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NationwideChildrens.org

HARGABKA H1N1 (FLU) VIRUS

Hargab cusub oo uu keeno virus oo ka duwan kuwii hore magaciisana la yiraahdo "2009 H1N1" ayaa soo baxay oo u keenay jirro dadka ku nool aduunwaynaha. Sanadkan marka la gaaro xilliga hargabka waxaa suurtoagal ah in uu hargabku kii hore aad uga xumaado noocan cusub ee H1N1 awgiis. Mida kale hargabkii caadigaa ahaa ee dadka ku dhici jirayna sidiisii ayuu u faafi doonaa oo uu jiradiisii u keeni doonaa.

Fuluuga calaamadaha lagu yaqaano waxaa ka mid ah qandho, qufac, cunaha oo xanuuna, diif, ama sanko oo cabursamaha, jirka oo xanuuna, madax xanuun, dhaxan, iyo daal badan. Caruurta ka yar 6 bilood waxaa laga yaabaa in ay qabato qandho, tabar yaraan, iyo raashin xumo.

YAA KHATAR KU JIRA?

Caruurta ka yar 5 sanadood iyo dhalinyarada soo koraysa ayaa khatarta ugu wayn ku jirta. Cudurkani wuu ka duwan yahay hargabka ku dhaca dadka wakhtiga uu hargabku socdo kaasi caadi ahaan wuxuu u daran yahay caruurta ka yar 2 sanadood iyo dadka waayeelka ah.

Caruurta badankooda ee sidooda kale caafimaadka qaba hadii uu ku dhaco hargabkan wax daawayn ah oo ay u baahan yihiin majiraan. Si kastaba ha ahaatee, dadka qaba hal iyo wax ka badan oo ah xaaladaha hoos ku qoran, jirro aad u xun ayaa ku dhici karta hadii uu hargab ku dhaco, kaasoo uu ka mid yahay hargabka uu keeno viruska H1N1.

- Cudurada gala dhiiga (uu ka mid yahay cudurka sickle cell)
- Cudurka gala sambabada (uu ka mid yahay neefta ama cudurada kale ee gala sambabada)
- Uur
- Sokorow, kalyaha, wadnaha ama cudurada gala beerka; kansar
- Cudurada gala habka neerfaha, maskaxda, ama xangulaha laf-dhabarka
- Cudurada gala murqaha (oo ay ka mid yihiin muscular dystrophy iyo multiple sclerosis)
- Dadka difaaca jirkoodu uu hooseeyo (oo ay ka mid yihiin dadka qaba cudurka AIDS ama kuwa ay u socoto daawada chemotherapy)

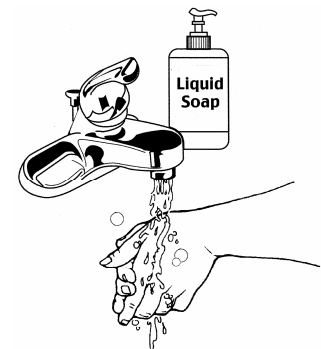
Hadii adiga ama ilmahaaga aad qabtaan xaaladahaas caafimaad ee kor ku qoran oo aad isku aragtaan calaamadaha hargabka daran ee nooca Flu, wac dhakhtar ama tag xarun caafimaad. Hadii uusan ilmahaaga dhakhtarkiiisu ku dhihin jooji, u sii daawada ilmaha sidii caadiga ahayd, xitaa hadii uu hayo hargab. **Hadii ilmaha uu qabo hargabka nooca influenza, ha siinin aspirin ama daawooyinka uu aspirinku ku jiro.** Influenzada iyo daawada aspirinka waxay keeni karaan cudurka Reye Syndrome, xaalad mar la arag ah oo keenta in uu beerku shaqadiisa qaban waayo.

NAFTAADA IYO ILMAHAAGA DIFAAC

Talaalka Fuluuga

Talaalka ka hortaga fuluuga (flu shot) waa talaabada ugu horaysa uguna muhiimsan ee aad uga hortagi kartid fuluuga (hargabka) sanad walba. Talaalkaas oo la is talaalo sanad walba wuxuu ka hortagaa sadexda nooc ee ugu badan ee la arko sanad walba. Mida kale hadii uu kugu dhaco virus ku lug leh kuwa daawadaas la socda waxaa suurtoagal ah in uu xanuunkaagu yaraado.

Talaalka ka hortaga hargabka yimaada sanad walba kaama difaacayo fuluuga cusub ee uu keeno viruska H1N1. Viruskan cusub ee H1N1 aad buu uga duwan yahay virusyada ku jira talaalka looga hortago fuluuga sanad walba yimaada.



Picture 1 marwalba in gacmaha la dhaqo waa mid ka mid ah sida ugu fiican ee looga hortago faafida viruska fuluuga.

NAFTAADA IYO ILMAHAAGA DIFAAC

Talaalka Fuluuga

- Talaal difaacaya viruskan ayaa mar dhow soo baxaya. Hadii adiga ama ilmahaaga aad ku sugan tihiiin khatar idiinka imaan karta viruskan cusub ee N1H1, waxaad akhbaar badan oo ku saabsan talaalkan aad ka heli kartaan cinwaanka internetka ee Hayada Qabashada iyo Kahortaga Cudurada www.cdc.gov.

Ku noq-noqo talaabooyinka ka hortaga. Bar ilmahaaga in uu:

- Ku daboolo waraaq afka iyo sanko marka uu qufacayo ama hindhisayo si looga hortago in viruska fuluuga loo gudbiyo dadka kale. Waraaqada (fasaletiga) ku dar qashinka marka la isticmaalo ka dib.
- Gacmaha dhaqo marwalba, isagoo isticmaalaya biyo iyo saabuun, khaas ahaan marka uu qufaco ama la hindhiso ka dib. Waxaa kale oo fiican in gacmaha lagu nadiifiyo alkolada.
- Iska ilaaliyo in uu taabto indhaha, sanko, ama afka. Sidaas geermiga ayaa ku faafa.
- Ka dheeraado u dhawaanshaha dadka jiran.
- Yareeyo joogida meelaha lagu buuqsan yahay sida moolasha, makhaayadaha, iyo shaleemooyina. Si aad u taxadarto, ka dheerwo ilaa iyo lix feet qofkii qufacaya ama hindhisaya.
- Hadii uu ilmahaagu jiran yahay oo aad ku aragtid calamaadaha fuluuga (hargabka daran), guriga ku reeb oo iskuul ama dhaykeer ha u dirin ugu yaraan 24 saac ka dib marka ay qandhadu ka tagto. Qandhada (kulayl dhan 100.4°F iyo ka badan) waa in ay tagtaa adigoon isticmaalin qandho jabiye sida Tylenol®.

YAA LOO BAAHAN YAHAY IN LAGA FIIRIYO CUDURKAAS?

In ilmahaaga uu baahdo in isbataalka la keeno mooyaane, in laga fiiriyo cudurkan muhiim ma aha. Fadlan ha u keenin ilmahaaga gargaarka deg-dega ah (emergency department) in laga fiiriyo viurskaas awgiis. Sanad walba marka la gaaro xiligan qandho iyo jir xanuun waa wax caadi ah, mida kale marka la gaaro xilliga fuluugu socdo, bukaanka jiran ee u baahan caawimaad ayaa tixgalin la siinayaa oo laga hor qaabilayaa kuwa kale ee u yimid in laga teestiga hargabka..

DAAWADA KA HORTAGA VIRUSKA

Kuwani waa daawooyin dhakhtarku qoro (kiniiniyo, sharoobo ama buddo sanko laga qaato) oo la dagaalama fuluuga kuwaasoo ka hortagaya in uu viruska fuluugu jirkaaga ku tarmo. Daawooyinka ka hortaga virusku ma daaweeyaan fuluuga, laakiin waxay cudurka ka dhigi karaan mid fudud dadkuna waxay ku raystaan si dhakhso ah. Waxay kale oo ka hortagaan dhibaatooyin kale oo uu fuluugu keeno. Caruurta badankoodu kaligood ayay raystaan oo uma baahdaan daawooyinkan. Wakhtigan lagu jiro daawooyinka helitaankoodu waa yar yahay oo farmashiyeyaal badani ma hayaan. Sidaas awgeed, waxaa laga yabaa in daawooyinka kahortaga viruska lagu ekeeyo bukaanka isbaalka ku jira ee aad u jiran oo kaliya.

MARKA AAD WACAYSID DHAKHTARKA

Caruurta qabta influensada badankoodu uma baahna in ay arkaan dhakhtarkooda. Daawooyinka qandhada (Tylenol® or ibuprofen), nasasho, iyo cabitaan ayaa daawayn kara xanuunka. Soo wac dhakhtarka hadii ilmahaaga:

- Ay qandho hayso uuna ka yar yahay 6 bilood
- Ay qandho hayso in ka badan 3 maalmood.
- Aad ku aragto calaamadaha fuluuga iyo calaamadaha ku qoran bogga 1aad.
- Uu qabo cudurada sambabada iyo wadnaha oo ay neeftu dhibayso.
- Uu sidii hore ka xarakaad yar yahay.

Wixii akhbaar intaas dheer ee ku saabsan viruska infuluwensada H1N1 ama talaalka fuluuga, fadlan booqo www.nationwidechildrens.org/H1N1