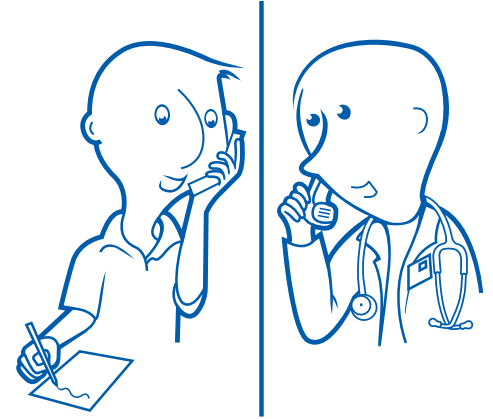


Daa'immi kee dufkaka fluutin yoo dhukkubsate maal akka gootu

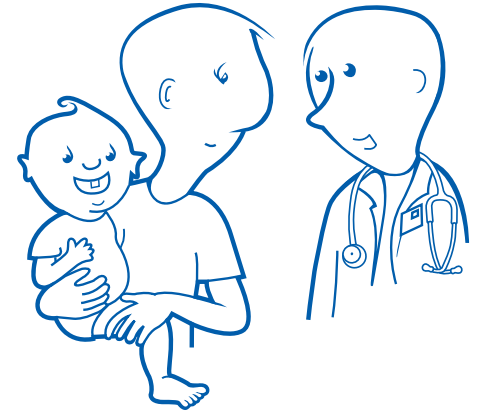
Ijooleen umuriin isaani waggaa 5 gadi ta'e dufkaka fluudhan rakkachuuf carraa guddaa qabu. Ijooleen dhibee akka asmiifi sukaaraan yeroo dheeraaf dhibamanis dufkaka fluudhan ciminaan rakkachuuf carraa guddaa qabu.

Mucaan kee kan waggaa 5 gadii yookinis kan waggaa fedhe ta'ee yeroo dheeraaf rakkoo fayyaa (dhibee akka asmii ykn sukaaraa) qabaatee yoo dhibee akka dufkakaanis qabame rakkoo cimaafii walxaxaa ta'e keesa ni gala.

Mucaan kee qoratamu kan barbaachisu yoo ta'e dooktara gaafadhu.

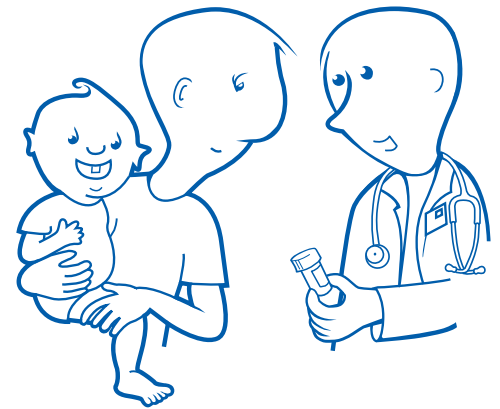


Ijooleen baayeen dooktara bira geesuu osoo hin barbaachisin itti wayyaa'a. Ijooleen kaanimoo dufkaka fluutin kan ka'e ciminaan dhukkubsachuu ni danda'u. Daa'immi umurii kamiyyuu ta'u mallattoo dufkaka fluu cimaa yoo qabaate dooktaran ilaalamuu irra jira.



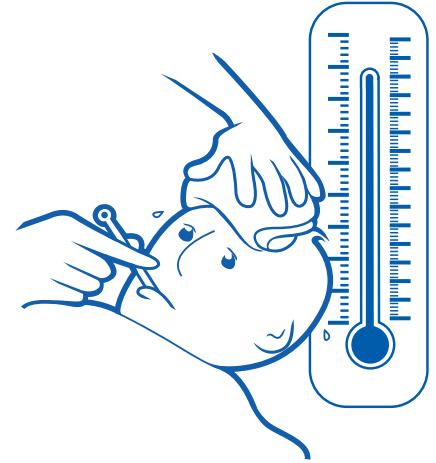
Qorsooni antiivaralii kan yaalumsa dufkaka fluu itti fayyadaman kan sirritti fayisuu danda'u dhukkubiin jalqabee guyyaa lamaffaa (sa'aa 24 keessatti) irrati yoo kennameefi.

Dooktariin qorsoota antiivaralii sa'aa 48 booda mucaa keef kennuu ni danda'a, keesatu mucaan kee hospitaala keesa kan ciise yookin dufkaka fluu irraa kan ka'een carraa ciminaan dhukkubsachuu kan qabu yoo ta'e.

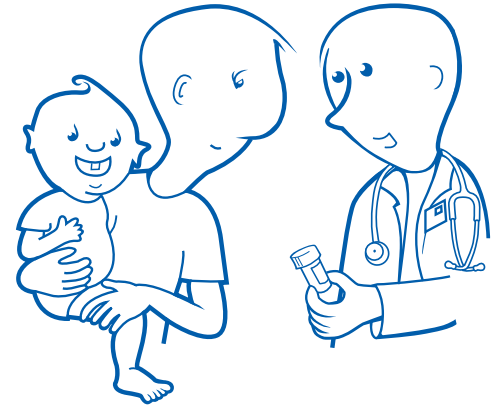


INFLUWEENZAA (Dufkaka fluu) Daa'immi kee yoo dufkaka fluutin qabamee

Gubaan/ layidaan/ digrii Faharanaayti 100 ol ykn qixee (37.8 digrii Selshasii) yoo ta'e. Yoo meesha teermoometrii hin qabaane fuula mucaa keeti qaqqabatee ilaaluun gubaa qabachu isaa beekuu ni dandeesa. Mucaan kee dhagnisaa yeroo fayyaa caala kan gubuufi kan dafqisiisu yookin kan hoolachiisu yoo ta'e gubaa qaba jechaadha.



Mucaan kee gubaa kan qabu yoo ta'e qorsooni gubaa isaa irraa xiqeesuf itti fayyadamuu dandeesan ni jiru. Muraasnii isaanii maneen qorsaa (lakkoofsa gubbaarrati) keessati waan gurguramniif akka feeteti bitachuu ni dandeesa. Kaan isaanii bitachuuf ajajii dooktaraa barbaachisa. Umurii mucaa kee irrati hundaa'ee qorsa akkamii fudhachuu akka isa barbaachisu dooktariin akka ajajuuf dursaati dooktarii dubisaa.

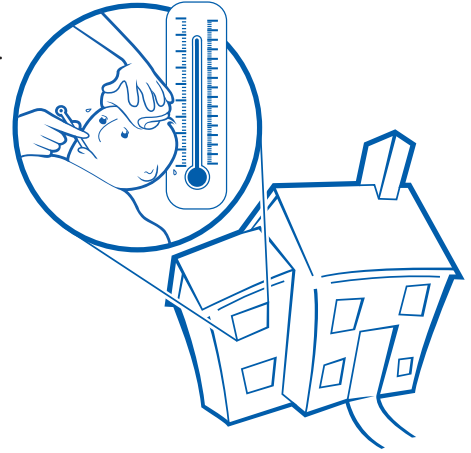


Qorsooni muraasni kan mana qorsaa (lakkoofsa gubbaarrati) gurguraman ijoolee akka itti wayeesan/fayyisan kan raggaasifamni. Qorsooni kuni mucaa keef kan ta'an ta'uu isaanii mirkaneefachuuf dooktarii kee gaafadhu. Ijoolee dufkakaan dhukkubsataniif aspirinii sirumaa kennuufin akka sirra hin jire hubadhu.

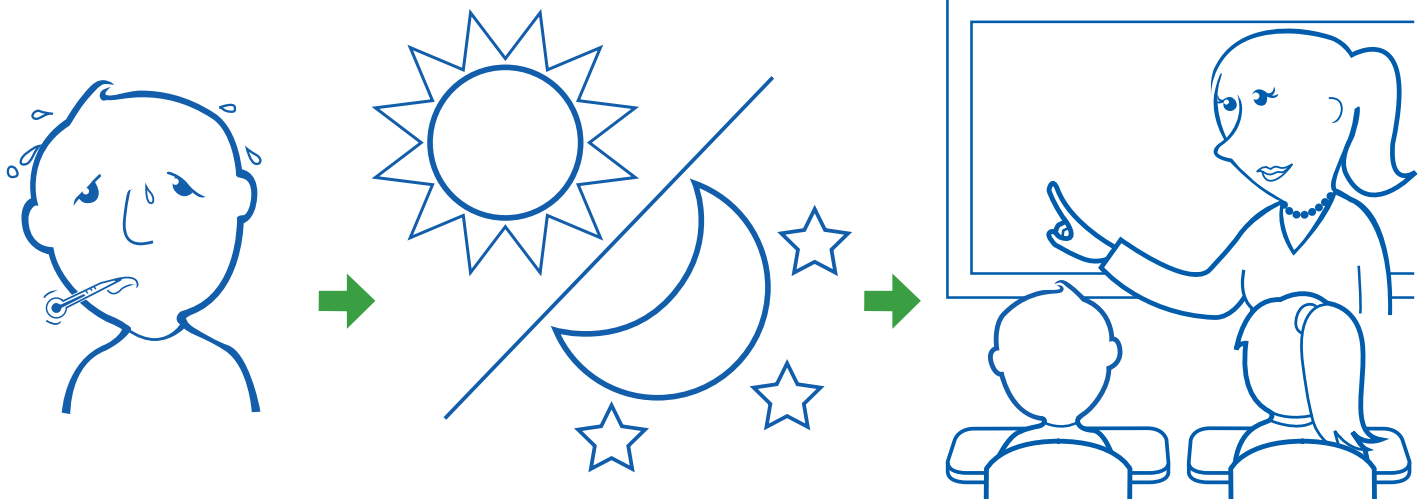


INFLUWEENZAA (Dufkaka fluu) Daa'immi kee yoo dufkaka fluutin qabamee

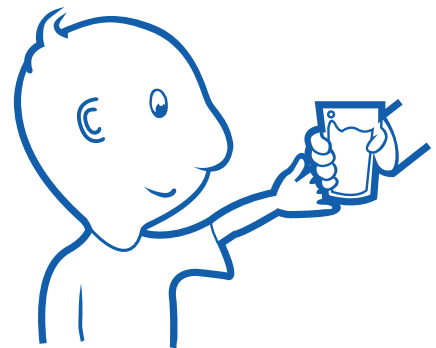
Tamsaasina dufkaka fluu xiqeesuuf mucaa dhukkubsate, yaalumsaafi yoo geesitaniin alati, manumati eegaa gubaan isaa irraa galee hanga sa'aa 24 ta'uti.



Ijooleen erga gubaan iraa galee sa'aa 24 booda qorsa gubaa xiqeesu osoo hin fudhatiin mana barnoota deemu ni danda'u.

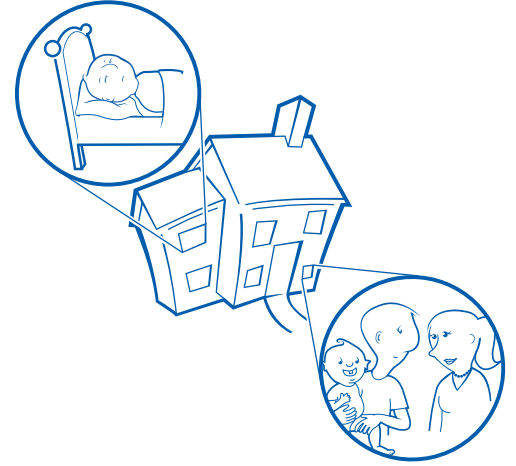


Mucaan kee yoo dhukkubsachaa jiru boqonnaa gahaa ta'ee, dhangala'aa dhugamu (waan akka bishaani, suuphanaa, dhugaatii spoortii, elektrolaytii daa'mmanii ta'u, Pedialyte®) kan qaamni isaa/ishii barbaadu sirriti argachuu isaa/ishii mirkaneefadhu.

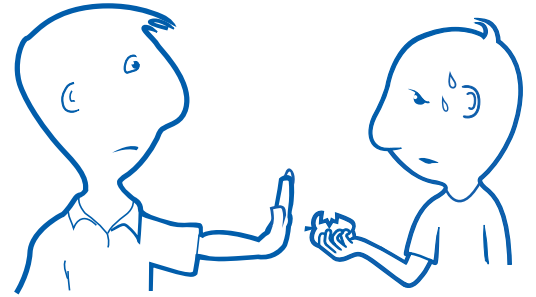


Dufkaki fluu namoota mana keesa jiraniti akka hin tamsaasne/facaane ittisuuf waanta gochuun sirra jiru:

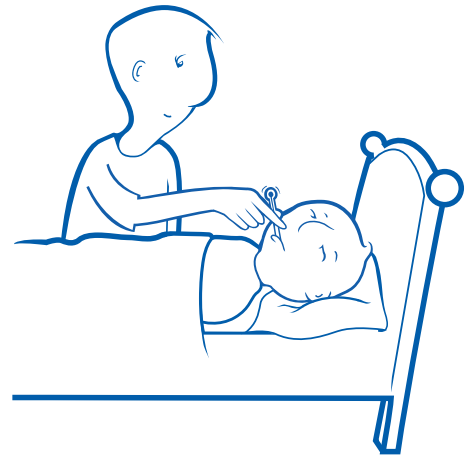
Mucaa kee kan dhukkubsate kutaa kophaati eegi, akka miseensota manaa kan fayyaa ta'an wajjin wal hin qunnamne hanqisuuf.



Mucaa kee kan dhukkubsatu waan nyaataa yookin dhugaatii namoota biraa wajjin akka hirmaatu hin eeyamiinif.



Mucaa dhukkubsatu namni tokko qofa akka kunuunsu godhi. Yoo danda'ame namni kunuunsu suni dufkaka fluutin qabamiif carraa gudda kan hin qabne, fakkeenyaaf ulfa kan hin taane, asmii kan hin qabne, ta'uutu irra jira.



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