mpoxMonkeypox

Baro xaqiiqooyinka: Qof kastaa waa uu qaadi karaa monkeypoxmpox (Hore loogu yeedhi jiray Monkeypox). Waxay inta badan ku faaftaa kuwa aadka isugu dhow iyo xidhiidhka galmada. Waad ka hortagi kartaa monkeypoxmpox.

Is baadh

La hadal adeeg bixiyahaaga daryeelka caafimaadka ama xarunta caafimaadka maxaliga ah waxa ku saabsan ama finanka aan la sharxi karin ee jidkaaga ku yaala, ay ku jiraan gacmaha, wejiga, xubnaha taranka, iyo dabada.

Is baadh

Baadhitaanka waxaa laga heli karaa adeeg bixiyahaaga daryeelka caafimaadka ama xarunta caafimaadka maxaliga ah.

Is dawee

Haddii aad qabto monkeypoxmpox, waydii wax ku saabsan dawada.

Is tallaal

Soo ogow haddii tallaalka adiga kugu habboonaan lahaa adiga. Saadka tallaalka xadidan waxaa ahmiyad ala siiyaa kuwa hadda khatarta ugu jira, iyo bulshooyinka halka fayrasku ku faafayo.

Furuqa daanyeerka Mpox caadi ahaan waxaa faafiya xidhiidhka jidhka dhow sida:

- Taabashada maqaar ilaa maqaar ee banaan oo leh finan, finan dheecaan leh, ama jidhka oo dheecaan leh
- Xidhiidhka galmada
- Taabshada kale ee maqaarka ilaa maqaarka ah sida dhunkashada, duugida jidhka, ama isku qabsiga labba qof

Furuqa furuqa daanyeerka Mpox sidoo kale wakhtiyada qaarkood waxay ku dhex faaftaa:

- Gaadhida dhibcaha neefsashada dhexda xidhiidhka la iska soo horjeedo ee muddada dheer iyaddoon la xidhnayn maaskaraha
- Wadaagida tuwaalada, go'yaasha sariirta, dharkaama sheeyada kale ee gaarka ah
- Wadaagida cabbitaanka, weelka, sigaarka, sigaarka koronta ah ama beebabka sigaarka

Furuqa daanyeerka Mpox ma dhici karto inuu ku faafao hawlaha soo socda ama goobaha:

- Dadka badan halka dadku dharka xidhan yihiin iyo aanay lahayn taabashada maqaar ilaa maqaarkaah
- Si kooban isku gacan qaadka
- Dukaanada waa wayn ama dukaanada booshariyada ah

Ka hel goobaha tallaalka adiga kuu dhow xaga:
mass.gov/MonkeypoxVaccine

Massachusetts Department of Public Health