



Rah ayaa yiri “ marna ma daahin in aad caruurtaada indhahooda baarto

Isha arag Isha baro waa barnaamijka araga iyo caafimaadka indhaha oo loogu tala galay inuu waalidiinta ka caawino sidii ay u fahmilahaayeen sida iyo sababta ay muhiimka u tahay in dhaqtar uu baaritaan caafimaad ku sameeyo indhaha ilmadooda.

Caruurta waa in uu dhakhtarka indhuhu baaraa inta u dhaxaysa 6 illaa 12 bilood, 3 jirkooda iyo marka ay 5 jirsadaan. Marka ay 5 jirsadaan dabadeed, waxaa lagu talinayaa in sanadkiiba hal mar uu dhakhtarka indhuhu uu baaro indha caruurta.. Waa arrin muhiim ah in ugu yaraan hal mar baaritaan dhan lagu sameeyo indhaha caruurta ka hor inta aysan bilaabin waxbarashada dugsiga.

Waa maxay sababtu?

- ◆ Dahibaatooyinka qaar ayaa wax laga qabankaraa haddii la sii ogaado goor hore
- ◆ 80% caruurtaada yar yar waxbarashadoodu waa aragti oo indhaha ayeey wax ku qaataan.

Maxay adiga kuugu fadhidaa?

- ◆ Dawladda ayaa ayaa daboosha qarashka ku baxa baaritaanka indhaha caruurta maalinta ay dhashaan illaa ay ka gaaraan 18 jir

Sideen ku heli karaa dhaqtarka indhaha?

- ◆ Uma baahnid in lagaala hadlo kaliya waxaaad u baahan tahay inaad wacdo ood ballan u dhigato
- ◆ Waxaad ka fiirin kartaa talefoonkiisa bogga Jaalaha ama buugga talefoonka
- ◆ Wac Ururka dhaqaatiirta Indhaha ee Alberta kana wac halkant 780-451-6824 or 1-800-272-8843
- ◆ Waxaa kale oo aad geli kartaa webbjkan www.optometrists.ab.ca dabadeedna riix calaamadda tilmaameysa “Find an Optometrist Near You”

Ka warran haddii canugaygu Ookiyaale u baahdo?

- ◆ Waxaa jira Barnaamij la xiriira **Isha arag... Isha baro** oo caruurta da’da Iskuulka bilaabaysa ugu deeqa ookiyaale lacag la’aan ah
- ◆ Inta badan Iskoolaadka ku yaal Alberta waxay qabaan barnaamij sidaas oo kale ah.

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