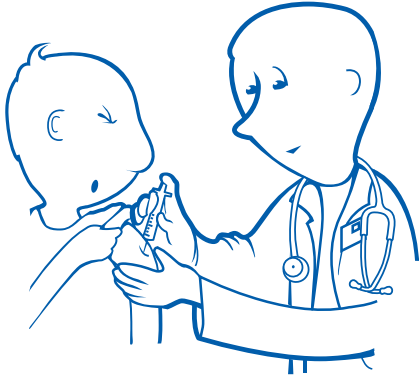
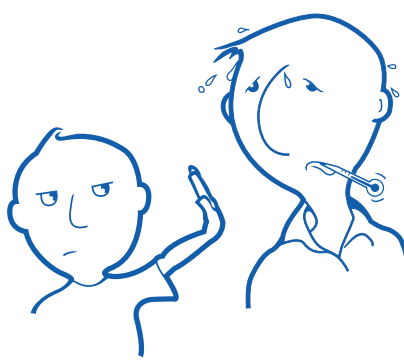


Waa'ee dufkaka ijooleeti Himuu

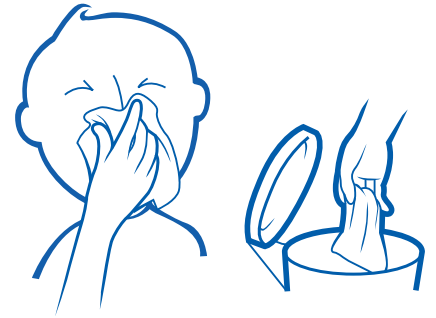
Daa'immi kee dufkaka fluu ofirraa ittisuufi nama biraat akka hin tamsaasine/ dabarsine maal gochu akka danda'u irrati hubanoo godhi:



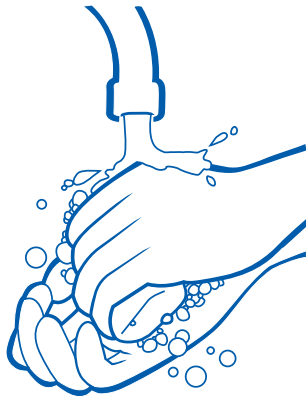
Daa'immi kee talaalii dufkaka fluu akka argatu godhi. Marfeen talaaliif waranan ni dhukubsa ta'a, yaa ta'u malee akka booda hin dhukkubsane gargaara. Talaaliin dufkaka fluu kan funyaanin kenamus ni jira.



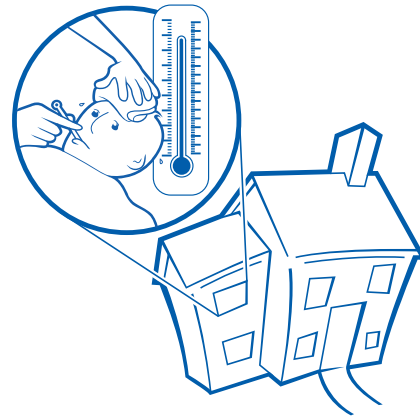
Namoota dhukkubsatan irraa fagaachuu akka yaalan jajjabeesi.



Yeroo dhukkubsatan akka waraqaa sooftii irratti qufa'an yookin anxifatan jajjabeesi. Warqaa sooftii sans akka bakka qushaashaatti gati. Yoo waraqaa sooftii hin qabaane afaanifi funyaan isaani hirreen qadaadachuutu irra jira.



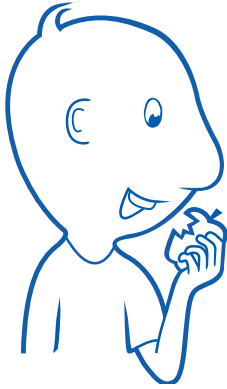
Harka isaanii saabbunaafi bishaan ho'aan sakandii 15-20 akka dhiqatan jajjabeesi. Akka fakkeeynaati ofiif dhiqachuun itti agarsiis.



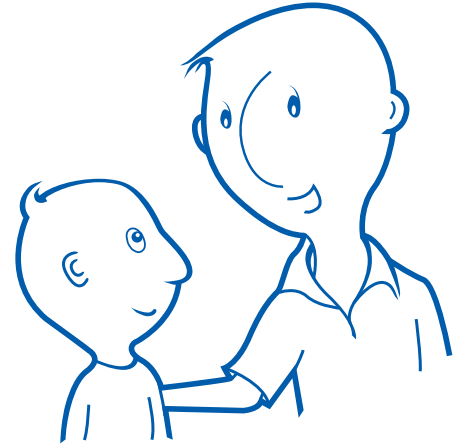
Yoo dhukkubsatan hanga itti wayaa'uti hojii fi barnoota irraa hafanii, nama irraa fagaatani mana akka taa'an jajjabeesi.

INFLUWEENZAA (Dufkaka fluu) Daa'immi kee dufkakaan yoo qabame

Amala fayyaa/gaarii akka qabaatan, nyaata fayyaa/gaarii akka nyaatan, hirriiba gahaa ta'e akka rafaan, ispoortii akka hojjatan jajjabeesi.



Dufkaka fluu irraa akkamitti akka of eeganifi dufkaka fluu jarmii biraa nama biraati akka hindabarsine maal gochuu akka isaanirra jiru gaafii isaani akka carraati fayyadamiiti itti himi.



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