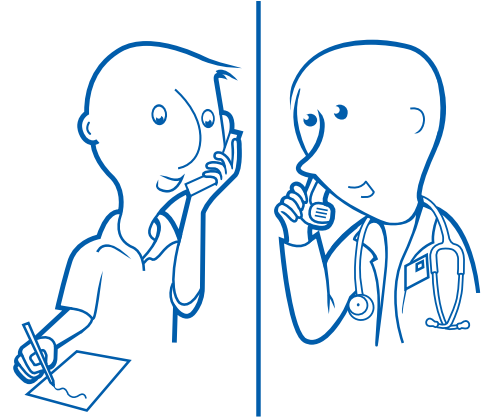


Maxaad Samaynaysaa Haddii uu Ilmahaaga u Bukoodo Hargab

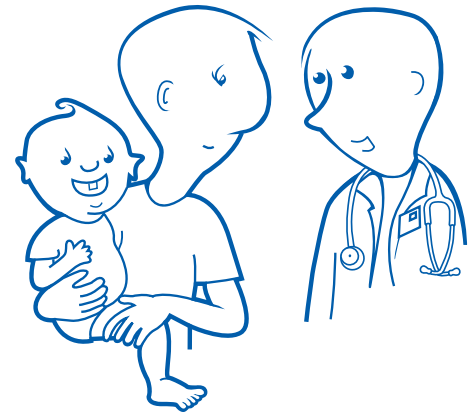
Carruurta ay da'doodu ka yar tahay 5 sanno jirka waxay fursad weyn ugu jiraan in ay dhibaato ka qabsato hargabka. Carruurta leh xaalado caafimaad ee mudda dheer socota sida xiiqda iyo macaanka ayaa sidoo kale dhici karta in ay dhib daran kala kulmaan haddiiba ay qaadaan hargabka.

Haddii ilmahaaga ka yar da'da 5 jirka ama da' kasta oo qabta xaaladaha caafimaadka ee muddada dheer socda (sida xiiqda ama macaanka), ee la yimaada calaamadaha sida kuw hargabka oo kale, waxay khatar halisa ah ugu sugan yihiin xannuunada laga qaado hargabka.

Waydii dhaktarkaaga haddiiba uu ilmahaagu u baahan yahay baaritaan caafimaad.

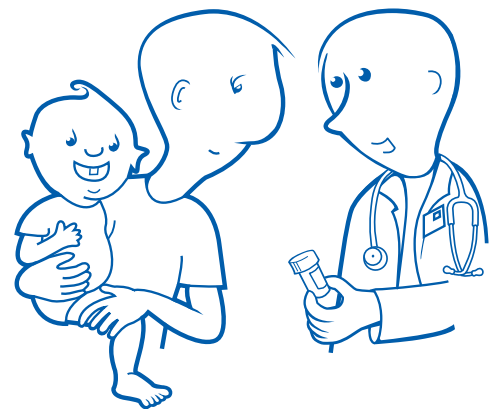


Carruurta badidoodu way iska ladnaadaan iyagoon la tusin wax dhakhtara. Halka ay carruuro kalena ay xannuun halis ahi ka soo gaari karto hargabka. Ilmo da' kasta ahiba oo qaba astaamahan daran waxaa haboon in uu u tago dhakhtar.



Daawooyinka ku lidka ah fayrus dhaliyaha ayaa loo isticmaalaa si loogu daaweeyo hargabka oo si fiican u shaqeeya haddii loo bilaabo toddobaadka hore guddiisa 2 maalmood (48 saacadood) oo xannuun qaadisa.

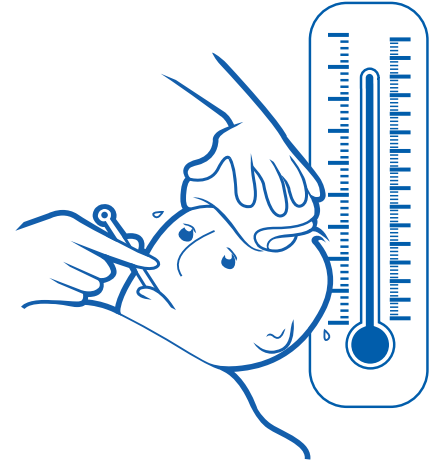
Dhakhtarka ayaa laga yaabaa inuu u bilaabo ilmaha daawooyinka ku lidka ah cudur dhaliyaha xittaa kaddib 48 saacadood marka uu calaamadaha hargabku bilaabmo, gaar ahaan haddii uu ilmuhu ku jiro isbitaalka ama uu ku sugan yahay fursado halisa oo xanuun daran oo hargabka ugu yimaada.



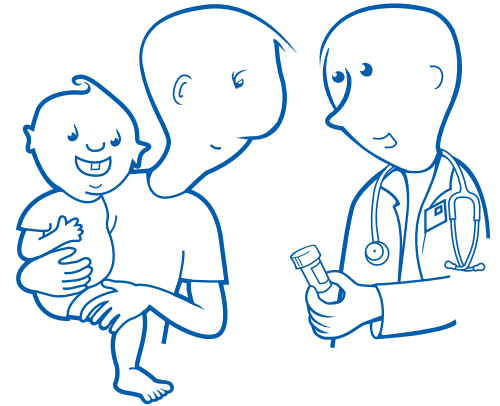
HARGAB (DURAY)

Haddii uu ilmahaagu Hargab ku Dhaco

Haddii heerkulku uu ka bato ama uu la mid yahay 100 degrees Fahrenheit (37.8 degrees Celsius). Haddii aanad haysan kul-beege, oo aad ka dareento wajigga ilmahaaga. Haddii uu ilmahaagu uu muujiyi diirrimad ka badan inta caadiga ah, oo dhiig roor ka muuqdo, oo uu dhidid leeyhay, ama uu qarqaryo leeyahay, ilmahaaga waxaa laga yaabaa inuu xummad yeesho.



Haddii uu ilmahaagu uu xummad leeyahay oo ay jiraan daawooyin loo isticmaali karo si ay u yareeyso xummada. Qaar ka mid ah waxaa lagu iibiyaa (kuwa lagu iibiyo iyadoon dhakhtar kuu qorin) waxaad iibsan kartaa iyaga oo bilaa lacaga ah. Kuwo kale ayaa u baahan daawo oo uu dhakhtar kuu qoro. Hubi inaad la hadasho dhakhtarkaaga oo eeg waxa ay tahay dawada uu tallo ahaan kugu siiyo dhaktarku ee ku salaysan da'da ilmahaaga.



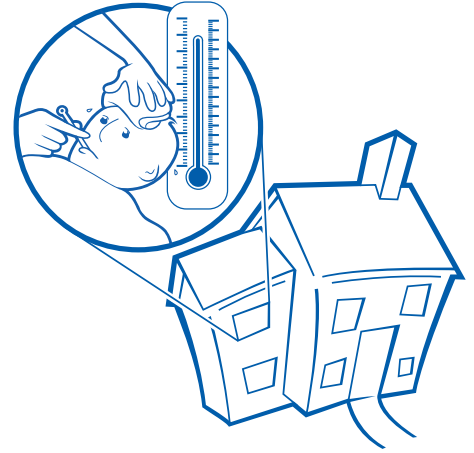
Qaar ka mid ah waxaa lagu iibiyaa (kuwa lagu iibiyo iyadoon dhakhtar kuu qorin) ayaa loo ogol yahay carruurta in ay ku ladnaadaan. Waxaa haboon inaad la hadasho dhakharkaaga si aad u hubiso in daawooyinkani ay sax ku yihiin ilmahaaga. Waxaad ogaataa in aadan waligaa siinin carruurtaada qabta hargabka asbiriin.



HARGAB (DURAY)

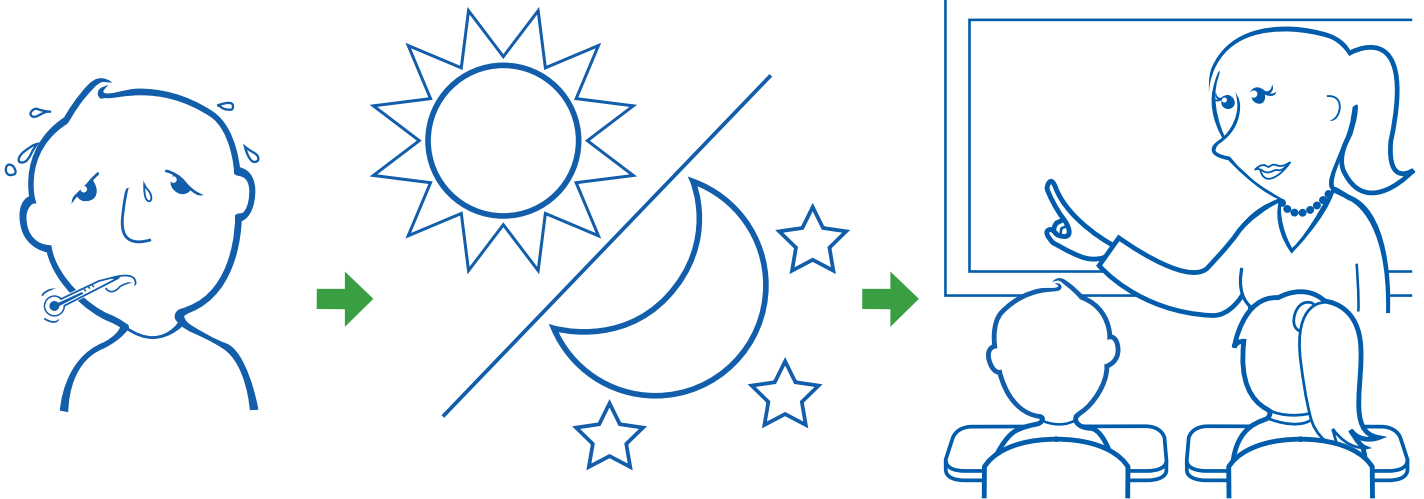
Haddii uu ilmahaagu Hargab ku Dhaco

Si loo yareeyo faafitaanka haragabka, ku hayaay ilmha xanuunsanya guriga ilaa ugu yaraan 24 saacadood kaddib marka ay xummadu ka tagto, marka lag reebo helid daryeelka caafimadka.



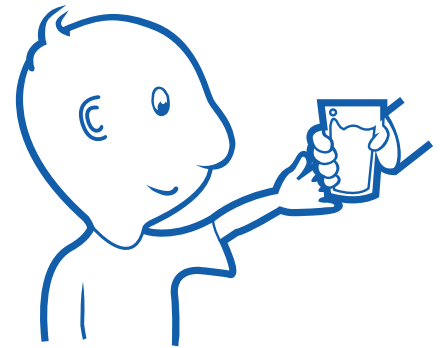
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Carruurta waxay ku noqon karaan dugsiga 24 saacadood kadib marka ay xummadu ka tagto IYADDOON LA isticmaalayn isticmaalka daawada hoos u dhigta xummada.



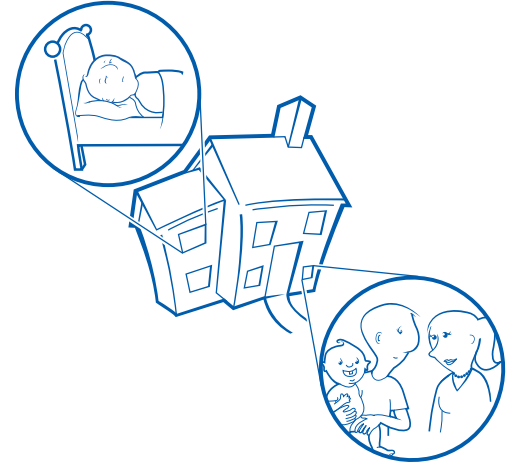
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Marka uu ilmhaagu uu xanuunsanyo, hubi inuu qaato cabitaanka sharaab nadiifa oo fara badan iyo nasasho badan (sida biyaha, maraqa, ciyaarta iyo cabitaanka, cabitaanka elektrooniga ee carruurta yar yar, Pedialyte®) si aad u hubiso in jirkiisu ama jirkeedu uu helayo dareeraha uu u baahan yahay.

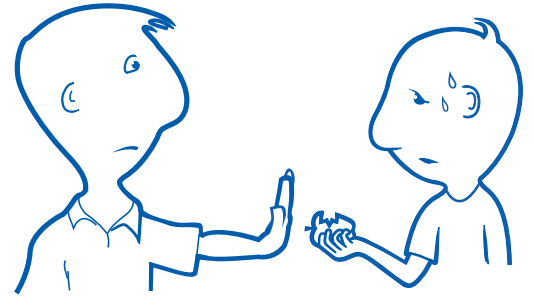


Waxyaabaha la sameynaayo si hoos loogu dhigo ku faafitaanka hargabka kuwa guriga nagula nool:

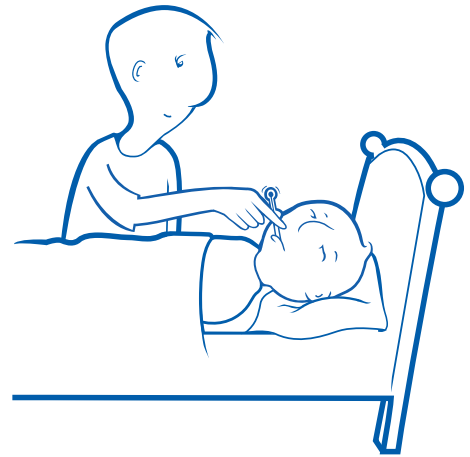
Ku haay ilmahaaga qol gaara oo ku yaala guriga dhexdiisa sida ugu suurto galsan si aad u xaddido in ay ka qaadaan xubnaha kale ee qoysku ee caafimaadka qaba.



Ha u ogolaanin in ilmahaagu uu la wadaago cunnada iyo cabitaankaba dadka kale.



Isku day inaad soo kaxaysato qof daryeelo muhiima oo xannaaneeya ilmahaaga. Haddiiba ay suurto gal tahay daryeel bixiyaha waxaa la gudboon inuu ahaado qof aan isaga laftigiisu halis aad u saraysa ugu jira harabka, sida haweenka uurka leh ama dadka qaba xaalado caafimaad sida xiiqda.



Macluumaad intaas dhaafsiisan la hadal CDC telefoon macluumaadka 1-800-CDC-INFO (232-4636) ama booqo barta-shabakada www.cdc.gov/flu.