

XAASHIDA XAQIIQADA EE CAAFIMAADKA DADWEYNAHA

HARHGABKA H1N1 HARGAB DOOFAAR “SWINE FLU”

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Muxuu yahay hargabka H1N1?

Hargab waa jirro ku dhacda niddamka neefsiga jidhka, oo ay ku jiraan sanko, dhuunta iyo sanbab ada. Hargab “flu” waa “influenza” la soo gaabiyey. Hargabka H1N1 waxa dhaliya faayras cusub oo la helay Abril 2009, oo waxa loo bixiyey hargab doofaar “swine flu.” Hargabka H1N1 wuxu si dhakhso ah ugu faafay qaybo badan oo adduunka ah oo hadda uu yahay saf “pandemic,” ama wax ka dilaacay adduunka oo dhan. Hargabka H1N1 lama mid aha hargabka doofaarka, oo ah faayras uu doofaarku qaadi karo. Lama mid aha hargab xilliyeedka “seasonal” oo dhaca sannad kasta, xilliyada jiilaalka iyo dayrta hore. Laakiin calaamadaha hargab H1N1 waxay la mid yihiin kuwa hargab xilliyeedkaca, una faafa sida hargab xilliyeedka, oo looga hortagi karaa sida hargab xilliyeedka.

Waa maxay calaamadaha hargabka H1N1?

Calaamadaha hargabka H1N1 waxay aad ula mid yihiin hargab xilliyeedka. Calaamadaha ugu caansan ee hargab doofaarku waa qandho, qufac, iyo dhuun xanuun. Calaamadaha waxa kale oo ka mid ah jidh xanuun, madax-xanuun, qadhqadhyo, duuf sanko ka dareera iyo dareen daal badan. Dadka qaar waxay yeeshaan shuban iyo matag. Calaamduhu waxay jiraan ilaa dhawr maalmood ilaa toddobaad ama ka badan.

Ma halis baa hargabka H1N1?

Hargabka H1N1 wuxu kala yahay mid fudud iyo mid ba’an. Iyada dadku u bukooda hargabka H1N1 ay ladnaadaan iyaga oo aan u baahan daaweyn caafimaad, jirro ba’an iyo dhimasho ayaa dadka qaar ku dhacay. Sidka hargab xilliyeedka, dadka qaar ayaa halis u ah dhibaatooyin caafimaad oo ba’an marka ay qaadaan hargabka H1N1. Kuwaas waxa ka mid ah dumarka uurka leh, carruurta, iyo dadka qaba xaaladaha caafimaad sida xiiqda (neefta), macaanka (sonkorow), wadno xanuunka, cudurada kalyaha, xaaladaha muruqyada iyo dareemada ee saameeyaa neefsashadooda ee laciifiya nidaamyada jidhka ee difaaca cudurrada.

Siduu ku faafaa hargabka H1N1?

Faayraska hargabka wuxu ku jiraa qoyaanka (dhibcaha candhuufta iyo duufka) ee ka soo baxa sanko iyo afka qofka markuu qufaco ama hindhiso. Haddii aad u dhawdahay qof qaba hargab (3 - 6 fuudh) marka ay qufacaan ama hindhisaan, neef ahaan ayaa u qaadan kartaa fayraska oo ku jirran kartaa. Calaamadaha hargabku waxay bilaabmaan 1 - 4 maalmood (badiyaa 2 maalmood) kadib fayraska marka neef ahaan loo qaato.

Hargabku si sahlan ayuu ugu faafaa qof ilaa qof. Faayrasku waxa kale oo uu ku noolaan karaa muddo gaaban meelaha sida albaabka laga furo, talefoonada iyo alaabta carruurta ku ciyaarto. Kadib markaad taabato walxahaas, waxaad faayraska qaadi kartaa markaad taabato afkaaga, sanko, ama indhaha. Hase ahaatee, marka ay dhibcaha qoyaanka walxahaasiu engegaan, faayrasku ma keeni karo infekshan. Dadka waaweyn ee qaba hargabka H1N1 waxay faafin karaan laga bilaabo maalin kahor intaan calaamadu soo ifbixin ilaa hal toddobaad kadib. Carruurta waa faafin karaan hargabka xataa in badan kahor inta aanay jirran.

Sidee hargabka H1N1 lagu daweyyaa?

Waxa jira dawooyin ay dhakhtaradu kuu qori karaan daaweynta hargabka H1N1. Dawooyinka waxay waxtar badan leeyihiin marka la bilaabo kadib bilowga calaamadaha. Dhakhtarkaaga ayaa qeexi kara haddii aad u baahan tahay daaweyn.

Dadka u buka nooc ka mid ah hargab waa inay cabaan sharaab badan, helaan nasasho badan, cunaan cunto saxo leh, si joogta ah u dhaqaan gacmhooda oo joogaan guryahooda si ay uga dhawraan ku faafitaanka hargabka dadka kale. Xanuun biiyaha laga gato farmasiyaha waxay dadka qaba hargabka ka gargaari karaan dabcinta dareenada xanuunka. Carruurta iyo dhalinyarada qaba hargabka waa in aanay marna qaadan asbiriin sababtoo ah waxa ku dhici kara cudur qatar ah balse dhif ah oo la yidhaa Reye Syndrome.

Miyuu leeyahay tallaalka hargabka H1N1?

Haa. Tallaalku wuxu ka gargaaraa jidhku inuu iskiis isaga difaaco jirro. Waxa jira laba nooc oo tallaalka H1N1 oo kahotaga hargabka H1N1. Mid waa “irbad” la isku mudo, badiyaa gacanta. Ka kalena waa “san buufis” (buufitaan sanko laga qaato). Dadka 10 sanno jirka ah ama ka weyn waxay u baahan laba irbadood oo ah tallaalka hargabka H1N1, oo ay u dhaxayso 3 - 4 toddobaad. Helitaanka tallaalka hargabka **kama** qaadaysid hargab iyo nooc kale oo jirro ah. Weydii dhakhtarkaaga nooca tallaalka kuu fiican adiga iyo qoyskaaga.

Ayey tahay inay qaataan tallaalka hargabka H1N1?

Kooxaha qaar waa inay qaataan tallaalka H1N1 marka markuu soo baxo: dumarka uurka leh; dadka la nool ama daryeelka siiya dhallaan ka yar 6 bilood (sida waalidiinta, walaalaha, iyo daryeel bixiyayaasha xanaanada); shaqaalaha adeegyada daryeelka caafimaadka iyo xaaladaha degdega ah; dadka da’da 6 bilood ilaa 24 sanno; iyo dadka da’da 25 ilaa 64 sanno ee leh xaalado caafimaad oo halis dheeraada u ah dhibaatooyin ka yimaad hargabka ifilada ah. Kooxahaas kadib, waxa la filayaa inuu heli doono tallaalka hargabka H1N1 qofkii doonaya in la tallaalo. Fadlan ogow kooxaha kor ku taxan waa laga yaabaa inay isbedelaan taas oo ku xidhan helitaanka tallaalka. *Xusuus: Daraasado hadda jira ayaa muujinaya in halista infekshanka ee dadka ka waaweyn 65sanno da’da inay ka yar tahay halista dadka ka yar da’da kooxdahaas.*

Sideen ku garanayaa haddii aan qabo hargabka H1N1?

Haddii aad leedahay calaamadaha hargabka, waxay noqon kartaa hargab xilliyeed ama hargabka H1N1. Haddii aad u malaynayso inaad qabto hargab, guriga joog oo ha tegin shaqada iyo dugsiga oo iskajir xidhiidhka dadka kale si aanad u faafin faayraska. Haddii aad u malaynayso inaad qabto hargab oo aad rabto inaad aragto dhakhtar, waa inaad horta sii wacdaa oo u sheegtaa inaad ka baqayso inaad qabto hargab. Sidaas, taxadir ayaa laga yeelan karaa si loo ilaaliyo ku faafitaanka dadka kale. Dhakhtarku waxa laga yaabaa inuu ku taliyo inlagaa eego ifilo (hargab).

Sideen isaga ilaalin karaa inaan u jirrado hargabka H1N1?

- Is-tallaal marka tallalku soo baxo, gaar ahaan haddii aad leedahay xaalad caafimaad oo dhibaato caafimaad keeni karta hargabka awgiis.
- Gacmahaaga ku dhaq si joogto ah saabuun iyo biyo ama isticmaal gelka leh alkolada.
- Ku qufac ama hindhis xarqad ama gudaha suxulkaaga haddii aanad haysan xarqad. Xarqadda ku tuur qashinka oo dhaq gacmahaaga.
- Isticmaal nadiifiyaha guriga si joogto ah oo nadiifi sagxadaha laga yaabo inuu faayraska hargabku saran yahay sida meelaha albaabka laga furo, talefoonada, qasabadaha iyo alaabta ciyaarta ee carruurta.
- **Guriga uga jog shaqada iyo dugsiga haddii u jirran tahay wax hargab u eg oo iskajir xidhiidhka dadka kale si aanu fayrasku u faafin. Guriga jog ilaa qandhaddo ba’ayso ugu yaraan 24**

saacadood kadib qaadashada dawada qandho-jabinta (sida Tylenol, Advil ama Motrin). Badi dadka tani macnaheedu waa in guriga la joogo ilaa afar maalmood.

Sideen u daryeeli karaa qof u buka hargabka H1N1?

Hargab: Waxaad Qaban Karto – Ku Daryeelka Dadka Guriga “Flu: What You Can Do - Caring for People At Home” waa buugyare ku qoran sagaal af oo ku siinaya macluumaad gargaarka daryeelka qof qaba hargab oo jooga gurigooda. Fiidiyo ayaa isna lagu heli karaa Ingiriisi iyo Isbaanish. *Flu: What You Can Do* macluumaadkiisa waxa laga heli karaa: www.mass.gov/flu .

HALKEEN KA HELI KARAA MACLUUMAAD DHEERAD AH?

- Mass 2-1-1 waxay siisaa dadweynaha macluumaadka hargabka: wac 211 ama 1-877-211-MASS (6277). Adeegyo turjubaan oo afaf badan ah ayaa jira.
- Wac dhakhtarkaaga, kalkaalisada ama kiliinigga, ama guddiga caafimaadka ee degaankaaga
- Wac Waaxda Caafimaadka Dadweynaha Massachusetts, Barnaamijka Tallaalka ee lambarka: (617) 983-6800 or toll-free at (888) 658-2850
- Bogga internetka Waaxda Caafimaadka Dadweynaha Massachusetts www.mass.gov/flu
- Xarunta Kahortagga iyo Xakamaynta Jirrada “Center for Disease Control and Prevention” (CDC) ee ah: www.cdc.gov/flu

Macluumaadka hargabka ee kiliinigga, booqo bogga internetka ee MassPRO Public Flu Clinic Finder: <http://flu.masspro.org/>

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