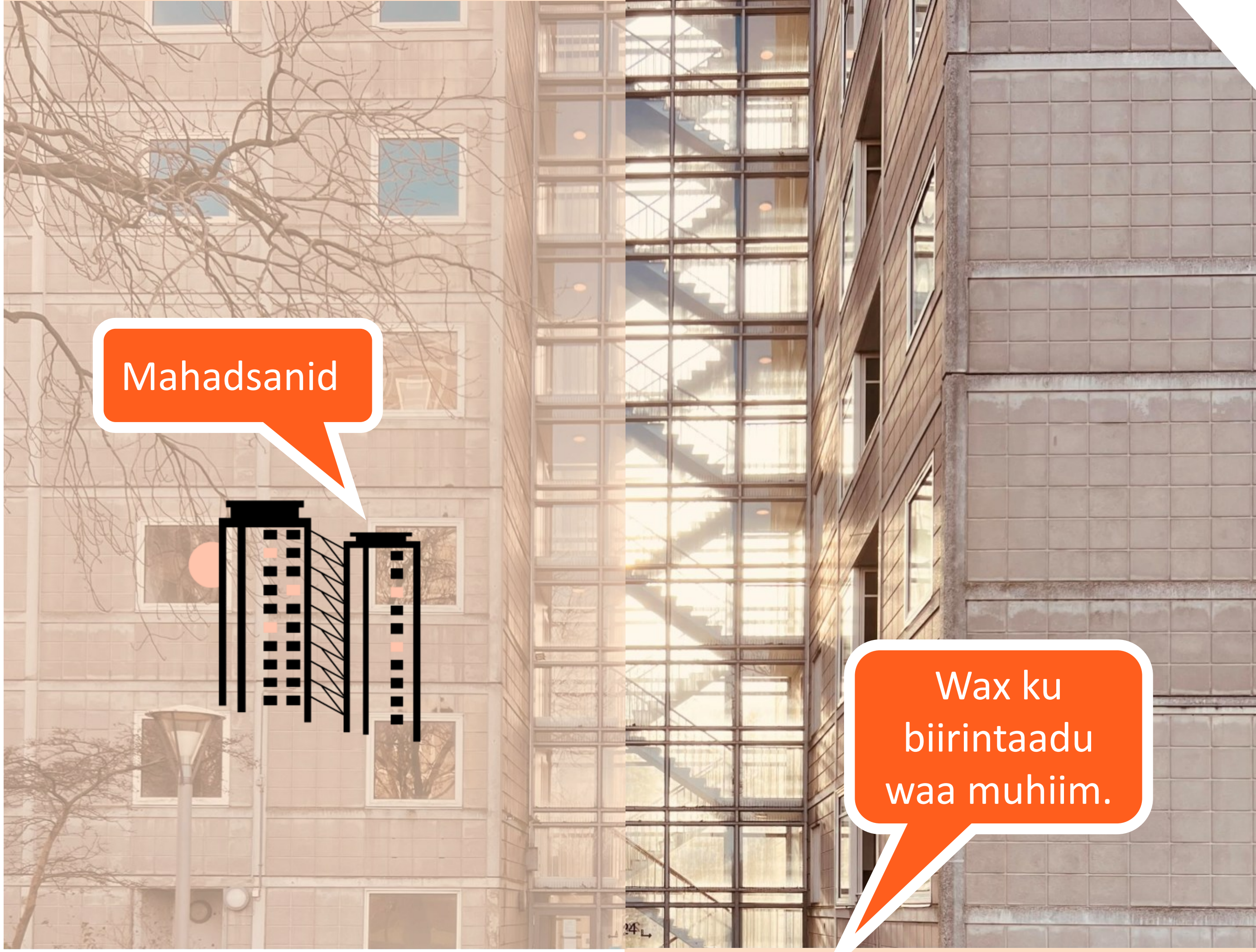
Macluumaad dheeraad ah ma rabtaa?
Warqada xog-siinta ka qeybqaataha



REGION H
AARHUS UNIVERSITET
STATENS SERUM INSTITUT
KØBENHAVNS UNIVERSITET
LANDSBYGGEFONDEN
helsefonden
Realdania

Indeklima og Sundhed på Bellahøj (ISB) 2.0:

Nooca gaaban

SOOMAALI

I S B

Maxaad ku dooran ISB?

Qiyaastii **1 kamid ah 6-dii qof** ee Denmark jooga, ayaa ku nool guryaha dadweynaha. Sidaa darteed, waxaa muhiim ah in la saameeyo cilmi-baaris si gaar u anfici karta dadka degan guryaha dadweynaha. Ujeeddada mashruuca ISB waa in la baaro, saameynta dib u habeynta guryaha Bellahøj ay ku leedahay cimilada gudaha ee guryaha iyo caafimaadka dadka degan khaasatan xiiqda, hargabka sahlan, caabuqyadu fayrasku keenu, iyo waxyaabo kale oo badan) marka ay bataan ka qeybqaatayaashu waxaanu si fiican u fahmi doonaa saameynta ay leedahay tayada hawada guduhu. Dhamaan wax ku biirinta waa muhiim waanan idiinka mahadcelinaynaa.

Ya ka qeybqaadan kara?

- Dadka ka weyn 18 sanno jirka + carruurta 0-10 sanno jirka ah (waalid la socdo)
- Guryaha dib u habeynta lagu sameeyay <u>iyo</u> kuwa aan lagu sameyn(SAB I og II, fsb, AKB og AAB)
- Si kasta oo u yahay cafiimaadkaaga
- Haddii aad qabto dhibaatooyinka cimilada gudaha iyo haddii kaleba

Waxaa kale oo aad dooran kartaa in:

- lagugu wareysto xafiiskayaga
- aad kaga qeybqaadato qaab onlayn ama taleefanka ah.
- aad iskaa u rakibto qalabka lagu cabbiro caaryada

Ma waxay qaadan doontaa wakhti dheer?

Uma baahna.

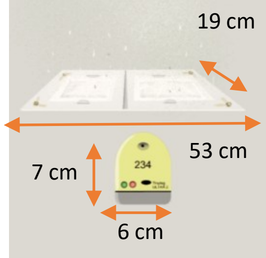
1 Weydiimo guriga iyo adiga ku saabsan

(15-30 daqiiqo.)

2 Qiimeynta cimilada gudaha 2 ilaa 4 toddobaad

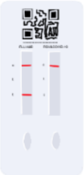
(5-10 min. daqiiqo ayay qaadan doontaa rakibaada iyo ururintu)

Qalabka cimilada gudaha ma qaato boos badan



3 Su´aalo ku saabsan astaamaha iyo cudurada: 2 iyo 4 bilood kadib **(5-10 daqiiqo.)**

\+ Baaritaanada sunta iyo walxaha shisheeye oo muujin kara inaad qabtid ifilo, ama wax kale **(adiga ayaa isku baaraya marka aad jirrooto)**



Sidee ayaad isku diiwaangelin kartaa?

1 Booqo: https://bornogastma.dk/isb_so

2 Ama na soo wac, waan ku caawin doonaa.

Limayl:
jonathan.groot@regionh.dk
Taleefan:
38 67 41 39
isniin-jimce kl. 8-18
axadda kl. 12-15

Ya ka dambeeya mashruuca?

Mashruucan waxaa ka dambeeya cilmi-baare sare Jonathan Groot, oo ka shaqeeya COPSAC, cisbitaalka **Herlev iyo Gentofte**. Waa cilmi-baare ku takhasusay caafimaadka dadweynaha, waxaanuu aad ugu dedaalaa u sinaanshaha xaaladaha nololeed, guryaha iyo caafimaadka. *Mashruucu waa cilmi-baaris madax-bannaan.*

Jawaabahaaga lalama wadaagi doono degmada, iskaashatooyinka guryeynta, hay'adaha maalgelinaya, deriska ama kuwa kale ee ka baxsan mashruuca. Wax walba waa ikhtiyaari waana qarsoodi.