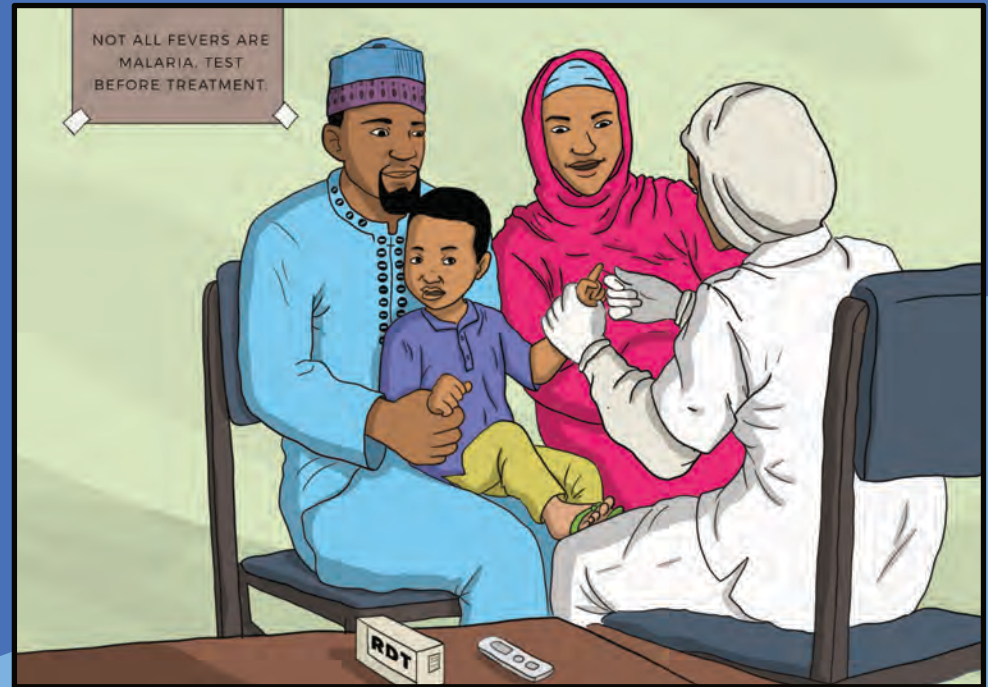
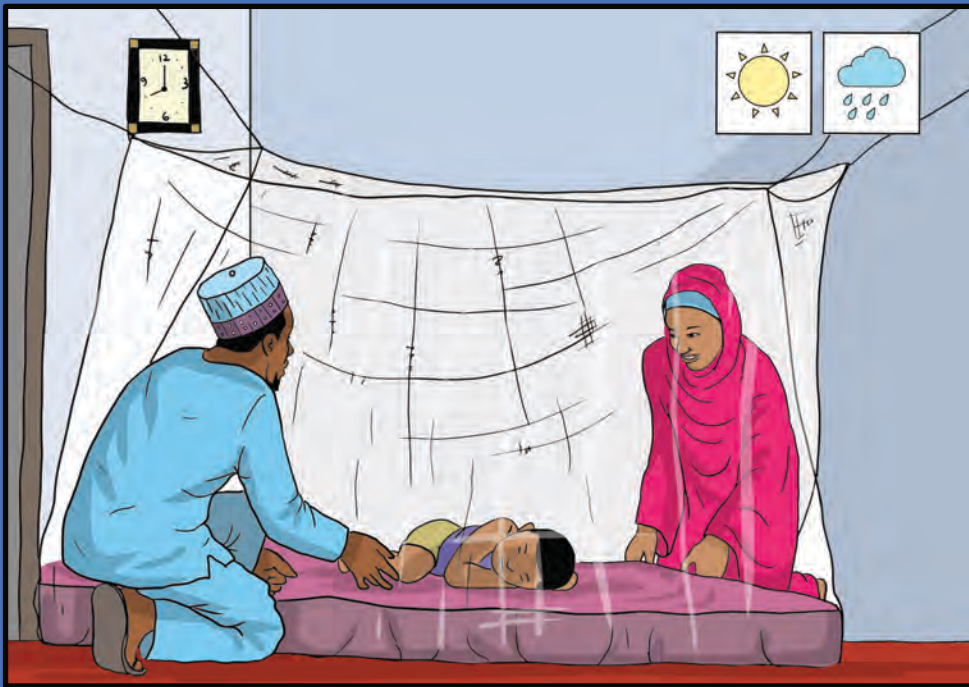
Q4. Me al'ummarku suke amfani da shi wajen maganin zazzabin cizon sauro?

A4. Maganin Artemisinin-based combination therapy (ACT) shi ne maganin zazzabin cizon sauron da Ma'aikatar Lafiya ta Tarayya (FMOH) ta aminta da shi domin amfani mai inganci. Ba a aminta da amfani da duk wata dabara ta bayar da maganin zazzabin cizon sauro ba.

Idan wani daga iyali bai sha maganin ACTs, adadin yadda ake bukata ba ga wuni kuma daidai yawan kwanakin da ake bukata, zazzabin cizon sauron zai iya sake dawowa da muni. Dole ne, a sha cikakken maganin zazzabin cizon sauro na ACT domin tabbatar da an warke daga zazzabin cizon sauron gaba daya, ko da kuwa mutum yana jin cewa ya warke kafin maganin ya kare.

Mata masu juna-biyu su sha maganin IPTp domin kariya daga zazzabin cizon sauro, ko suna jin alamun zazzabin cizon sauron ko ba su ji, saboda zazzabin yana iya zama cikin jikinsu.

Idan aka samu rahoton wani daga cikin iyalinku yana da zazzabi, TURA SHI zuwa asibiti, a nan take!



Ayyukan da Maza ke yi Wajen Kula da Lafiyar Iyali



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Hoton wani mutum yana taimakawa matarsa ta hanyoyi daban-daban.

Q2. Me miji zai yi wajen taimakawa matarsa?

A2. Akwai abubuwa da yawa da miji ke iya taimakawa matarsa. Amma za mu mayar da hankali ga wasu kadan daga cikinsu:

- Kafin samun juna-biyu
- Lokacin da aka samu juna-biyu
- A lokacin nakuda da kuma haihuwa
- Kula da lafiya bayan an haihu
- Reno da Kula da Yara

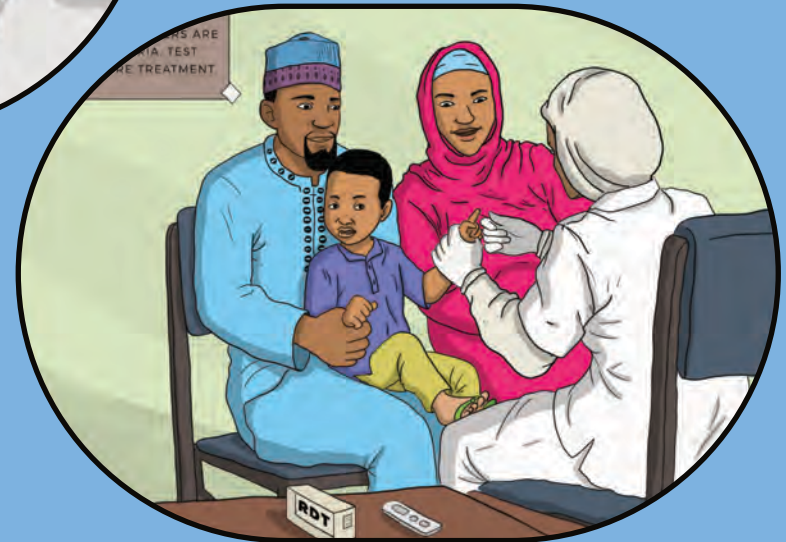
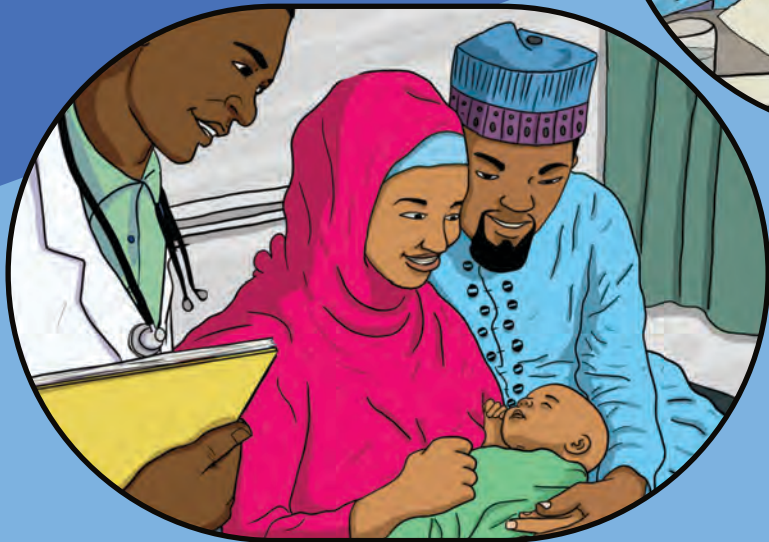
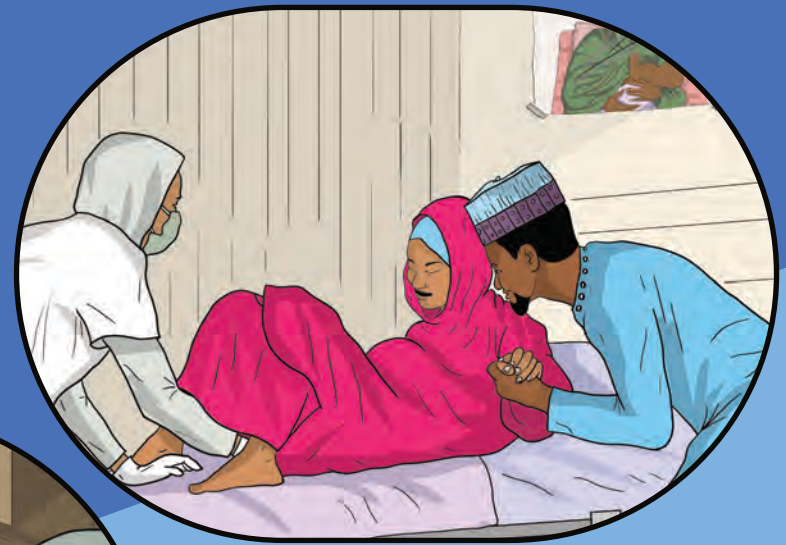
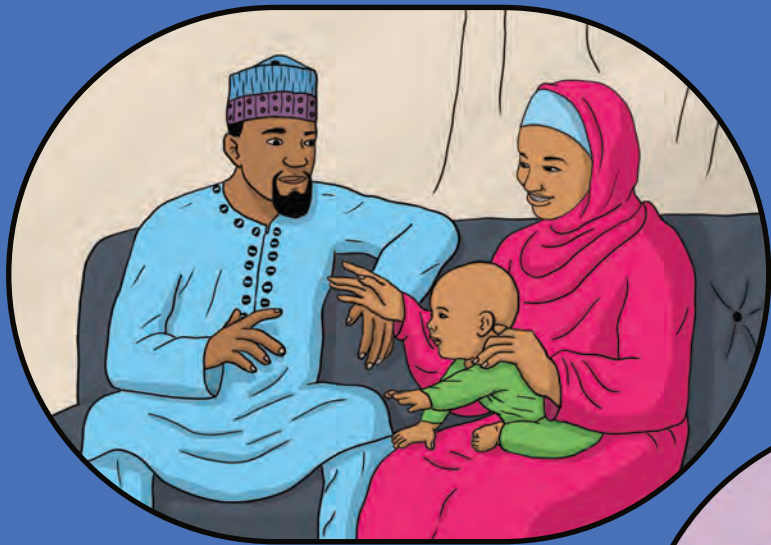
- Kafin samun juna-biyu, su aminta a kan cewa zasu bada tazara a tsakanin 'ya'yan su kuma su je asibiti tare domin zabin dabarar tazarar haihuwar da ya fi dacewa da su,
- Lokacin juna-biyu, ya tafi tare da ita asibiti wajen Awon Ciki domin ya san abun da take bukata, kuma ku shirya tsarin haihuwa tare,
- Ya san watan da za ta haihu, ya shirya dukkan tsare-tsare don haihuwa wajen kwararrun ma'aikatan lafiya, kuma ya kula da alamomin haihuwa don daukar mataki nan take idan nakuda ta fara,
- Bayan an haihu, ya karfafa gwiwar mai jegon da ta fara shayar da nono nan take bayan ta haihu, kuma ta bayar da nono zallarsa kawai har watanni 6,
- Lokacin Reno, ya tabbata uwar da jaririnta suna samun abinci mai gina jiki domin su kasance cikin koshin lafiya, ya kuma taimaka mata wajen kulawa duk lokacin da yara ba su da lafiya.

Namiji da sauran mutanen da ke cikin iyalansa su taimakawa matarsa a cikin wadannan lokutan.

Q3. Ko akwai wasu al'adu da tsare-tsaren gargajiya da ke iya hana mutum ya taimakawa matarsa ga wasu abubuwan da take bukata?

Q3. Akwai al'adu da tsare-tsaren gargajiya da yawa masu muhimmanci. Amma kuma, dole ne, mu kula da yin abubuwan da za su taimakawa iyalinmu da al'ummarmu domin su kasance masu koshin lafiya nan gaba. Domin taimakawa iyalinmu su kasance masu koshin lafiya, ya kamata maza su yi nazarin wadannan tamabayoyin:

1. Wanne daga cikin ayyukan da matata ke yi, nake iya taimaka mata da su?
2. Wanne daga cikin ayyuka masu alaka da lafiya na iyali ne, matata za ta iya taimakawa da su?



Tattaunawar Iyali Game da Lafiyar Jariri



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Mata da miji suna tattaunawa a kan al'amurran lafiyar iyalsu

Q2. Mun tattauna batutuwa daban-daban da yawa. Ta yaya abokin zamanki na aure yake tunani a kan wadannan abubuwan?

A2. Wasu daga cikin darusan suna da saukin tattaunawa da fahimtar da miji ya aminta, kamar; bacci a cikin gidan sauro mai magani. Wasu darusa suna iya zama masu kalubale sosai, kamar; bayar da tazarar haihuwa ko kuma zuwa awon ciki asibiti.

Q3. Wadanne daga cikin wadannan abubuwan ne kuke tunanin miji yana bukatar samar da taimako sosai a kansu ga matarsa?

A3. GA DUKKAN su. Miji na bukatar ya goyawa matarsa baya domin bayar da tazarar haihuwa da samun abinci mai gina jiki da kariya da bayar da maganin zazzabin cizon sauro yadda ya dace.

Q4. Ko kana ganin yana da muhimmanci gare ka da matarka, ku tattauna wadannan abubuwan domin ku yanke shawara a kansu tare?

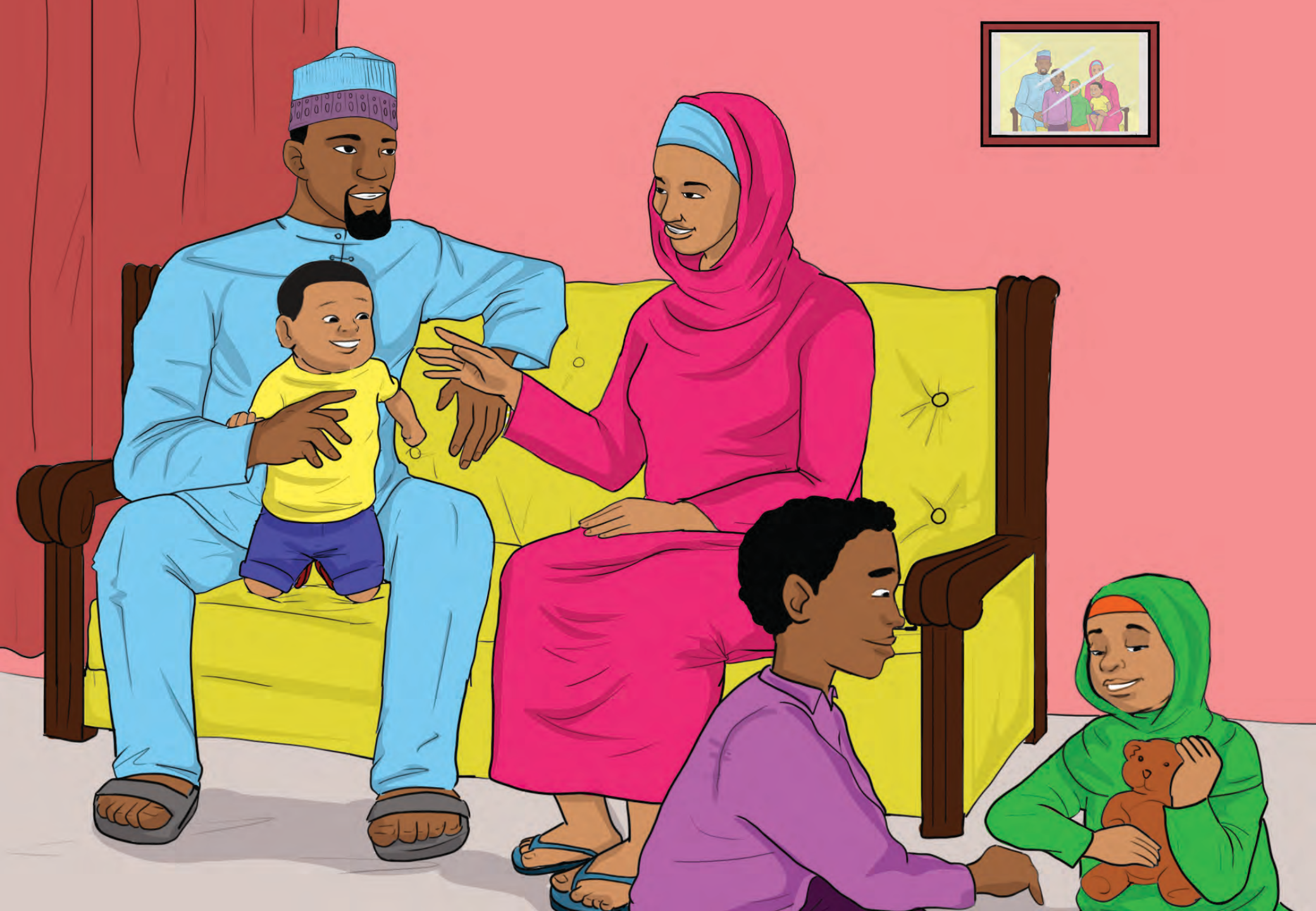
A4. Yana da muhimmanci ga ma'aurata su hada kai da matansu wajen daukar mataki a kan lafiyar matansu da juna-biyunsu da lafiyar yaransu da jaririn da za su haifa. Ta hanyar tattauna irin wadannan abubuwan, za su cimma matsayar wani mataki guda tare, cikin fahimtar juna.

Q5 Ta yaya za ku fuskanci abokan zamanku na aure da irin wadannan abubuwan?

A5. Ya kamata ku tsara lokaci da yadda za ku tattauna da mazanku, bisa ga wadannan dalilan da aka kawo:

Taimaka musu su yi tunani a kan wadannan tambayoyin, su kuma sa lokacin da za su tattauna da mazansu.

- Wane lokaci ne ya fi dacewa ku tattauna?
- Wadanne ne kebabun batutuwan da ya kamata ku tattauna?
- Wadanne shawarwari ne ya kamata ku yanke tare?



Kira ga Abubuwan da Za'a Aiwatar



Tambayoyi

Amsar da ake son a bayar

Q1. Me kuke gani a cikin wannan hoton?

A1. Hotunan abun da iyali za su yi domin su kasance cikin koshin lafiya.

Q2. Mun tattauna darusa da yawa daban-daban. Me za ku yi domin tabbatar da yaranku sun girma kuma sun tashi cikin koshin lafiya?

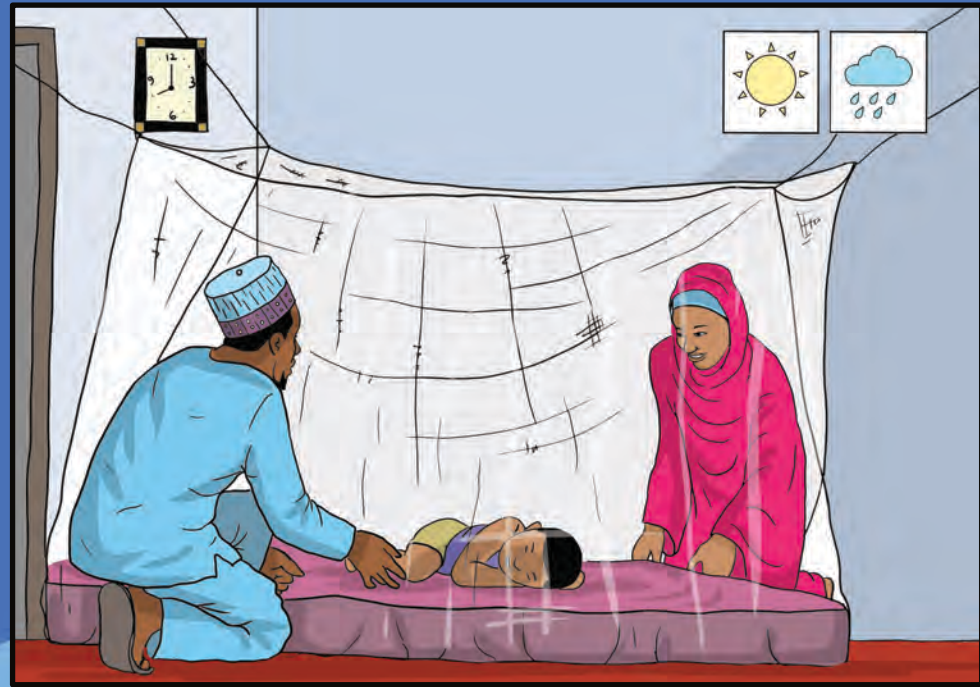
A2. Akwai abubuwa hudu da ya kamata mu yi domin taimakawa iyalinmu, su kasance cikin koshin lafiya da farin ciki:

1. Amfani da bayar da tazarar haihuwa domin inganta lafiyar iyali baki daya,
2. Iyali su rika cin isasshen abinci mai gina jikin da suke bukata,
3. Kariya da bayar da maganin zazzabin cizon sauro yadda ya kamata da kula da juna-biyu da haihuwa da kula da lafiya bayan an haihu da kuma taimakawa wajen kula da yara.

Ba da takardar zuwa asibiti ga wadannan abubuwan lokacin da ya dace:

- Zazzabi
- Bayar da tazarar haihuwa

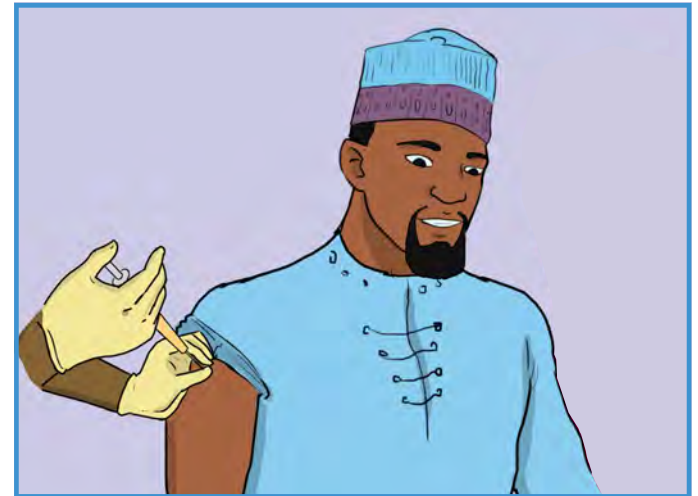
Yi awon MUAC ga kananan yara da ke kasa ga shekaru 5 sannan a tura duk yaron da awonsa ya nuna kalar ja zuwa asibiti, domin samun kulawar lafiyar abinci mai gina jiki. Yaron da awonsa ya nuna kalar rawaya (Yellow) a fada wa iyayensu su inganta abinci kada yaran su kamu da tamowa.



Muhimman Sakonni akan cutar CORONA

- Yakamata a sani cewa har yanzu cutar CORONA na cigaba da afkuwa a tsakanin al'ummar mu
- Ga wasu mutanen, cutar CORONA ka iya janyo matsananciyar jinya, harma ta kaiga sanadiyyar mutuwa.
- cikakken rigakafi na daya dana biyu da kuma na kari itace kadai hanyar da mutun zai iya samun cikakkiyar kariya daga cutar CORONA.
- Riga kafin CORONA baya da hatsari kuma yana da tasiri ga dukkan mutumin da yakai shekaru 18 zuwa sama. Wannan ya kunshi mata masu juna biyu da masu shayarwa
- gaggauta zuwa a karbi rigakafi domin samun kariyar kai dana iyali da sauran al-umma
- Shin kuna da wata matsala ko damuwa gameda wannan allurar rigakafi?
- Wuri mafi kusa daku da zaku sami wannan rigakafi shine (A fadi sunan wurin rigakafin)

Domin Karin bayani akan rigakafin CORONA sai a ziyarci assibiti mafi kusa ko kuma a kira wannan lamba 7722 kyauta

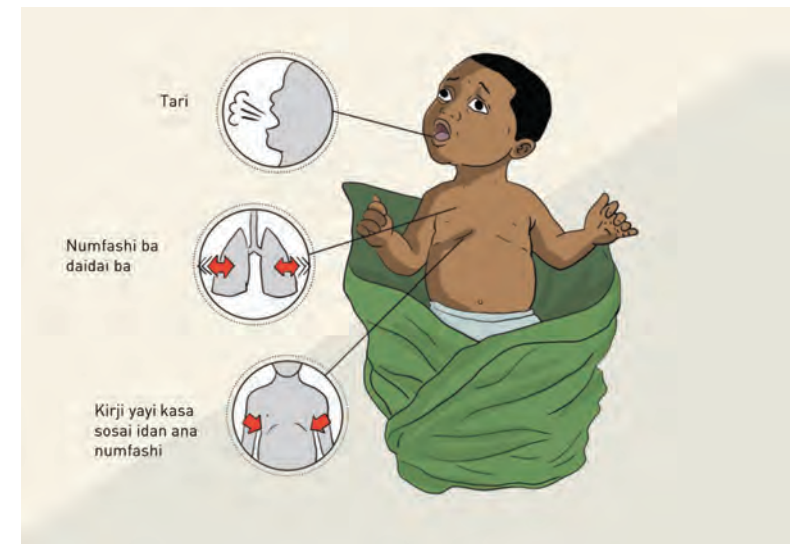


Karshen Matakin Rayuwa na 4

An dauko hotunan daga “The Community Infant and Young Child Feeding Counseling Package” na aikin SPRING da taimako daga USAID.



An dauko hotunan daga “A Guide to Pneumonia Training and Education Kits” wanda kungiyar Every Breath Counts project samar da taimako daga USAID.



Jagoran Kebanta da Masu Sauraro

Matar na da juna biyu? Idan haka ne, juna biyun wata nawa take dauke dashi?



Idan juna biyun da take dauke dashi yana tsakanin wata 1 zuwa 6, aje shafi na 1.1, Gabatarwa akan matakin rayuwa kashi na daya.

Idan juna biyun da take dauke dashi yana tsakanin wata 7 zuwa 9, aje shafi na 2.1, Gabatarwa akan matakin rayuwa kashi na biyu.

Shin matar ta haihu bada jimawa ba? Idan haka ne, sati nawa da suka wuce ta haihu?



Idan ta haihu ne kasa da kwana bakwai da suka wuce, aje shafi 2.6, muhimmiman hanyoyin kulawa ga jariri.

Idan ta haihu ne tsakanin kwana takwas da sati hudu, aje shafi na 2.9, Rigakafi da zarar an haifi yaro.

Idan ta haihu ne sama da sati hudu da suka wuce, aje shafi na 3.1, Gabatarwa akan matakin rayuwa kashi na uku.

Idan karamin dan bai kai shekara biyar ba, aje shafi na 3.1, Gabatarwa akan matakin rayuwa kashi na uku.

Idan karamin dan ya fi shekara biyar, kuma matar bata da juna biyu, aje shafi na 4.1, Gabatarwa akan matakin rayuwa kashi na hudu.