



Calaamadaha Digniinta Hooyada Kaddib Marka ay Dhasho

Waxaan kuu rajeyneynaa adiga iyo cunugaada cusub caafimaad wanaagsan todobaadyada iyo bilaha soo socda.

Cutubkaan waxaa ku qoran liiska calaamadaha digniinta hooyada ee u baahan in lagala xariiro kliinikada, bixiyaha daryeelka caafimaadka, ama u baahan in la waco telefoonka 9-1-1. Nambarada telefoonka waxay ku qoran yahiiin cutubka “Nambarada Telefoonka Waxtarka Leh” (“Helpful Phone Numbers”) ee laga helo horaanta buuggaan.



Hubso in aad wac did mid ka mid ah nambarada lagu siiyay haddii aad isku aragtid calaamadaha digniinta ee ku qoran cutubkaan.

Wac 9-1-1 haddii aad:

- Isku aragtid arrin degdeg ah oo ku saabsan caafimaadkaada

Isla markiiba wac kliinikadaada haddii:

- Aad isku aragtid heerkul gaara 101°F (38.3°C) ama ka badan.
- Aad suufka ama marada la gashto hoosta (maxi-pad) ka buuxisid dhiig ka yimaada siilkaaada saacad kasta muddo 2 ilaa 3 saac, ama aad isku aragtid xinjir ka weyn suulkaada.
- Aad gaduud, barar, ama xanuun ku aragtid lugtaada hoose ama cajarka.
- Aad isku aragtid madax xanuun aan ku dhamaanin waxyaabaha caadi ahaan lagu roonaado sida cabbidda biyaha, nasashada ama qaadashada Tylenol (acetaminophen).
- Laguugu soo qalo cunugga (Cesarian) kaddibna meesha la jeexay in yar furanto ama sii dayso dhacaan ama dhiig, ama meesha la jeexay noqoto gaduud, bararto, jileecsanaato, ama ku xanuunto.

Wac kliinikadaada 24 saac gudahooda haddii:

- Aad isku aragtid dhacaan ka soo baxa siilka oo si xun u soo ura.
- Kaadida kugu adkaato, ama aad isku aragtid xanuun ama gubasho marka aad kaadineysid.

- Meesha la jeexay ku xanuunto kana sii darta.
- Ay kugu adkaato in aad wax cuntid ama jiifatid, ama kugu dhaco niyad jab, calool xumo, ama walwal.
- Ay kula tahay in aadan sugi karin ilaa laga gaaro marka xiga ee aad soo booqatid kliinikada.

Wac Adeegyada Caanaha Hooyada (Lactation Services) haddii:

- Aad naaska ku aragtid wax kuusan oo aan jilcin ama aad ku aragtid meel gaduudan oo aan ku dhamaanin muddo 1 ilaa 2 maalin.
- Ibta naaska ku bukato kuna xanuunto inta aad nuujineysid cunugaada. Waa caadi in aad xoogaa jilicsanaan ku aragtid ibta, waana soo fiicnaataa maalinta 4aad ama 5aad.
- Aad qabtid su'aalo ama arrimo ku saabsan naas nuujinta.

Su'aalo?

Su'aalaha aad qabtid waa muhiim. Haddii aad qabtid su'aalo ama arrimo ku saabsan calaamadaha digniinta, fadlan wac bixiyahaada daryeelka caafimaadka saacadaha xafiiska.

Saacadaha dambe iyo dhamaadka todobaadyada iyo fasaxyada, wac Foosha iyo Dhalmada (Labor & Delivery), telefoonka 206-598-4616.

Arrimaha ku saabsan caanaha hooyada ama naas nuujinta, wac Adeegyada Caanaha Hooyada (Lactation Services), telefoonka 206-598-4628

**Arrimaha degdegga,
wac 9-1-1.**

Warning Signs in the Mother After Giving Birth

We wish you and your new baby good health in the coming weeks and months.

This chapter lists warning signs in mothers that require a call to your clinic, health care provider, or 9-1-1. Phone numbers are listed in the “Helpful Phone Numbers” chapter at the beginning of this book.



Be sure to call one of the numbers provided if you have any of the warning signs listed in this chapter.

Call 9-1-1- if:

- You have an urgent concern about your health

Call your clinic right away if you:

- Have a temperature of 101°F (38.3°C) or higher.
- Are soaking a full-size pad or maxi-pad with blood from your vagina every hour for 2 to 3 hours, or you keep passing clots that are larger than your thumb.
- Have redness, swelling, or pain in your lower leg or thigh.
- Have a headache that won't go away with usual comfort measures such as drinking water, resting or taking Tylenol (acetaminophen).
- Had a Cesarean birth and your incision opens a little or leaks fluid or blood, or the area around your incision becomes more red, swollen, tender, or painful.

Call your clinic within 24 hours if you:

- Have a discharge from your vagina that smells bad.
- Have a hard time urinating, or have pain or burning when you urinate.
- Have pain in your incision that keeps getting worse.

- Have a hard time eating or sleeping, or feel depressed, sad, or anxious.
- Have a concern you feel cannot wait until your next clinic visit.

Call Lactation Services if you:

- Have a breast lump that does not soften or a red area on your breast that does not go away within 1 to 2 days.
- Have sore nipples that hurt throughout your baby's feeding. Some nipple tenderness is normal, and it usually gets better by the 4th or 5th day.
- Have any questions or concerns about breastfeeding.

Questions?

Your questions are important. If you have questions or concerns about warning signs, please call your health care provider during office hours.

After hours and on weekends and holidays, call Labor & Delivery at 206-598-4616.

For concerns about lactation or breastfeeding, call Lactation Services at 206-598-4628

For urgent concerns, call 9-1-1.