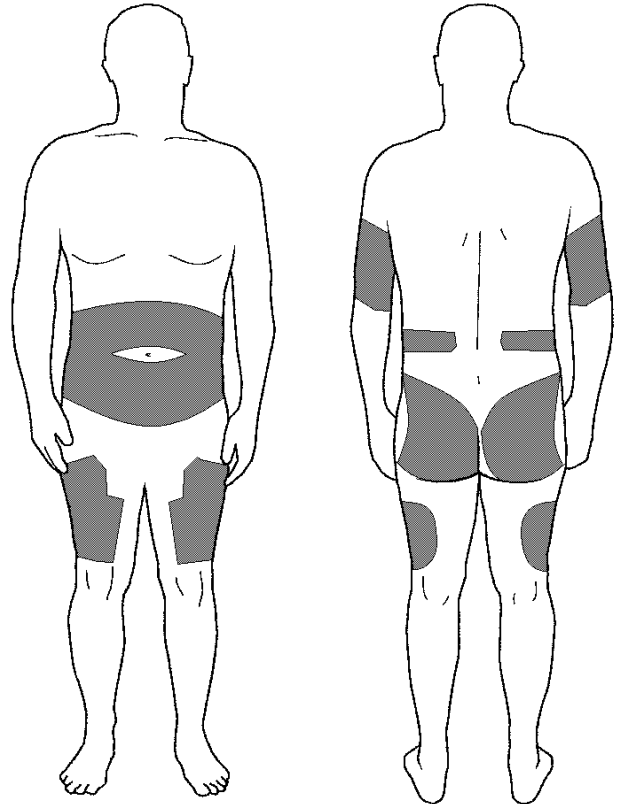


# Giving Medicine by Subcutaneous Injection

## Select the Site for Injection

- Sites that can be used are:
  - Backs of the upper arms
  - Abdomen
  - Front and side of thighs or upper legs
  - Back above waist
  - Buttocks
- Some medicines are best given in certain areas. Your doctor or nurse will teach you the best areas to give your medicine.
- 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.

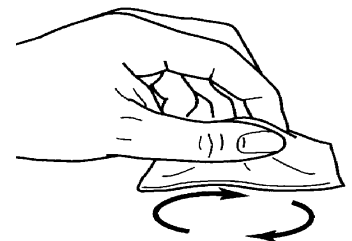


## Inject the Medicine

1. Wash your hands.



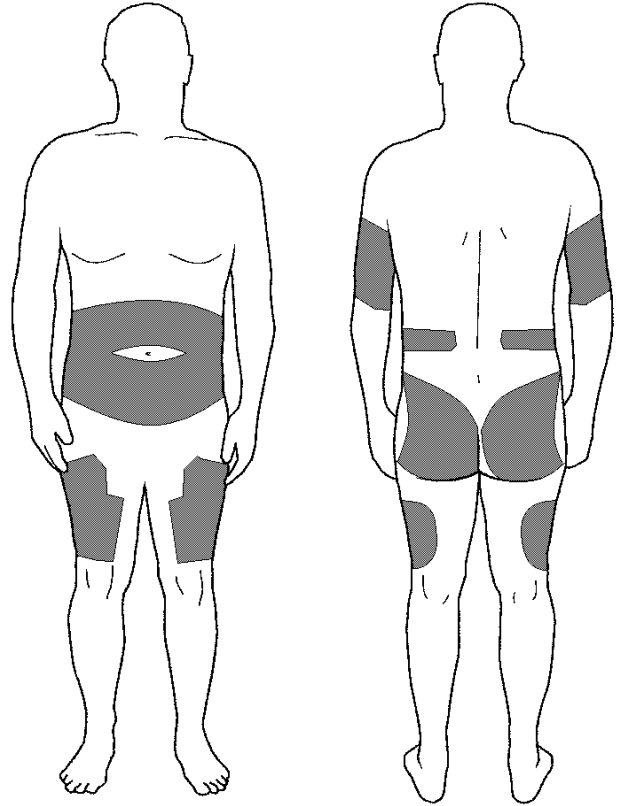
2. Clean your skin with an alcohol pad using a circular motion. Let the alcohol air dry.



# Daawo Isku Siinta Durriin Maqaarka Hoostiisa ah

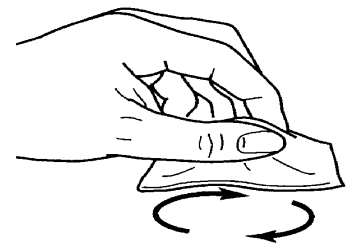
## Dooro meesha lagaa Durayo

- Meelaha la isticmaali karo waxaa ka mid ah:
  - Dhinaca danbe ee gacmaha kore
  - Uurka (caloosha)
  - Horta iyo dhinaca bowdada ama lugaha sare
  - Dhabarka sinaha korkooda
  - Badhida
- Dawooyinka qaar ayaa ku fiican meelaha qaar. Dhakhtarkaaga ama kalkaalisada ayaa ku bari doonta meelaha ugu fiican ee dawada aad sin karto.
- 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.



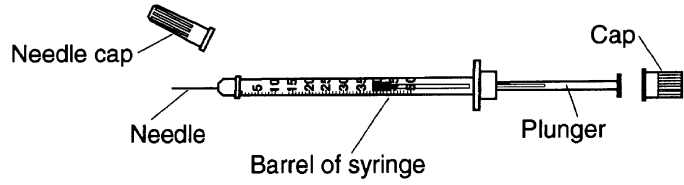
## Daawada Isku dur

1. Gacmaha iska dhaq.
2. Maqaarkaaga cad aalkolo leh ku nadiifi adiga oo isticmaalaya ku tir-tirid. Aalkoladu ha ka engeeto.

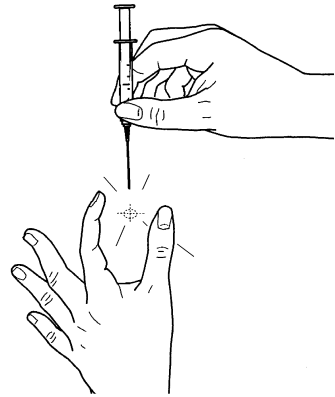


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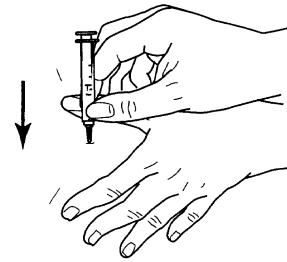
3. Remove the needle cap and hold the syringe like a dart.



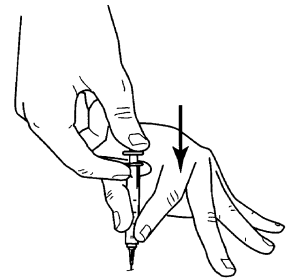
4. Gently pinch the skin at the injection site.



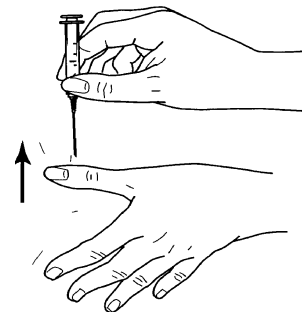
5. Insert the needle straight into the skin.



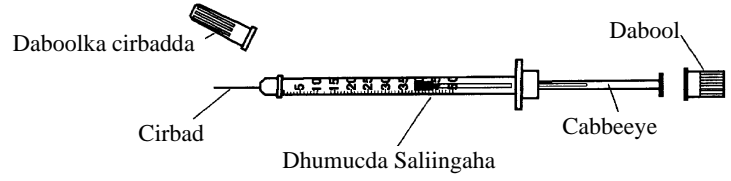
6. Let go of the skin unless you are told not to, and give the medicine slowly by pushing in the plunger.



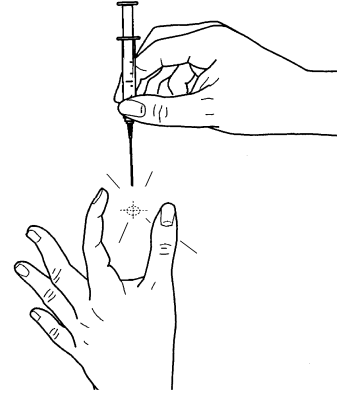
7. Pull the needle out of your skin and quickly press the alcohol pad or your finger onto the site. Do not rub the skin.



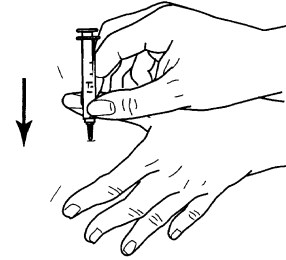
3. Cirbadda furka ka saar oo saliingaha sidii toogasho u qabso.



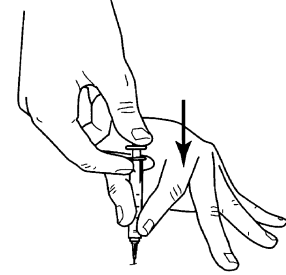
4. Si tartiib ah maqaarka uga mud meesha la durayo.



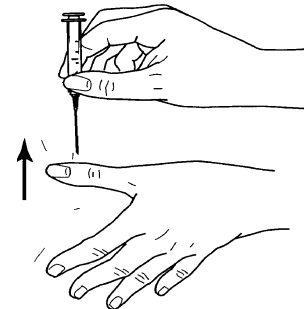
5. Cirbadda si toos ah maqaarkaaga u geli.



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.



Giving Medicine by Subcutaneous Injection. Somali.

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

### **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.
- Cap the container tightly after use and keep out of the reach of children and pets.



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

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

### **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.
- Furaha ku dabool weelka si adag kadib isticmaalka oo ka fogee carruurta iyo xayaawaanka carbiska ah.



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

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