

FITAMIIN D

Maxaad ugu baahan tahay Fitamiin D?

Waxaad u baahan tahay.

Sideen ku heli karnaa Fitamiin D?

Halka ugu fiican ee laga helo Fitamiin D waa **iftiinka cad-ceedda**.

Jirkaaga wuxuu sameyn karaa Fitamin D marka ay cad-ceedda si toos ah ay jirkaaga u taabato

Haddii aadan lahayn fitamiin D kugu filan Waxaad lahaan kartaa:

- xanuun isdaba joog ah
- muruqgo'
- xanuun ku dhaca muruqahaaga
- lafaha oo noqda jileec kaddibna kala-jaba.

Yaa ku jira halista ah heerka fitamiin D ee hooseeya?

- dadka qaangaarka ah ee maqaarka madoow
- caruurta maqaarka madoow
- dumarka xijaabka xirta iyo caruurtooda iyo ilmahooda yar yar
- dadka aanan aadin banaanka.

Si aad u heshid fitamiin D kugu filan waxaad u baahan tahay in aad heshid iftiinka cad-ceedda wajigaaga, garbahaaga iyo gacmahaaga oo aan daboolayn qorrax celis la'aan: dadka leh maqaarka midabka madoow illaa iyo **20 daqiiqadood**; dadka leh maqaarka dhalaalaya **6-8 daqiiqadood**, maalmaha badankooda.

TALO-SIIN!

- ✓ Marka lagu jiro **xilliga jiilaalka** waxaad u baahanaysaa **in aad joogtid waqti badan** iftiinka cad-ceedda (ilaa iyo **40 daqiiqadood**).
- ✓ Iftiinka cad-ceedda ee ka soo gudbay muraayadda dariishadda ma sameynayso fitamiin D.
- ✓ Waxaa muhiim ah in aad kala hadashid takhtarkaaga wixii ku saabsan heerka fitamiin D gaaga. **Waxaa laga yaabaa in aad u baahatid in aad qaadatid Kiniiniyeyaasha Fitamiin D.**
- ✗ **Iska** illaali waqtiyadda ugu kulul ee maalinta. Ka hor 11am iyo kaddib 4pm waa ay badbaadsan tahay in aad daboolka ka qaadid maqaarkaaga.



Refugee Health Collaborative,
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VITAMIN D • Somali

VITAMIN D

Why do you need Vitamin D?

You need Vitamin D to keep your bones strong.

How do we get Vitamin D?

The best source of Vitamin D comes from **sunlight**.

Your body can make Vitamin D when the sun directly touches your skin.

If you do not have enough vitamin D you can have:

- aches
- cramps
- pain in your muscles
- bones that become soft and break.

Who is at risk of low vitamin D levels?

- dark skinned adults
- dark skinned children
- veiled women and their babies and children
- people who do not go outside.

To get enough vitamin D you need to have sunlight on your uncovered face, hands and arms without sunscreen: for dark skinned people up to **20 minutes**; for fair skinned people **6-8 minutes**, on most days.

TIPS!

- ✓ In **winter** you will need to **spend more time** in the sunlight (up to **40 minutes**).
- ✓ Sunlight that has passed through a glass window will not make vitamin D.
- ✓ It is important to talk to your doctor about your vitamin D levels. **You may need to take vitamin D tablets.**
- ✗ **Avoid** the **hottest times** of the day. Before 11am and after 4pm it is safer to expose your skin.