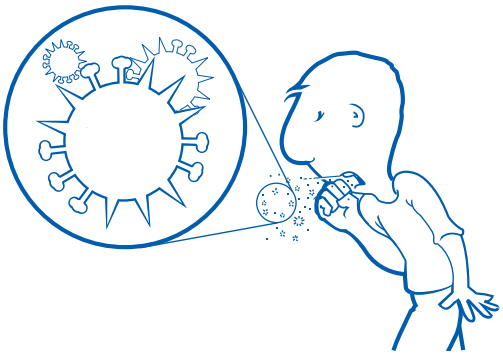
HARGAB (DURAY) Hargabka iyo Adiga

Hargab (Duray)



Waa maxay hargabku?

Hargabku waa xannuun uu sababo cudur dhaliyaha hargabku. Hargabku qufac ayaa laga yaabaa inuu ku keeno dadka dhuun xannuun iyo xummadna ay weheliso. Sidoo kale waxaa laga yaabaa in sanka biyo ay ka da'aan ama uu sanku balqan yeesho, inay dareemaan daal, inuu jirku xannuuno, ama ay muujiyaan astaamo kale oo ah inaanay fiicnayn. Hargabku sannad kasta wuu dhacaa waxaanu aad caan ugu yahay U.S xilliga dayrta iyo jiilaalka. Dhammaan dadka da'da ah oo dhammmi way qaadaan hargabka, laga soo bilaabo carruurta yar-yar iyo dadka dhalinyaradaa, ilaa iyo waayeelka.

Dadka qaba Hargabka

Dadka degan U.S. miyuu ku dhacaa Hargabku?

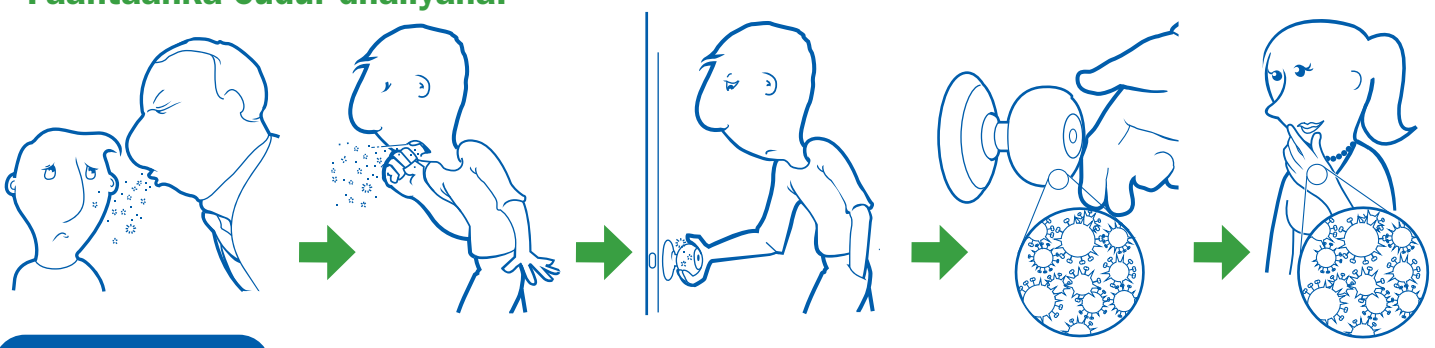
Haa. Cudur dhaliyayaasha hargabku wuxuu ku faafaa adduun waynaha. Hargabku wuxuu ka dhacaa inta badan bilaha dayrta iyo jiilaalka guddaha United States. Dadka badankoodu waxay qaadaan hargabka sannadkii kasta. Hargabka sidoo kale waxaa laga helaa qaybaha kale ee adduunka. Laakiin waqtiga sannadkan hargabku inta badan guud ahaan wuu ku kala duwanaan karaa jiid ilaa jiid.

Qaabkee ayuu u faafaa hargabku?

Dadka qaba hargabku waxay u faafin karaan cudur dhaliyaha hargabka marka ay qufacayaan ama ay hindhisayaan. Dhibcaha ka yimaada marka uu qofka xanuunsanayaa uu qufaco, ama hindhiso, ama hadalka uu ka soo tuuro gudaha afafka ama sannanka dadka u dhaw. Sidoo kale dhibcahaa ayey sanbabadu neef ahaan u qaataan.

Sidoo kale waxaa laga yaabaa in ay dadku ku qaadaan hargabka marka ay taabtaan afkooda ama sankooda kadib marka ay taabtaan cudur dhaliyaha dul yaala, sida handaraabyaa albaabada, miisaska, ama gacanta wasakhaysan ee qofka xanuunsanaya.

Faafitaanka cudur dhaliyaha:



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

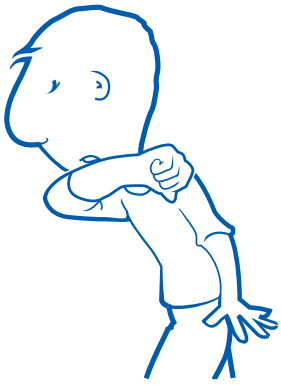
CS 217337/2010

HARGAB (DURAY) Hargabka iyo Adiga

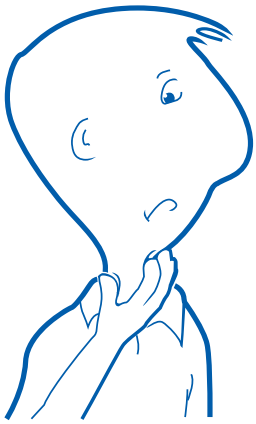
Sideed u oggaanaysaa haddii aad hargab qabto?

Calaamadaha hargabka waxaa ka mida:

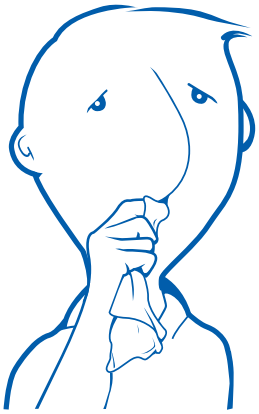
Xumad



Qufac



Cuno-xanuun



Sanka oo ay biyo ka da'aan ama balqan yeesha

Tamar daro dareemid ama daal ka badan inta caadida ah

Madax xanuun

Qarqarriyo

Jir xanuun

Labad calaamadood ee ku yar hargabka waxaa ka mida:

Matagga

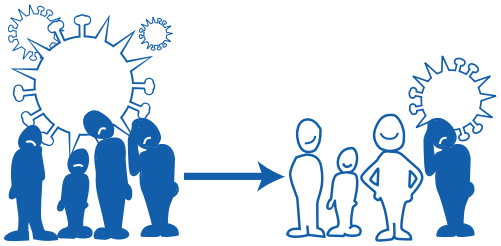
Shubanka

Ma aha macnaheedu in qof kastoo qaba hargabku uu yeelanayo dhammaan calaamadaha hargabka isla waqti kaliya. Qaar ka mida dadka qaba hargabka ma yeeshaan xumad. Dadka intooda badan ee qaada hargabka way ladnaadaan iyagoon la kulmin dhakhtar ama aan qaadan daawo.

M.D. Waaxda Caafimaadka iyo Adeegga Aadamaha
Xarummaha Xakamaynta iyo Kahortagista Cudurada

HARGAB (DURAY) Hargabka iyo Adiga

Sidee bay dadka bukaa u qaadaan hargabka?



Dadka qaarkood aad ayey u xanuunsadaan halka kuwo kalana aanay xanuunsan. Dadka intooda badan ee xanuunsada way ladnaadaan iyagoon la kulmin dhakhtar ama aan qaadan daawo. Si kastaba ha ahaatee, dadka qaarkood aad ayey ugu bukoodaan hargabka waanay u dhimman karaan. Dadka intooda badan aadka ugu xanuunsada waxay ka wayn yihiin da'da 65 jirka ama waxay ku jiraan xaalado caafimaad sida: xanuunada macaanka, wadno xanuunka, xiiqda, ama kilyo xanuunka, ama xaalad uur oo kale. Carruurta kayar da'da 5 jirka ayaa iyana sidoo kale khatar weyn ku gala.

Waqti intee leeg ayuu qof qaba hargabku ugu gudbin karaa cudur dhaliyaha dadka kale?

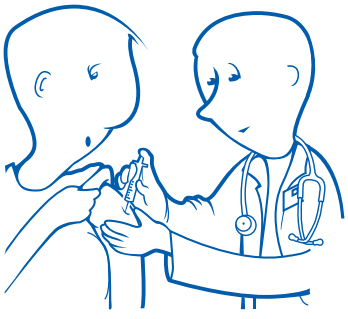
Waxaa laga yaabaa in dadka badankoodu ay awood u yeeshaan inay faafiyaan hargabka 1 maalin ka hor inta aanay wax calaamado ahi ka muuqan 5 ilaa 7 maalin marka ay calaamadahu bilaabmaan. Dadka aadka u xanuunsada ama carruurta yar yar waxaa laga yaabaa inay awood u yeeshaan in ku gudbiyaan hargabka waqti dheer.

	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			

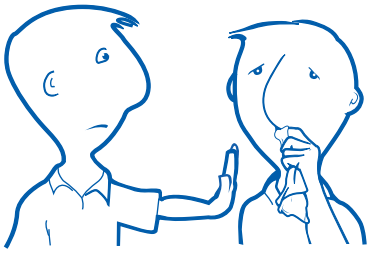
Ka hortegista iyo Daawaynta

Maxaan samayn karaa si aan iskaga ilaaliyo inaan ka qaado hargababka dadka xanuunsanaya?

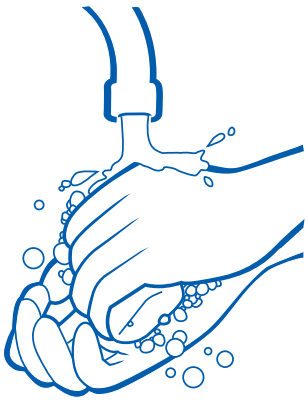
Xarunta Xakamaynta Cuduradu CDC waxay tallo ahaan u soo jeedinaysaa talaabooyinkan si loola dagaalamo hargabka:



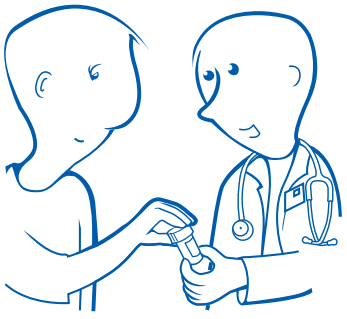
Talaal



Ka fogaaw dadka xanuunsanaya.



Had iyo jeer gacmahaaga ku dhaq saabuun iyo biyo diiran. Haddii saabuun iyo biyo aan la heli karin, isticmaal istaraasho aad marisay isbiirto/aalkulo.

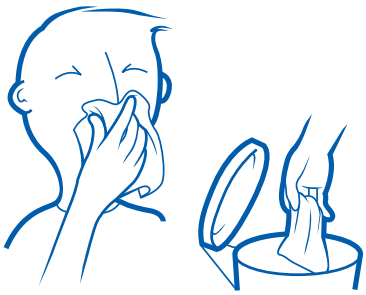


Isticmaal daaweeynta qaabka uu dhakhtarkaagu kugula taliyo inaad samayso.

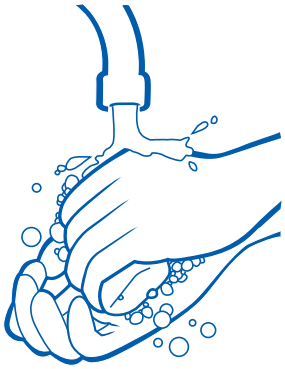
M.D. Waaxda Caafimaadka iyo Adeegga Aadamaha
Xarummaha Xakamaynta iyo Kahortagista Cudurada

HARGAB (DURAY) Hargabka iyo Adiga

Maalin walba caadooyinka caafimaadka ood samayso ayaa ilaalinya caafimaadkaaga iyo caafimaadka dadka kale:

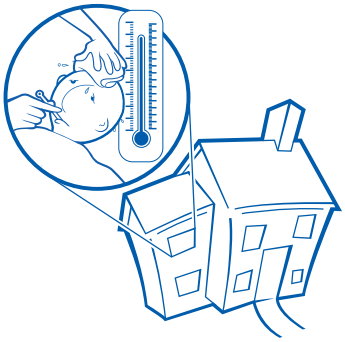


Sankaaga iyo afkaagaba ku qabo maser ama gacantaada saar marka aad qufacaysa ama aad hidhisayso. Ku tuur masarka qashinka marka aad isticmaasho kadib.



Had iyo jeer ku dhaqo gacmhaaga saabuun iyo biyo. Haddii saabuun iyo biyo la heli karin, istaraasho aad marisay isbiirto/aalkulo.

Ha taabaniin indhahaaga, sankaaga ama afkaaga waayo jeermiska ayaa sidaan ku gala.



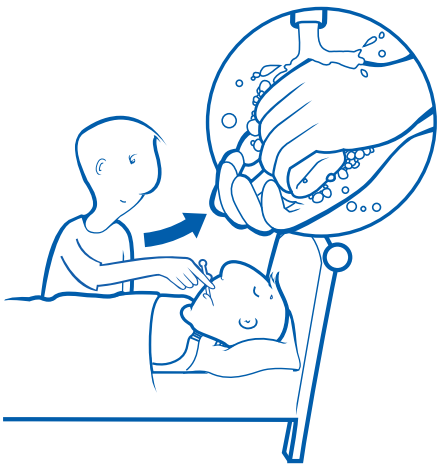
Haddii ay ku hayso astaamaha xannuunka hargab oo kale, iska joog guriga ugu yaraan 24 saacadood kadib marka ay xummaadu kaa tagto.*

**Xummadaada waxaa haboon in ay iska tagto adigoon isticmaalin daawada yaraysa xummada. Guri joogistu waxay ka dhigan tahay inaanad ka bixin gurigaaga marka daryeel daawo doonasho laga reebo. Ka fogaaw dadka intiisa kale sida ugu suurtogalsan sidaas daraadeed xannuun qaadsiin maysid iyaga.*

Inta lagu jiro xilliga hargabka, u diyaar garow haddiiba aad qaado hargab ood joogto guriga dhawr maalin. Soo qaado daawooyinka sida caadiga ah loo soo iibsado, istaraashada isbiirtaysan ee gacmaha lagu masaxo, masaro, iyo shay kasta oo aad u baahato sidaas daraadeed lagama yaabo inaad dibadaba u baxdo marka aad xanuunsanayso. Haddii aad run ahaantii aad xanuunsanyso amase ay jiraan xaalado caafimaad ama cabashooyin kaleba, fadlan la hadal dhakhtarkaaga. Dhakhtarkaaga ayaa ku soo oggaysiin doona haddii aad u baahan tahay baadhitaan hargab, daaweeyn hargab, amase daryeel kale.

Haddii xubin ka tirsan qoyskaygu guriga joogtaa ee qaba hargabku, miyey haboon tahay inaan shaqo tago?

Dadka aan bukin laakiin leh dad xubin qoys oo xanuunsanaysa ee guriga joogaa way tegi karaan shaqada sida caadiga ah. Waxaad keliya ood raacaysaa talaabooyinka sida inaad had iyo jeer gacmahaaga aad ku dhaqo saabuun iyo biyo diiran. Haddii aanad heli karayn saabun iyo biyo, isticmaal istaraashad gacmaha isbiirtaysan. Raac talaabooyinkan si aad ugu hortagto in ay qaadaan hargab xubin qoyskaaga ka tirsani.



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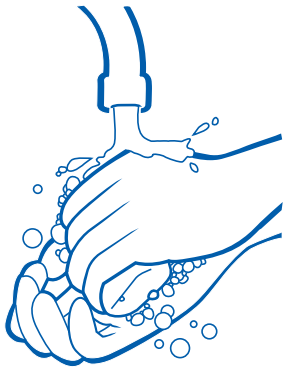
Xarummaha Xakamaynta iyo Kahortagista Cudurada

HARGAB (DURAY) Hargabka iyo Adiga

Waa sidee habka ugu wanaagsan ee aan u dhaqi karo gacmahayga si aan iskaga ilaaliyo jeermiska?



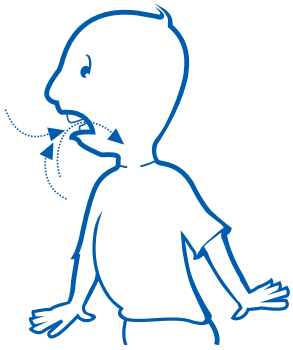
Had iyo jeer haddii aad dhaqdo gacmahaaga waxay kaa ilaalin doonaan jeermiska. Markaad gacmahaaga dhaqeyso:

- Isticmaal saabuun iyo biyo diiran.
- Dhaq muddo 15 ilaa 20 daqiiqadood.

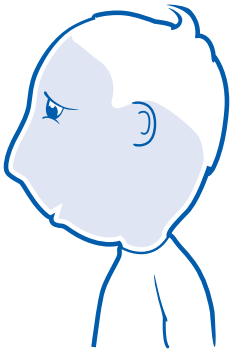
Markaan la heli karin saabuun iyo biyo, isticmaal istaraashada gacmaha oo isbiirto/aalkulo leh. Haddii aad isticmasho gacmo tire, ku masax gacmahaaga jeermis-tire ilaa inta ay ka qalalayaan.

Haddii adiga ama qof aad garanaysaa uu xannuunsanayo oo lagu arko calaamadaha digniinta ah ee soo socda doono, **XAALAD DEG DEG AH** daryeelka caafimaadka:

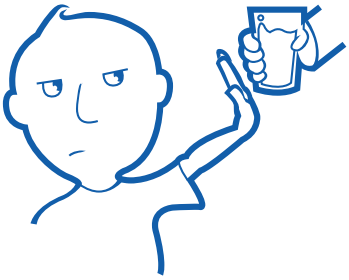
Carruurta:



Neef tuuris deg dega ama neefsiga oo ku adkaada



Jirka oo midab cawlaana noqda

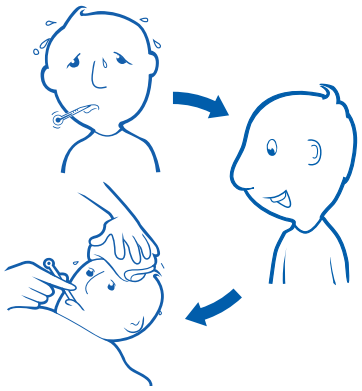


Qaadasho sharaab aan ku filnayn

Matag halisa ama joogtaa

Aan hurdada ka toosayn ama aan xiriir samaynaynin

Inuu ilmuhu dhibsado wax walba oo aanu rabin in la qaado



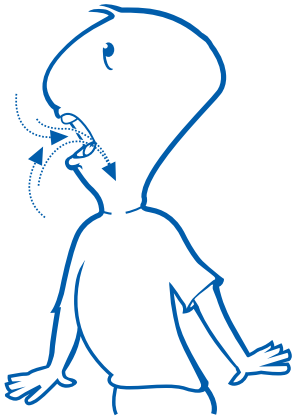
Calaamado sida hargabka oo kale ayaa isa soo tara oo haddan la yimaada xummad iyo qufac daran

Carruurta yar-yar:

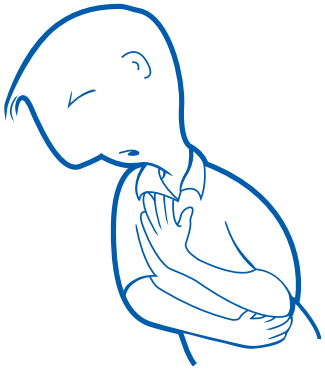
Waxaa sidoo kale haboon inaad raadiso calaamado digniintaas oo kale leh: inaanu awoodi karin wax cunnista, inaanay ilmo ka iman marka uu ooyayo, iyo inuu aad u qooyo xafaayada sida caadiga aan ahayn.

HARGAB (DURAY) Hargabka iyo Adiga

Dadka waaweeyn:

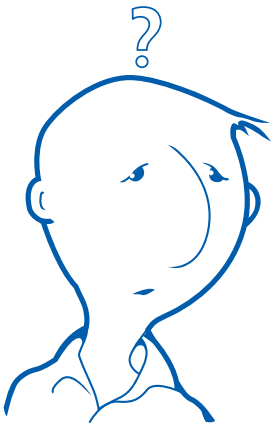


Waqtiga neefsashada oo ku adkaata ama neefsashada oo qabata

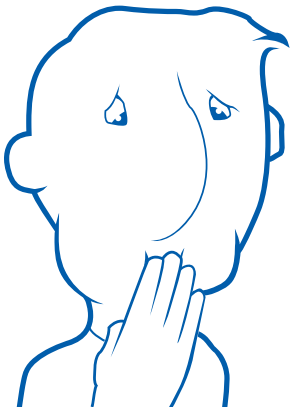


Xannuun ama cadaadis ka saarma laabta iyo caloosha

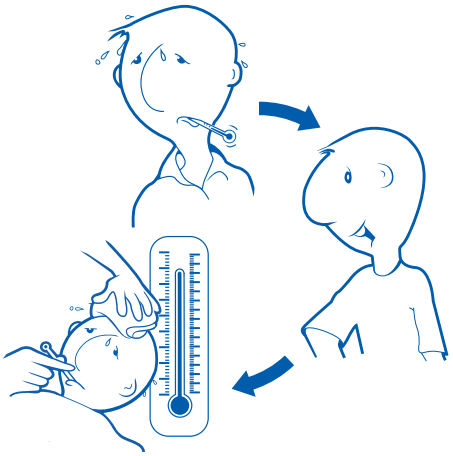
Dawakhaad lama filaana



Jahwareer

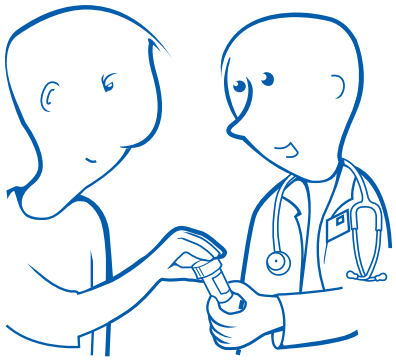


Matag halisa ama joogtaa



Calaamado sida hargabka oo kale ayaa isa soo tara oo haddan la yimaada xummad iyo qufac daran

Miyey jiraan daawooyin lagu daweeyo hargabka?



Haa. Daawooyin uu dhakhtar qoro oo lagu magacaabo daawooyinka ku lidka ah cudur dhaliyaha ayaa dawayn kara hargabka. Haddii aad xanuunsanyso, daawooyinkan ayaad si deg deg ah ugu bogsan kartaa oo hargabkana kaa kaxaynaya. Dadka badankooda ee xanuunsanaya way ladnaadaan iyagoon u baahan daawooyinkan. laakiin, haddii aad u baahato inaad ladnaato, dhakhtarkaaga ayaa iska leh go'aanka inuu ku siiyo daawooyinkan ku lidka ah cudur dhaliyaha.

Macluumaad dheeri ah la hadal CDC telefoonka macluumaadka 1-800-CDC-INFO (232-4636) ama booqo barta-shabakadda www.cdc.gov/flu.

M.D. Waaxda Caafimaadka iyo Adeegga Aadamaha
Xarummaha Xakamaynta iyo Kahortagista Cudurada