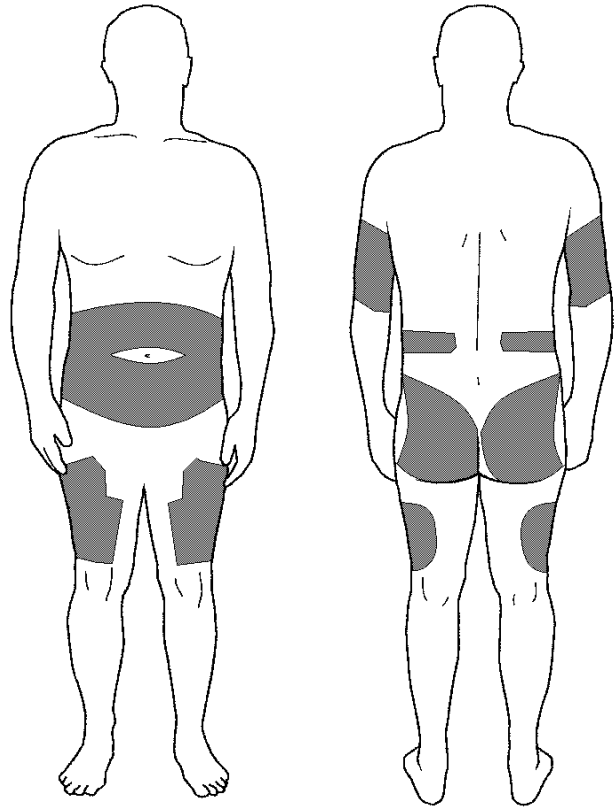


# Giving Medicine by Subcutaneous Injection

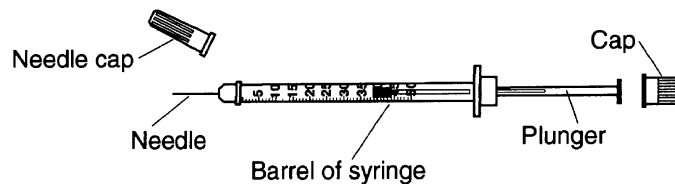
## Select the Site for Injection

- Sites which can be used are:
  - Backs of the upper arms
  - Abdomen, around the navel
  - Front and side of thighs or upper legs
  - Back above waist
  - Buttocks
- Stay 1 inch away from the last injection.
- Stay 2 inches away from your navel or scars.
- **Do not** use areas that are bruised, tender or swollen.



## Inject the Medicine

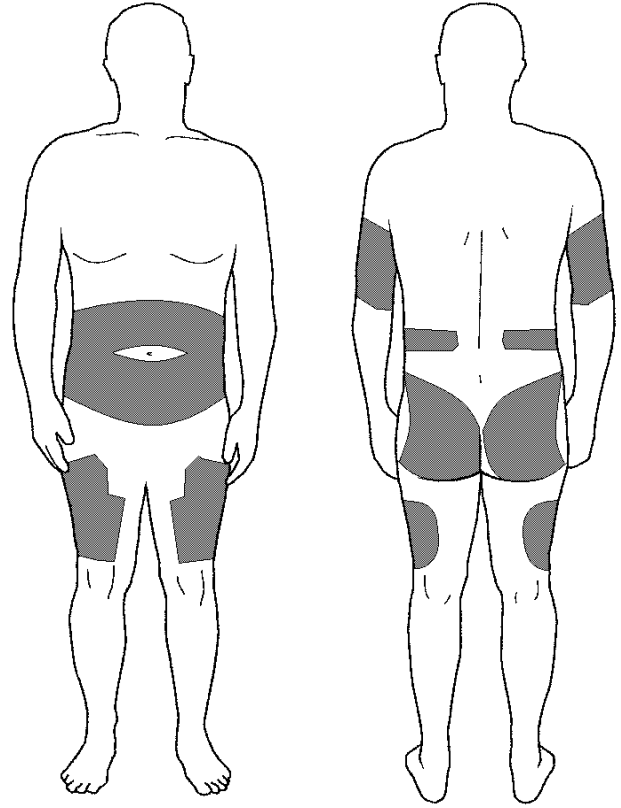
1. Wash your hands.
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.
3. Remove the needle cap and hold the syringe like a dart.



# Daawo Isku Siinta Durriin Maqaarka Hoostiisa ah

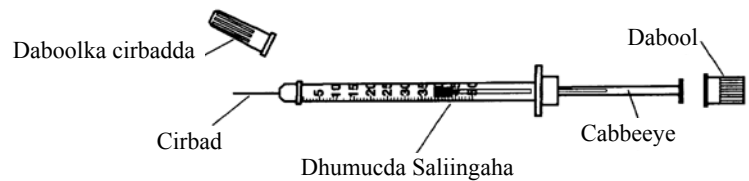
## Dooro meesha lagaa Durayo

- Meelaha la isticmaali karo waxaa ka mid ah:
  - Dhinaca danbe ee gacmaha kore
  - Uur ku jirta, agagaarka xuddunta
  - Horta iyo dhinaca bowdada ama lugaha sare
  - Dhabarka sinaha korkooda
  - Badhida
- 1 inji (2.5 sentimitir) ka fogow meeshii hore ee lagaa duray.
- 2 inji (5 sentimitir) ka fogow xudduntaada ama meelaha xagtinka leh.
- **Ha isticmaalin** meelaha nabarka leh, kaaraya ama bararsan.

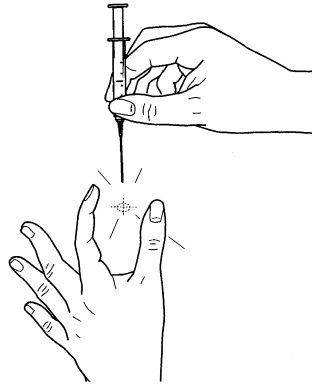


## Daawada Isku dur

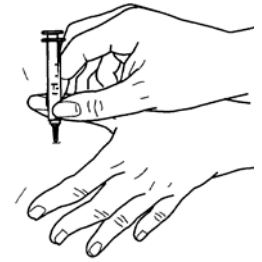
1. Gacmaha iska dhaq.
2. Maqaarkaaga cad aalkolo leh ku nadiifi adiga oo isticmaalaya ku tir-tirid. Aalkoladu ha ka engeqto.
3. Cirnabadda furka ka saar oo saliingaha sidii toogasho u qabso.



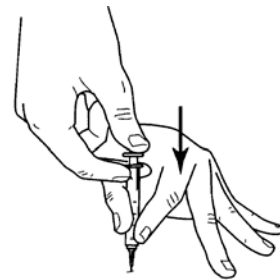
4. Gently pinch the skin at the injection site.



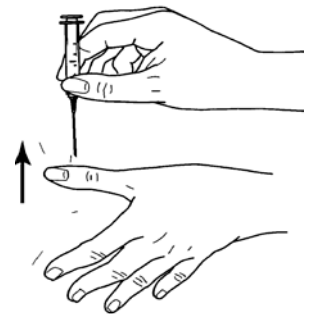
5. Insert the needle straight into the skin.



6. Let go of the skin and give the medicine slowly by pushing in the plunger.

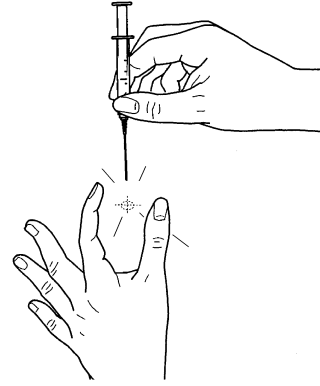


7. Pull the needle out of your skin and quickly press the alcohol pad or your finger onto the site. **Do not rub the skin.**

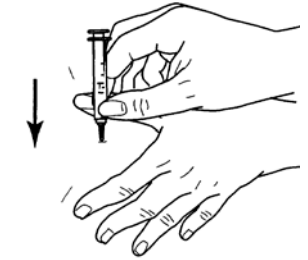


8. Hold pressure on the site for 30-60 seconds.

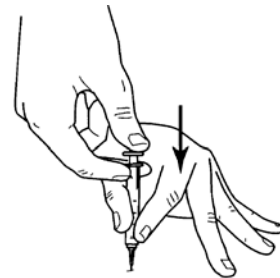
4. Si tartiib ah maqaarka uga mud meesha la durayo.



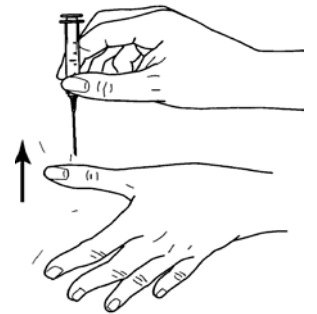
5. Cirbadda si toos ah maqaarkaaga u geli.



6. Maqaarka sii daa ka dibna si tartiib ah daawada ugu shub adigoo riixaya cabbeeyaha.



7. Cirbadda soo jiid oo ka soo saar maqaarka ka dibna si deg deg ah cadka aalkolada ama fartaada ku cadaadi meesha. **Maqaarka ha xoqin.**



8. Meesha cadaadiska ku hay ilaa iyo 30-60 ilbidhiqsi.

## **Clean Up Supplies**

- Put the used syringe and needle into a strong container that has a cap or lid, such as a bleach or detergent jug. Do not recap the needle.

**Talk to your doctor or nurse if you have any questions or concerns.**

## **Qalabka Nadiifinta**

- Saliingaha la isticmaalay iyo cirbaddaba ku rid weel adag oo dabool ama fur leh, sida caagga oommada ama milanka dharka lagu dhaqo. Cirbadda dib danbe ha u isticmaalin.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

Subcutaneous-Injection. Somali.

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