Degmada
Asker

Oppdatert informasjon om koronaviruset. Information on coronavirus.

Informasjonssider om koronasituasjonen i Asker / corona in Asker.

Umiliso

Haddii aad uur leedahay, waxaad ka heli kartaa la-socod iyo baadhitaanno joogto ah umulisada, oo ka socota adeegga ummulisada. Dalabku waa bilaash.

Markii ugu dambeysay ee la cusbooneysiiyay: 28.10.2020

Halkaan ayaad nagala soo xidhiidhi kartaa

Umulisada magaalada Asker santarkeeda

Makhaayada haweenka uurka leh waxaa loogu talagalay adiga oo ah qofka uurka leh iyo lammaanahaaga, iyo waalidiinta cusub 6-da toddobaad ee ugu horreeya dhalashad ilmaha ee degmadaan Asker. Akhri wixii dheeraad ah ee ku saabsan makhaayada uurka.

Umulisada waxa ay kuugu imaan karta guriga dhalmada kadib

Waxa aan u soo bandhignaa waalidiinta oo dhan marka ay guriga ku soo laabtaan 1-3 maalmood kadib marka ay ka soo baxaan isbitaalka ee qaybta dhalmada. Nala soo hadal hadii aad u baahan tahay in umuliso guriga kugu soo booqato, waxa wanaagsan inta aanad ka bixin isbitaalka.

Umulisada bartamaha magaalada Asker

Umulisada magaalada Midtbygda

Umulisada magaalada Filtvet

Baadhitaan la socosho kadib marka hooyadu dhasho

Waxaan u fidineynaa haweenka baadhitaanka 6-8 toddobaad kadib markay umulaan. Baadhitaankani waa lacag la’aan, waanad kala dooran kartaa haddii aad rabto inaad u tagto umuliso ama GP. Oo ah dhakhtarkaaaga joogtada ah.

Inta lagu jiro baadhitaanka waxa aad nagala hadli kartaa wixii ku saabsan dhalmada iyo sida aad ugu khibrad yeelatay, wakhtigii aad isbitaalka aad ku jirtay, iyo sidee xaaladaadu ay ahayd todobaadyadii ugu horeeyay. Waxa kuu fidinaynaa talo siin ku saabsan ilmo joojinta, oo aan rasiit kuu qori karo hadii aad rabtid in aad dhalmada joojiso. Umulisada ayaa samayn karta in ay kugu xidho(spiral)-cayn gari iyo P-stav. Waxa aan kaa qaadi doonaa tijaabo aan ka qaadayno dhuunta makaanka hadii loo baahdo.

Dagmada Asker waxa ay deeq ahaan u bixinayaan ka hortaga ilmha oo lacag laan ah, oo ay ugu deeqayso haween si gooni ah loo xulay. Nala soo xidhiidh wixii wada hadal ah.

Umulisada bartamaha magaalada Asker

Umulisada magaalada Midtbygda

Umulisada magaalada Filtvet

Suaallha ku saabsan ilmo iska soo ridka

Hadii aadan hubin in aad dhamaysato mudada uurka, ama aad suaal ka qabtid wixii ku saabsan ilmo iska soo ridka nala soo xidhiidh.

Dagmada
Asker

Umulisada badhtamaha Asker

Haddii aad uur leedahay, waxaad umulisada rugta caafimaadka ka heli kartaa la-socod iyo baadhitaan joogto ah. Dalabku waa bilaash. Ogsoonow in dalabka cusub iyo ballamaha ay tahay in lagu sameeyo taleefan.

Umuliso

La socodka uurka, koorsooyinka diyaarinta waalidka, booqashada guriga.

Koorsada diyaarinta waalidka

Ujeeddada koorsadu waa inaad si wanaagsan ugu diyaar garowdo doorka waalidnimada. Waxa kale oo aad fursad u heli doontaa inaad barato dadka kale ee sugaya carruurta.

Isticmaalka maandooriyaha wakhtiga uurka

Waxa aad heli kartaa caawinaad si aad u dhamaystirato wakhtiga uurak adoon isticmaalin maandooriye.

Dagmada

Asker

Oppdatert informasjon om koronaviruset. Information on coronavirus.

Informasjonssider om koronasituasjonen i Asker / corona in Asker.

Umulisada magaalada– Midtbygda

Haddii aad uur leedahay, waxaad umulisada rugta caafimaadka ka heli kartaa la-socod iyo baadhitaan joogto ah. Dalabku waa bilaash. Ogsoonow in dalabka cusub iyo ballamaha ay tahay in lagu sameeyo taleefan.

Umuliso

La socodka uurka, koorsooyinka diyaarinta waalidka, booqashada guriga.

Koorsada diyaarinta waalidka

Ujeeddada koorsadu waa inaad si wanaagsan ugu diyaar garowdo doorka waalidnimada. Waxa kale oo aad fursad u heli doontaa inaad barato dadka kale ee filanaya carruurta.

Isticmaalka maandooriyaha wakhtiga uurka

Waxa aad heli kartaa caawinaad si aad u dhamaystirato wakhtiga uurak adoon isticmaalin maandooriye.

Dagmada

Asker

Oppdatert informasjon om koronaviruset. Information on coronavirus.

Informasjonssider om koronasituasjonen i Asker / corona in Asker.

Umulisda magaalada – Filtvet

Haddii aad uur leedahay, waxaad umulisada rugta caafimaadka ka heli kartaa la-socod iyo baadhitaan joogto ah. Dalabku waa bilaash. Ogsoonow in dalabka cusub iyo ballamaha ay tahay in lagu sameeyo taleefan.

Umuliso

La socodka uurka, koorsooyinka diyaarinta waalidka, booqashada guriga.

Koorsada diyaarinta waalidka

Ujeeddada koorsadu waa inaad si wanaagsan ugu diyaar garowdo doorka waalidnimada. Waxa kale oo aad fursad u heli doontaa inaad barato dadka kale ee filanaya carruurta.

Isticmaalka maandooriyaha wakhtiga uurka

Waxa aad heli kartaa caawinaad si aad u dhamaystirato wakhtiga uurak adoon isticmaalin maandooriye.

Oppdatert informasjon om koronaviruset. Information on coronavirus.

Informasjonssider om koronasituasjonen i Asker / corona in Asker.

Kursene for høsten 2020 settes dessverre ikke opp pga smittesituasjonen rundt Covid19.

Koorsada diyaarinta waalidka

Ujeeddada koorsadu waa inaad si wanaagsan ugu diyaar garowdo doorka waalidnimada. Waxa kale oo aad fursad u heli doontaa inaad barato dadka kale ee filanaya/sugaya ilmo.

Waxa la cusboonaysiiyay: 28.10.2020

Dagmada Asker

Oppdatert informasjon om koronaviruset. Information on coronavirus.

Informasjonssider om koronasituasjonen i Asker / corona in Asker.

Makhaayada loogu talagalay haweenka uurka leh ee Bryggerhuset iyo makhaayada beerta ee Aros

Makhaayada haweenka uurka leh waxa loogu talagalay adiga uurka leh iyo lamaanehaaga, iyo waalidiinta cusub in ay joogaan mudada ugu horaysa ee ah 6-da todobaad kadib marka uu ilmuhu dhasho ee dagmada Asker.

Halkaan waxaad isku weydaarsi kartaa khibradaha dumarka/haweenka kale ee uurka leh, hooyooyinka ku jira xaaladaha wareerka ah wakhtiga hore ee naas nuujinta iyo waalidiinta ku sugan isla xaaladdaada oo kale. Waxaa sidoo kale la soo bandhigi doonaa mawduucyo khuseeya tusaalooyin ku saabsan jidhka, sida isbeddelka jirka inta lagu jiro wakhtiga uurka, sameynta qoyska, dhalashada iyo wakhtiga ilmuhu dhasho.

Umuliso ayaa had iyo jeer joogta..

Makhaayaddu waxay furan tahay Jimce kasta oo kale toddobaadyo xaddidan oo laga bilaabo 13.30-15.00. Waxaan raacnaa fasaxyada iskuulka.

Waxaad naga heli doontaa beerta Frøtvedt ee Aros. Is arag danbo!

https://www.asker.kommune.no/barn-unge-og-familie/jordmor/gravidkafe/

Waxa aad heli doontaa caawin lagaa caawinayo in aad dhamaystirato wakhtiga uurka adoon isticmaalin maandooriye.

Dagmeda
Asker

Oppdatert informasjon om koronaviruset. Information on coronavirus.

Informasjonssider om koronasituasjonen i Asker / corona in Asker.

Waxa aad heli doontaa caawin lagaa caawinayo in aad dhamaystirato wakhtiga uurka adoon isticmaalin maandooriye.

Markii ugu dambeysay ee la cusbooneysiiyay: 28.10.2020

Dagmada Asker

Kort fortalt

Er du gravid og har rusutfordringer kan du få tilbud om ulike tiltak for å fullføre et rusfritt svangerskap og redusere risiko for skader på det ufødte barnet.

Du kan også få oppfølging etter fødsel.

Hadii la soo koobo.
Hadii aad uur leedahay oo aad leedahay dhib xaga isticmaalka maandooriyaha ah waxa aad heli kartaa fursad ku saabsan waxqabadyo kala duwan si aad u dhamaystirato isticmaalka maandooriyaha la`aantiis wakhtiga uurka, iyo si loo yareeyo halta dhaawaca gaadhi karta imha yar ee aan wali dhalanin.

Waxaa kale oo aad heli kartaa la socosho dhalida ka dib
https://www.asker.kommune.no/helse-og-omsorg/psykisk-helse/rus-under-graviditet/ 1/3 Caawinaad u hel sidii aad uur aan maandooriye lahayn u hesho 1 LV. L.'ÇOE .. 'AOC "-AI COOC. L-I u Gtwrxrxa o, 1 ou - r.

Aaga koonfurta (oo horay loo oran jiray Røyken iyo degmooyinka Hurum)
Cinwaanka booqashada: Nordre Sætrevei 4, 3475 Hurum. https: // www.