

## Ma oggtahay in firfircoonidda jirka oo joogta ah ay keeneyso in:

- wadnahu awood yeelanayo iyo inuu u baahan in badanaa marka aad nasaneyso uu garaacmo
- unugyadda jirka oo dhan helayaan ogsijiin dheeli tiran oo waxtaraysa difaaca adkaysiga jidhka
- maaddooyinka nafaqada jirku qaato kordhayan iyo baahida sokorta jirka oo yaraan, taaso fududeyn in miisanku kordhin
- hurdaduna macaan marka ay muruqyadu heleen shaqo qabad
- carjowda xubnaha quwad yeelanayan taaso kaa ilaalineysa dhibaatooyinka sida tusaale ahaan artros ”cudurada carjowda”
- jirku helayo iska difaaca cuduradda uu keeno cadaadiska iyo murugada
- cadaadiska dhiiga, subaga iyo sokorta dhiiga ay joogsanayaan heer fiican
- iyo in aad dhimeyso khatarta cuduradda wadnaha iyo xididadda



## FaR® buugga firfircoonidda

Buugga firfircoonidda wuxuu kaa caawimi sidii aad u qiyaasi laheyd firfircoonidda maalin walba aad sameyso. Waxaad ka soo dejisan buuggaan halkaan [www.vgregion.se/far](http://www.vgregion.se/far)

Buuggaan waxaa maalgeliyay Guddiga Caafimaadka Bulshadda. Koobbiyaal kale oo isku xiran oo dhan 50 koobbi lacag la'aanna ah ka dalbo Västra Götaland cinwaanka elektrooniga iyo rugta qayb-qaybinta oo ah, Regionens hus 542 87 Mariestad. Cinwaanka elektrooniga: [adress.distributionscentrum@vgregion.se](mailto:adress.distributionscentrum@vgregion.se)

# Taageero hubaal ah



Firfircoonidda jirka waa taageero la hubo ee caafimaadka, ka hortagga iyo daaweynta cuduradda

Gobolkan Västra Götaland waxaa loo qoraa FaR® ilaa iyo 2003 bukaanka la soo xiriira caafimaadka iyo daryeelka. Bukaanku badan ayaa awoodday in ay kordhinta firfircoonidda jirka caadi noqoto sokorowga, kordhinta cadaadiska dhiigga iwm FaR® waxaa badanaa loo isticmaala wax ka qabadka ugu horeya ee firfircooni jir la'aanta yar.

FaR® waa daryeel aan laheyn waxyeello oo raad ku yeelanaya dhowr xaaladaha cuduradda isla markaana siinaya difaac dheer caafimaadka kana difaacay cuduradda.

[www.vgregion.se/far](http://www.vgregion.se/far)

# Firfircooni same maalin walba helna caafimaad

Foto: Kenny Stolpe, Sergio Joselovsky, Göran Assner, Getty Images, Johan Wingborg, www.logiken.se





Jaranjarta raac intaad wiishka raaci laheyd macnaheedu waa 25 jeer ka badan ayaad tamarta jirka gubeysa.



80% gebi ahaan cuduradda wadnaha-xididada dhiiga iyo 30% gebi ahaan noocyadda kansarka ayaa looga hortegi karaa iyadoo qofku wax ka bedelo hab nololeedka (WHO)

"Tababaku wuxuu i siiyey dheellitir jirka fiican iyo quwad jir. Qofku inuu ka baqo ma'aha culayska. Waa in uu qofku ka baqaa fadhiga badan"



"Markaan shaqada u socdo waxaan israaciya faa'iido iyo raaxo"



"Aniga badanaa kalagoyska xubnaha ayaa i carqaladeynaya. Aniga xoog baan hadda ka yeeshay gacmaha iyo lugahaba, isla markaana xanuunkii waa iga yaraaday."

# Soo gal xalqad wanaagsan

Firfircoonida jirka waa wax kaqabadka ugu fiican sidii looga hortegi lahaa oo loo daaweyn laha dhowr xaaladaha cuduradda ka mid ah. Firfircoonida jirka wuxuu leeyahay hubaal wax ku ool ah tu'saale ahaan daaweynta cuduradda wadnaha-xididdada, sokorowga da'da, sare u kaca cadaadiska dhiigga, kansarka mindhicirk, artros "cudurada carjowda" iyo qulubka fudud.

Haddii lagu qoray firfircooni jir waxay ku xiran tahay in firfircoonida jirka lagu qoray uu muhiim yahay la midna yahay daryeelkaaga iyo sida daryeelka guud. Imisa jeer iyo habka aad u sameysneyso firfircoonida jirka waxaad kala tashan wadajir kan kuu qoray warqadda. Haddii caqabad dhaqdhaqaaq jir ama calaamado adkeynaya sidii aad u bilaabi laheyd raadi kalkaaliyaha xubnaha jirka si aad caawimaad uga hesho unna heshaan firfircooni kugu haboon.

## Firfircoonida jirka – la talinta dadka waaweyn

Dadka oo dhan waxaa haboon in maalin walba ay firfircoonida jirka sameeyan ugu yaraan 30 daqiiqo. Fulintuna waa in uu dhexdhexaad ahaada taaso macnaheedu yahay hiinfaadhid fudud iyo kordhin kuleylka jirka. Waxtarka caafimaadka oo dheerad ah waxaa lagu heli karaa haddii aad kordhiso tiradda iyo sameeyn maalin walba ah. Halkaan wax badan ka akhriso [www.vgregion.se/far](http://www.vgregion.se/far)

## Shaqo wada qabad ah

Firfircoonida jirka ee dhakhtarku kuu qoray waa shaqo loo qabto wada shaqaynta caafimaadka-iyo daryeelka bukaanka, degmooyinka goobaha u gaarka ah ee howl qabadka caafimaadka iyo ururadda iskood ah.

## Waa firfircoonida jirka ee joogtadda ah midda natiijo keenaysa mustaqbalka

