

Iska tallaal dureyga amma hargbaka cusub

Somaliska

Ku saabsan hargabkan

Hargabkan A(H1N1) waa hargab loo yaqaan baandemik, kaas oo ku faafa caalamka oo dhan. Dad soo badanaya ayaa u bukooda cudurkan dalkan Swedhan. Maadaama uu yahay fiirus cusub, ma jirto wali cid iska celin karaysa oo aanu ku dhacaynini oo sidaas daraadeed ayaa dad badani halis ugu jiraan inay u bukoodann hargabkan, kuwaas ooka badan kuwii u bukoon jirey gargabka sannadlaha ah.

Dadka badankiisa waxa weeyi hargabkani mid aan halis u lahayn laakiin mararka qaarkood waxa uu yahay cudur la dhibsado oo leh calaamado baabaá ilaa hal usbuuc ka dib. Calaamadaha lagu gartaa tusaale ahaan waa xummad amma kurbo, qufac, siin sanko ka yimaad, cunoxanuun iyo waliba madax- iyo muruqoyoxanuun. Inta badan waxad dareentaa daal oo mararka qaarkoodna waxa ku qaban matag iyo shuban.

Iyada oo ay sidaasi jirto ayaa haddana dadka qaarkii waxa uu halis ugu jiraa inay si xun u bukoodaan kuwaas oo tusaale ahaan ay ku dhacaan cudurro ka dhashay natiijada hargabkan sida infalamashuun ku dhaca sambabada. Si haddaba dadkaas iyo dadka sababo gaar ah awgood aan loo tallaalayn, waxa muhiim ah in dhammaan la iska caawiyo sidii loo xakamayn lahaa faafista isqabadiinta ee mujtamaca dhexdiisa.

Haddaad doonayso inaad ka ogaato macluumaad dheeraad ah hargabkan iyo tallaalkaba gal boggan www.1177.se amma www.krisinformation.se Sidoo kale waxad aad soo wici kartaa 1177 amma 020-20 20 00

Laga bilaabo bisha oktoobar ee sannadka 2009 waxa boro-shiirkan iyo afishyo la xidhiidhaba laga soo qaadan karaa isaga oo ku qoran afaf kala duwan boggan www.socialstyrelsen.se



Iska tallaal dureyga amma hargbaka cusub

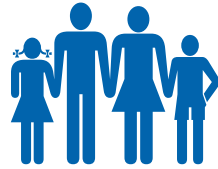
Naftaada badbaadi

Haddad is tallaasho waxad hoos u dhigaysaa khatarta ah inaad u bukooto dureygan cusub A(H1N1). Dadka u bukooda dureygan badankoodu waxay dareemaan calaamadaha dureyga caadiga ah umana baahdaan inay raadsadaan dawo amma daryeel caafimaad. Laakiin dadka qaarkood aad ayay u bukoodaan amma waxay u dhintaan hargabkan ammaba natiijada cudurro kale oo ka dhalata hargabkan. In ka badan nus dadka ilaa immika si un ugu bukooday hargabkani waxa ay qabeen cudurro kale amma awoodda difaaca ee jidhkooda ayaa hoos u dhacsanayd, halka inta soo hadhay ay ahaayeen dad caafimaadkoodu dhan yahay. Sidaas daraadeed adigu sinaba uma ogaan kartid in aad si weyn amma in yar ugu bukoon doontid hargabkan.



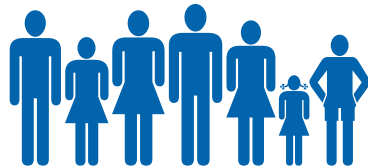
Dadka kale badbaadi

Dadka badankiisu waxay si uun ula xidhiidhaan qof halis ugu jira inuu aad u bukoodo hargabkan awgii, tusaale ahaan qof uur leh amma asma qaba. Waxa jira dad kale oo iyaga aanay suurogal u ahayn inay is tallaalaan, tusaale ahaan carruurta yaryar iyo dadka qaba allarji amma xasaasiyad ay ka qabaan ukunta. Markaad is tallaasho, waxad dhimaysaa halista ka iman karta in dadkaas qaar ka mid ahi cudurkan qaadaan.



Ka hortag faafinta isqadadiinta

Markaad iska tallaasho hargabkan waxad taageero ka geysaneysaa sidii loo badbaadin lahaa dadka kaa ag dhow iyo sidii uu mujtamacu u ahaan lahaa mid si caadi ah u nool xataa isaga oo hargabkani noqday mid aad u faafay. Hargabkani A(H1N1) waxa uu aad uga faafi og yahay hargabka caadiga ah. Dad badan oo kale ayaa qaadi kara hargabkan maadaama aanu cudurkani hore innoogu dhici jirin. Sidaas daraadeed ayaa dad ka badan dadkii hore hargabka sannadlaha ah u bukoon jirtey ay isla mar u bukoon karaan hargabkan awgii.



Ayay u fiican tahay inay is tallaalaan?

Waxa muhiim ah inay dadka oo dhammi is tallaalaan, laakiin waxa si gaar ah u sii muhiim ah in ay is tallaalaan dadka halista ugu jira inay u bukoodaan hargabkan. Sidaas daraadeed waa in ugu horraanta dadkani la tallaala. Dadkani waxa ay yihiin qayb ahaan dumrka uurka leh, qayb ahaanna dadkan si jooqto ah ula xidhiidha dhakhtarka cudurro koroonik ah awgii. Macluumaad dheeraad ah oo ku saabsan cudurradani nooca ay yihiin waxa aad ka heli kartaa boggan www.socialstyrelsen.se amma adoo la soo xidhiidhaya xarunta caafimadka ee ku taal halka aad deggan tahay. Xataa waxa mudnaanta hore ee tallaalka waxa la siinayaa shaqaalaha caafimaadka.

Goorma ayaan is tallaali karaa?

Tallaalka la iska tallaalayo hargabkan cusubi A(H1N1) waxa uu bilaabmayaa badhtamaha bisha oktoobar.

Ayaa tallaalka iska deyn kara?

Dadka ka qaba allarji halis ah waxyaabaha tallaalku ka kooban yahay waxa u wanaagsan inay la tashadaan dhakhaatiirtooda ka hor inta aanay is tallaalin

Macluumaad dheeraad ah

Uur

Haddad uur leedahay waxa aad iyo aad u muhiim ah in aad is tallaasho. Difaaca jidhka ayaa hoos u yara dhaca marka uu qofku uur leeyahay, taas oo macneheedu yahay in aad khatar dheeraad ah ugu jirto in aad ugu bukooto hargabkan. Dumarka uurka lihi khatar dheeraad ah ayay ku sugan yihiin inay aad u bukoodaan saddexda bilood ee ugu dambeeya muddada uurka, sababta oo ah awoodda sambabada ayaa noqota mid hoos u dhacda.

Allarjiyo

Tallaalakan waxa ku jira raad borotiinka ukunta amma beedka ka yimi. Haddaad xasaagi ku tahay ukunta, waxa fiican inaad la tashato dhakhtar haddaad doonayso in aad is tallaasho. Riyakshan xoog-gani laakiin waa mid aan dhicin inta badan. Sidoo kale la tasho dhakhtarka haddii aad wax ku noqotay oo riyakshan aad ka bixisay markaad iska tallaashay hargab amma nooc kale oo tallaal ah.

Cudurro koroonik ah

Haddaad qabto cudur koroonik ah oo macnaheedu yahay in aad xidhiidho badan amma booqasho badan aad ugu tagto dhakhtarka, waxa aad u mihiim ah in aad is tallaasho, sababta oo ah si dheeraad ah ayaa ugu bukoon hargabkan amma cudurro kale oo ka dhashay hargabkan.

Naas nuujin

Waad is tallaali kartaa haddii aad nasska nuujinaysa cunug.

Hoos u dhaca difaaca jidhka

Waa la tallaali karaa dadka awoodda difaaca

jidhkoodu hoos u dhacsan tahay, maadaama aanay tallaalkan ku jirin fiirus nool

Tallaal

Carruurta daádoodu ka yar tahay 6 bilood:

Laguma talinayo in la tallaalo

Carruurta daádoodu u dhexayso 6 bilood iyo ilaa ay buuxiyaan 12 sano:

Waxa lagu talinayaa in la siiyo dhoos badhkii.

Waxa la tallaali laba mar oo ay u kala dhexayso ugu yaraan saddex buuc.

Laga bilaabo 13 sano iyo wixii ka sarreeya:

Waxa lagu talinayaa tallaalka dhoos dhan.

Tallaalku waa hal mar oo keliya.

Wax ku noqod wax lagu noqdo tallaalkan

Markaad is tallaaho waxa dhici karta in aad bixiso riyakshan goobeed oo ah meesha aad iska tallaashay oo casaata, meesha oo bararta iyo meesha lagaa duray amma lagaa mudey oo ku damqata. Waxa kale oo dhici karta in aad qaaddo xummad, madaxnuun, juucjuuc iyo calaamado u eg kuwa hargabka. Uma baahnid in aad daryeel caafimaad raadsato calaamadahan kor ku sheegan awgood haddii aanay wali baabiin maalmo badan ka dib. Wax ku noqodka tallaalkani waxa uu la mid yahay sida wax loogu noqdo marka la iska tallaalo hargabka sannadlaha ah amma siisanka ah. Ma jiraan wax war ah oo sheegaya in tallaalkani uu sababo wax ku noqod halis ah amma jooqto ah.