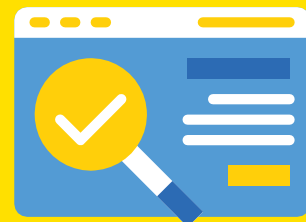


Sida loo Helo Illo Lagu kalsoonyahay oo Warbixinta Caafimaadka



► Ku bilow:

MedlinePlus – medlineplus.gov

Aqri warbixinta ugu dambeysay ee ku saabsan cudurada, xaaladaha, iyo fayyo qabka

Websaydka CDC – cdc.gov

Hel warbixin ku saabsan noolaanshaha caafimaadan iyo xaalada degdega ee caafimaadka dadweynaha

► Waad ku kalsoonaan kartaa websaydyada ka imaanayo:

Machadka Qaranka ee Caafimaadka (NIH) – nih.gov

Maktabada Caafimaadka Qaranka (NLM) – nlm.nih.gov

► Wax ka baratid wax ku saabsan adeegyada caafimaadka iyo bulshada ee Gobolka San Diego:

Hay'ada Adeegyada Caafimaadka iyo Insaanka – sandiegocounty.gov/hhsa

► Ma waxaad raadineysaa suugaanta cilmi baarista caafimaadka?

PubMed – pubmed.ncbi.nlm.nih.gov

Aalada raadinta ee suugaanta cilmi noolaha

ClinicalTrials.gov – clinicaltrials.gov

Helitaanka warbixinta ku saabsan daraasadaha cilmi baarista caafimaadka

U booqo maktabada deegaankaaga wixii taageero ah

- **Weydii caawinta** lagu helayo warbixinta caafimaadka iyo buuggaagta
- **Hel Wi-Fi bilaash ah** iyo Helitaanka internetka
- **Arag illaha ay ku taliyeen maktabadaha** at libguides.sdsu.edu/health
- **Hel goobaha maktabada** ee Gobolka San Diego ee libguides.sdsu.edu/health/library

BADQAB AHAW

La hadal xirfadlahaaga daryeelka caafimaadka sida dhaqtarka ama kaalisada ka hor intaan la raacin tallada caafimaadka ee laga helo onleenka.

