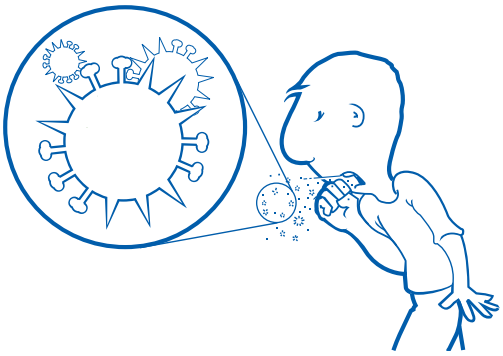
INFLUWEENZAA (Dufkaka fluu) Dufkakaa fluutif si

Influweenzaa (Dufkaka fluu)



Dukfafi maali ini?

Dukfafi dhibee vaayirasii dufkakaa fluu irra nama qabu. namooni akka qufa'an, qoonqoo keesa akka madaa'anifi qaamni isaani akka gubuu godha. Akkasumas dhangala'aa funyaanin yaa'u yookin funyaan ukkaamamu, dhadhabbii, qaama waraansa ni qabaatu yookin nagaa akka hin taane mallatoo biroo irrati mul'ata. U.S keessati qufaan bara hunda kan jalqabu ganna keesa. Namootin umurii fedhee, daa'imman, gaheesonifi jaarsoliin, dukfafi qabamuu ni danda'u.

Dufkaka fluu namoota keesatti

Namootin U.S keessa jiraatan Dufkakaan ni qabamu?

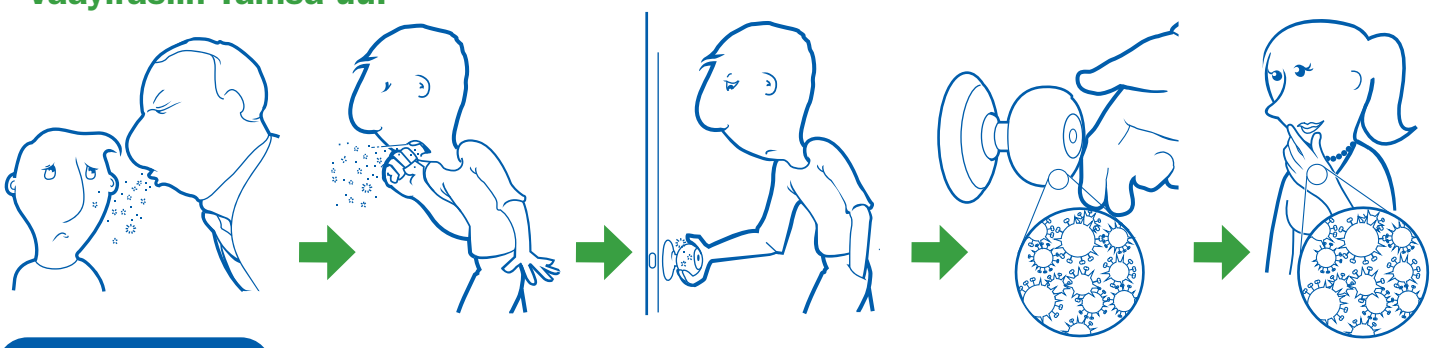
Eeyyee. Vaayirasiin dufkakaa addunyaa hunda keesa tamsa'a. Yeroo baayee U.S keessati dukfafi roobaafi ji'oota ganaa keesa uumama. Namootin baayeen bara baraan dufkakaa ni qabamu. dukfafii kutaalee addunyaa biraatis ni argama. Yaata'u malee waggaa keessatti yeroon dukfafii itti baayinaan mul'atu bakkaa bakkaani addaa ni taha.

Dukfafii akkamiti tamsa'a?

Namootin Dufkakaa fluu qaban kan tamsaasanis qufa'uufi anxifachuudhan. Namootin dhukkubsatan yeroo qufa'an, anxifatan, yookin dubatan copha/taaffeen isaan keesaa bahu nama dhiyeenya isaani jiruti faca'uu ni dand'a. Cophani/taaffeen sonbati gadi harkifamuu/ cophuu ni danda'u.

Akkasumas nomootin harka meeshaalee waan akka gulantaa balbalaa/cufantaa, minjaala vaayirasiin dufkaka(fluu) irra jiru, yookin harka xurii kan nama dhukkubsate qabataniin afaan yookin funyaan isaanii yoo qaban dufkakan(fluuun) qabamuu ni danada'u.

Vaayirasiin Tamsa'uu:



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Centers for Disease Control and Prevention

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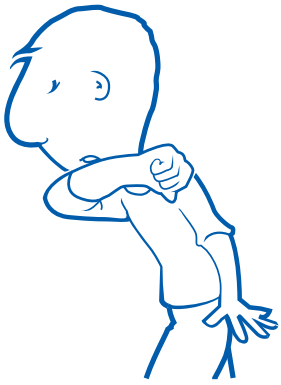
Dukfafi akka si qabe akkamiti beekta?

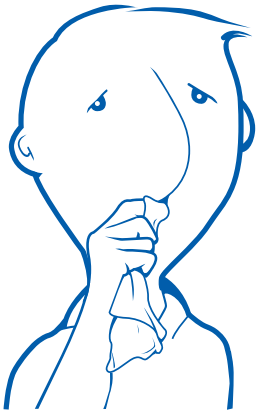
Mallatoon Dufkaka:

Qaama gubaa



qufaa

Madaa afaanii



Funyaan dhangala' qabu yookin ukkaamame

Dhangala'a funyaanii yookin funyaan ukkamsuu

Mataa bowwuu

Qorra

Waraansa qaamaa

Mallatoon Dufkaka(Fluu) yeroo tokko tokko mul'atu:

Hoqqisuu

Albaasuu

Namootin Dufkakaan(Fluun) dhukkubsatan hundii mallatoowan Dufkaka hunda yerooma tokko hin qabaatani. Namootin muraasni gubaa hin qabani. Namootin baayeen kan Dufkakaan(Fluun) qabaman osoo dooktarii bira hin dhaqiin yookin osoo qorsa hin fudahtiin fayyu.

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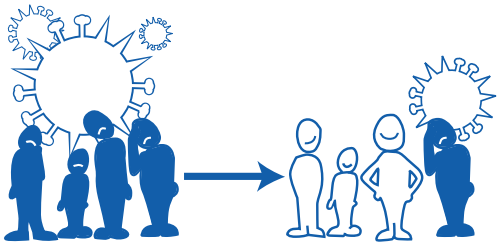
Namootin Dufkakaan qabaman akkamiti dhukkubsatu?



Namootin muraasni baayisanii kan dhukkubsatan yoo ta'u kaan isaaniimoo baayisanii hin dhukkubsatan. Namootin baayeen kan Dufkakaan(Fluun) qabaman osoo dooktarii bira hin dhaqiin yookin osoo qorsa hin fudahtiin fayyu. Yaata'u malee namootin tokko tokko baayisanii dhukkubsatanii du'uu ni danda'u. Namootin baayisanii dhukkubsatan baayeen isaanii kan umuriin isaanii waggaa 65 ol ta'e yookin dhibeewan biraa kan akka dhibee sukaaraa, laphee, asmii yookin dhukkubii kalee kan qaban yookin ulfa kan taate dha. Ijooleen waggaa 5 gadiis carraan dufkaka(fluu) qabamuu isaani guddaadha.

Namni Dufkaka qabu hagam namoota biraati tamsaasisa?

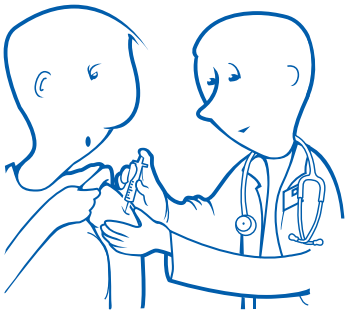
Namootin baayeen guyyaa 1 ffa osoo mallatoo dhukkubii hin agarsiisin kaasee erga mallotoo dhukkubii agarsiisanii booda hanga guyyoota 5 fi 7 ni tamsaasisu. Namootin ciminaan dhukkubsatan yookin ijooleen yeroo dheeraaf dufkakaa(fluu) ni tamsaasisu.

	①	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

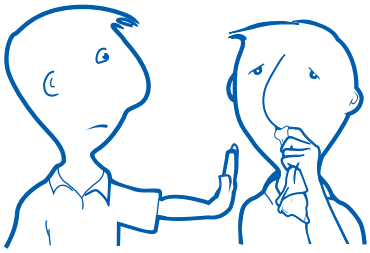
Ittisaafi Wal'aansa

Akka hin dhukkubsane of eeguuf maal gochuun danda'a?

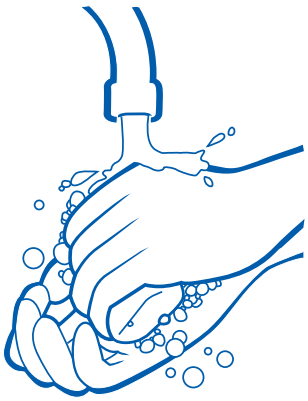
CDC dufkakaa fluu ittisuuf tarkaanfiwan kanneen akka fudhanu gorsa.:



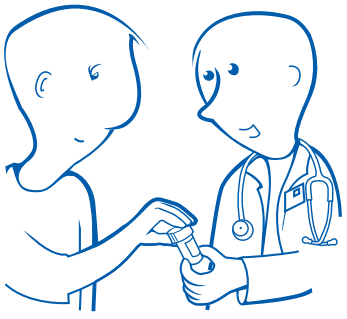
Talaallii fudhachuu



Namoota dhukkubsatan irraa fagaachuu.



Yeroo hunda harka kee saamunaafi bishaan hoo'aan dhiqachuu. Yoo saamunanifi bishaan hin jiraane harka xaragadhuu alkoolii qabuun fayyadami.



Qorsa akka dooktariin kee si ajajjeti itti fayyadami.

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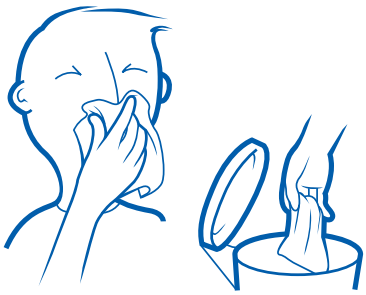
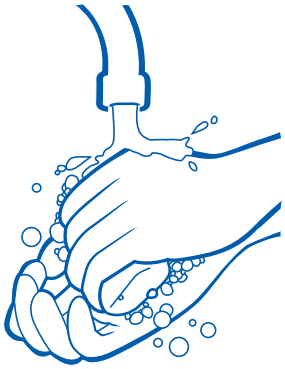
INFLUWEENZAA (Dufkaka fluu) Dufkakaa fluutif si

Amala guyyaa hunda fayyaa ofiifi kan nama biraa eeguu qabaachuu:

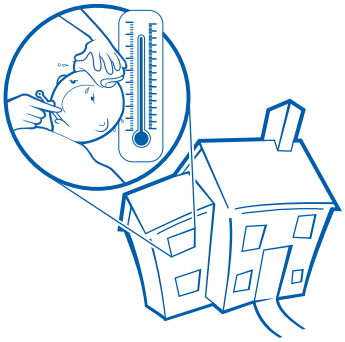


Yeroo qufaatu yookin anxifatu funyaanifi afaan kee warqaa sooftiin yookin irree keetin qadaadi. Waraqaa itti fayyadamtes bakka qushaasha itti gatanitti gati.



Harka kee saabunaafi bishaanin dhiqadhu. Yoo saabunanifi bishaan hin jiraane harka xaragadhuu alkoolii qabuun fayyadami.

Osoo hin dhiqatiin ija, funyaaniifi afaan kee hin xuqiin, jarmiin kan tamsaa'uu karaa kanaani.



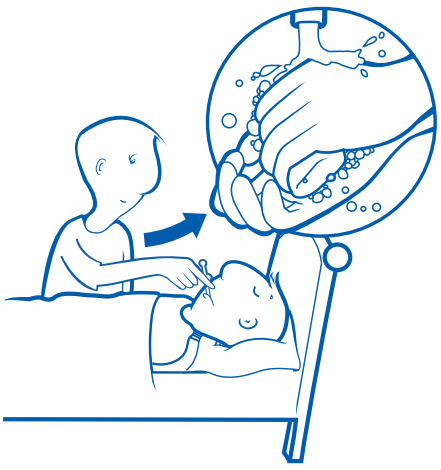
Dhibeen mallatoo dufkaka (fluu) sirratti mul'ate erga gubaan sitti wayaa'e booda hanga sa'a 24 manuma turi.*

**Gubaan qorsa gubaa wayyeesu osoo hin fudhatiin sidhiisuu ni danda'a. Mana turuu jechaan wal'aansa fayyaa barbaachuuf yoo ta'e malee manaa hin bahiin jechaadha. Namoota kaan irraayis fagaadhu turi akka itti hindabarsine.*

Tibba dufkakii mul'atu yoo dhukkubsate yeroo muraasaf mana turuun waan sirra jiruuf dursiiti qophii godhi. Qorsa fudhatu, harka xaragadhu alkoolii qabu, waraqaa sooftiifi waan biraas kan sibarbaachisu qopheefadhu, yoo si dhukkube manaa gadi bahuun waan sirra hinjireef. Yoo cimmati si dhukkube dooktarii waamadhu. Dooktariin kee qormaata, wal'aansa dufkakaa yookii kunuunsa kan biraa kana sibarbaachisu yoo ta'e siti hima.

Miseensa maatii kiyaa keesaa kan dufkakaan qabame yoo jiraate ani hojii deemuun nara hin jiruu?

Namootin ofii isaanif dufkakaan hin dhukkubsane maatii isaanii keesa kan dufkakaan dhukkubsate jiraatus akkum yeroo hundaa hojii isaanii deemuu ni danda'u. Tarkaanfiwan waan akka harka yeroo hunda saamunaafi bishaan hoo'aan dhiqachuu fudhadhu. Yoo saabunaafi bishaan hoo'aa dhabde harka xaragadhu alkoolii qabuun fayyadhamii. Miseensa matii kee kan dufkakaan dhukkubsate irraa akka sitti hin darbine of eeganoowan kanneen godhi.



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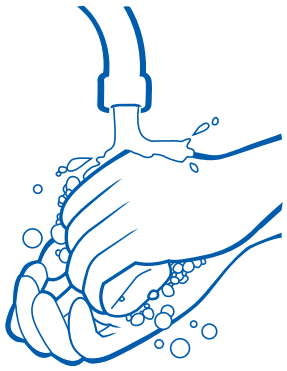
Hark dhiqachuun jarmii ittisuuf waanti gaariin maali?



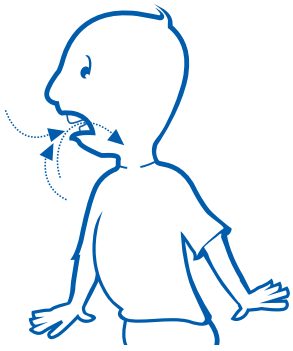
Yeroo hunda harka sirriti dhiqachuun jarmii sirraa ittisa. Yeroo harka dhiqatu:

- Saabunaafii bishaan hoo'aadhan fayyadami.
- Sakandii 15 hanga 20 dhiqadhu.

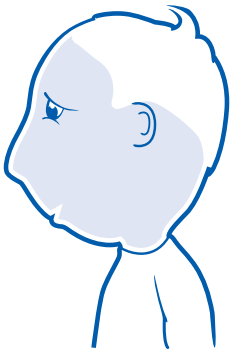
Yoo saabunaafi bishaan hoo'aa dhabde harka xaragadhu alkoolii qabuun fayyadhamii. Yoo harka xaragadhu alkoolii qabuun fayyadhamtu harka kee hanga goggoguuti xaragadhu.

Namni ati beektu tokko dhukkubsatee mallatoowan kanneen keesaa kan fadhefuu yoo agarsiise gara wal'aansa **HATATTAMAATI** geesi:

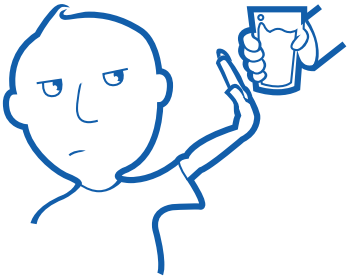
Ijoolee irrati:



Afuura baasuu arii'achiisaa yookin afuura baasuuf rakkachuu



Haaluun fuula isaa yoo diimate yookin daalachaa'e

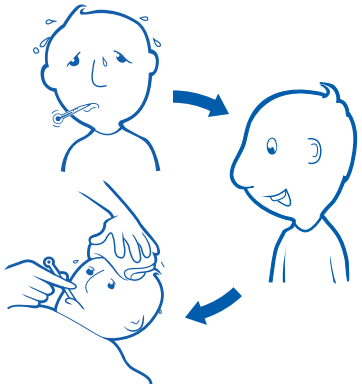


Dhangala'aa gahaa ta'e yoo dhuguu baate.

Hoqqisa cimaa yookin waliraa hincine

Deemicha yookin xabachuu dadhabuu

Daa'immtichi haalumaan orii'uun hamatamuuf rakkisuu



Mallatoon dufkakaa ni wayaa'a, garuu gubaafi qaufaa cimaa ta'een itti deebi'a.

Saldheessa irrati:

Mallatoowan kanneen irrati ilaali: nyaachuu dadhabuu,yeroo booyu himimmaan dhabuu, huucuun fincaaniif itti kaayan yoo faaruman jiidhe.

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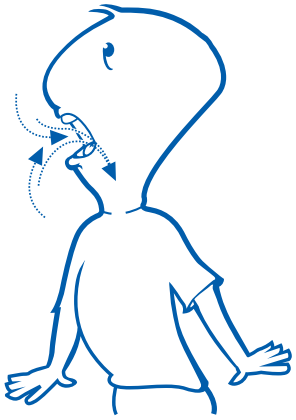
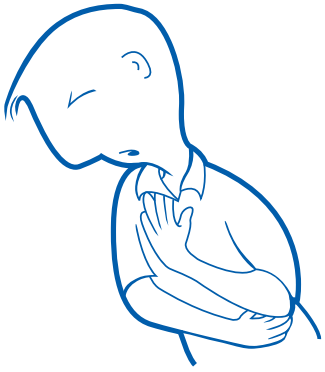
Wiirtuu To'annaafi Ittisa Dhukkuubaa

INFLUWEENZAA (Dufkaka fluu) Dufkakaa fluutif si

Gaheesota irrati:

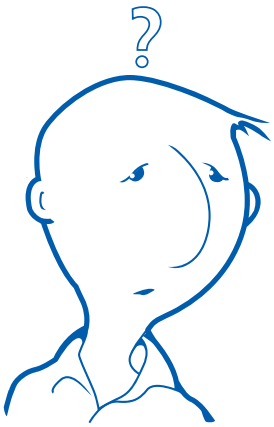


Afuura baasuu dadhabuu yookin rakkachuu

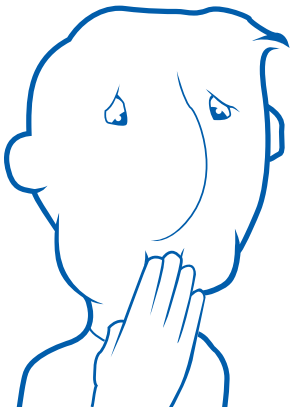


Laphee/qoma yookin garaa irrati dhukkubii yookin dhiibbaa

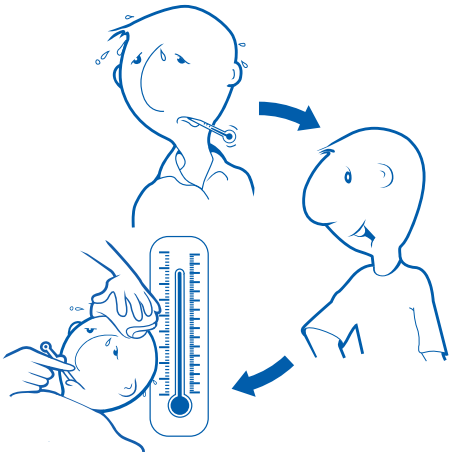
Tasuuman joonja'uu



Maal akka godhu beekuu dadhabuu



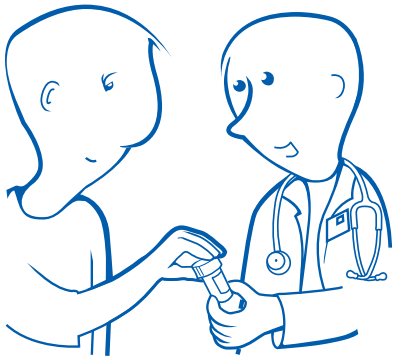
Hoqqisa cimaa yookin wal'iraa hin cinne



Mallatoon dufkakaa(fluu) ni wayaa'a, garuu gubaafi qufaa cimaa ta'een itti deebi'a.

Qorsooni dufkaka ni wal'aanuu?

Eeyyee. Qorsooni ajajaman kan qorsoota antiivaariyal jedhaman dufkaka(fluu) ni wal'aana. Yoo dhukkubsate qorsooni kuni dafaniit siti wayeesu/ si fayyisu. Namootin baayeen kan dhukkubsatan qorsooni kun osoo isaan hin barbaachisiin fayyu. Yaa ta'u malee akka dafee sitti wayaa'u yoo barbaade dooktariin kee qorsoota antiivariyaalii kan siif ajaja.



Odeefannoo dabalataaf odeefannoo CDC lakkoofsa kanaan waami 1-800-CDC-INFO (232-4636) yookin websaayiti kana ilaali www.cdc.gov/flu.

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