

# **XAASHIDA XAQIIQADA EE CAAFIMAADKA DADWEYNAHA**

## **Harhgabka H1N1 Hargab Doofaar “Swine Flu”**

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### **Muxuu yahay hargabka H1N1?**

Hargabka H1N1 loona yaqaan hargab doofaarka (swine flu) waa jirro neefsi oo ku dhacda doofaarka oo uu keeno nooc ka mid ah faayraska ifilada (hargabka). Dilaaca hargabka doofaarku wuxu si caadi ah ugu dhacaa doofaarka. Dadka sida caadiga ah ma qaadaan hargab doofaarka, laakiin dadka wuu ku dhacaa waanu ku dhici karaa. Sida badan, dadka uu ku dhacaa hargab doofaarku, waa dad ka ag dhaw ama hareera jooga doofaarka laakiin waa suurtagal in faayraska hargab doofaarku ku fida min qof ilaa qof kale. Ilaa Maarso 2009, waxa jiray kiisas badan oo ah noocan cusub ee hargabka H1N1 gudaha Ameerika iyo adduunka oo dhan.

### **Waa maxay calaamadaha hargabkan cusub ee H1N1 ee dadku?**

Calaamadaha hargab doofaarku waxay la mid yihiin hargabka kale ee xilliga ku dhaca ( ama dadka). Calaadaha ugu caansan ee hargab doofaarku waa qandho, qufac, iyo dhuun xanuun oo ay ku jiri karto jidh xanuun, madax-xanuun, qadhdhadyo iyo daal. Dadka qaar waxay yeesheen shuban iyo matag. Waxa jira dadka qaar qaba hargab doofaarka oo aad u jirraday oo xataa dhintay.

### **Sideen ku garanayaa haddii aan qabo hargabkan cusub ee H1N1?**

Haddii aad leedahay calaamadaha ifilada kor lagu sharxay, oo aad gaar ahaan dhawaanahan u socdaashay jiid lagu arkay dad qaba hargab doofaar, la xidhiidh bixiyahaaga daryeelka caafimaad oo garan doona nooca baadhitaanka iyo dawooyinka kugu habboon. Si ciladda faayraska hargabka loo sheego, waa ddddhakhtar dheecaan yar cudbi ka soo qaadaa gudaha sankaa. Garashada faayraska hargab doofaarku waxay u baahan tahay baadhitaan shaybaadh oo gaar ah.

Haddii aad u malaynayso inaad qabto hargab doofaar oo aad rabto inaad aragto dhakhtar, waa inaad horta sii wacdaa oo u sheegtaa inaad ka baqayso inaad qabto hargab. Sidaas, taxadir ayaa laga yaaln karaa si loo ilaaliyo ku faafitaanka dadka akale.

### **Sidee hargabkan cusub ee H1N1 lagu daweeeyaa?**

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 gacmahooda oo joogaan guryahooda si ay u dhawraan ku faafitaanka hargabka dadka kale. Noocyada dawooyinka lagu daweeyo hargab xilliyeedka, oo la yidhaa antivirals, ayaa loo isticmaali karaa hargab doofaarka. Waxa jiray dhawr faayras oo hargab, oo uu ku jiro kan cusub ee hargab doofaarku, oo u adkaysta dawooyinka qaar, aan ahayn dhammaan. Daryeel caafimaad bixiyayaashu waxay kula taliyaan dadka buka ama u muuqda inay qabaan hargab doofaarka inay qaataan dawooyinka antiviral.

### **Ka waran haddii aan dhawaan u socdaalay gobol laga helay hargabkan cusub ee H1N1 ?**

Haddii aad dhawaan u socdaashay jiid uu saameeyey hargab doofaar, la soco calaamado u eg hargab. Haddii la kulanto calamadahaas, bixiyahaaga daryeelka caafimaad ayaa garan doona nooca baadhitaanka iyo dawooyinka kugu habboon. Si ciladda faayraska hargabka loo sheego, waa ddddhakhtar dheecaan yar cudbi ka soo qaadaa gudaha sankaa. Garashada faayraska hargab doofaarku waxay u baahan tahay baadhitaan shaybaadh oo gaar ah.

### **Miyuu leeyahay talaal hargab doofaarku?**

Maya. Hadda ma jiraan wax talaal oo ah hargab doofaarka. Siday sheegeen CDC, lagama yaabo in talaalka hargab xilliyeedku wax ka taro hargab doofaarka. Hase ahaatee dawladda federaalka ayaa kala shaqaynaysa soo-saarayaasha talaalka kobcin talaal la filayo in la helo dhawr bilood gudahood.

### **Sideen uga dhawri karaa hargabkan cusub ee H1N1 naftayda iyo dadka kaleba?**

Waxaad hargab doofaarka uga dhawri kartaa nataada iyo dadka kaleba sida aad iskaga dhawrto hargab xilliyeedka. Iska ilaali qabsashada, dhunkashada, ama gacan salaanka qof kasta oo qaba hargab ama ifilo. Ku dhaq gacmahaaga saabuun iyo biyo diiran, ama isticmaal nadiifiyaha gacmaha eel eh alkolo. Iska jir taabashada sanko, afka iyo indhaha. Sifee meelaha la taabtay sida meesha albaabka laga furo, talefoonada, iwm. Haddii aad la bukooto wax hargab u eg guriga uga jog shaqada iyo dugsiga oo iska ilaali xidhiidhka dadka kale si aanu faayrasku u faafin.

### **Dhammaan dadka qaba hargabkan cusub ee H1N1 ee aan cisbitaalka la jiihin waa inay guriga joogaan si aanay jirrada ugu faafin dadka kale.**

#### **Dadka qaba calaamado u eg hargab waa inay sameeyaan waxyaabaha soo socda:**

- La socodsiinta dhakhtarkooda wixii la xidhiidha daryeel gaar ah hadd ay rabaan haddii uur jiro ama xaalad caafimaad sida sonkorow, wadna xanuun, neef, ama *emphysema* (jirro neefsiga ah), ama
- La socodsiinta dhakhtarkooda haddii ay qaadan rabaan daawada antiviral
- Joogitaan guriga ugu yaraan 7 maalmood kadib bilowga jirrada; ama ilaa inta ay baxayaan calaamaduhu (oo ay ku jirto qandhada) ilaa 24 saacdoood, hadba kii dheer
- Helitaanka nasasho badan
- Cabbitaanka sharaab cad (sida biyo, maraq, sharaabyada isboortiga, sharaabyada leh elektrolytka ee carruurta) si la isaga ilaaliyo fuuq-baxa
- Daboolitaanka qufaca iyo hindhisada. Ku dhaqitaanka gacmaha saabuun iyo biyo ama waxyaabaha gacmaha lagu masaxo ee leh alkolo iyo gaar ahaan kadib isticmaalka waraaqaha iyo kadib qufaca ama ku hindhisida gacmaha.
- Marnaba ha u quficin jihada qof kale.
- Iska jir ku dhawaanshaha dadka kale – ha tagin shaqada ama dugsiga intaad bugto
- La socodka calaamado digniineed oo xaalad degdeg ah (fiiri hoos) ee muujin kara inaad u baahan tahay inaad aragto dhakhtar

Hel daryeel caafimaad isla markiiba haddii qofka jirran ee guriga joogaa:

- Qabo dhibaato neefsiga ama xabbadku xanuuno
- Dabnihiisu midab doorssomaan oo yeeshaan midab buluuki ah ama basali
- Matagayo oo aanu awoodin inuu sharaab caloosha ku hayo
- Leeyahay calaamado fuuq-bax sida dawakhaad markuu istaago, kaadi la'aan, ama carruurta, ilmo la'aano markay ooyaan
- Yeesho suuxitaan (tusaale, miyir laan aan kontrol lahayn) oo ay yar tahay jawaab celintiisu ama noqdo wax isku-buuqsan.

**Haddii qof gurigayaga buko, laakiin aanan anigu bukin, ma inaan joogaa guriga?**

Uma baahnid inaad guriga joogto ama ka baxdo dugsiga haddii aanad bukin. Hase ahaatee, waxa lagu talinayaa inaad xaddido xidhiidhka aad la leedahay dadka intii suurtagal ah. Haddii aad bilowdo inaad bukooto, gaar ahaan qandho, qufac, dhuun xanuun iyo dareen daal, waa inaad joogto guriga oo yarayso xidhiidhka dadka kale intii suurtagal ah.

**Ma ammaan baa haddii la karsado oo la cuno doofaar ama wax doofaar ku jiro?**

Haa. Waa ammaan cunitaanka iyo karsashada doofaarka iyo waxyaabaha doofrku ku jiraa. Faayraska hargabku kuma faafo cuntada. Kama qaadi kartid hargab doofaar cunista doofaarka ama wax uu ku jiro.

**Wixii macluumaad dheeraad ah ee la xidhiidha hargabka xilliga, safka ifilada, hargab shimbireedka ama hargab doofaarka, fadlan booqo boggaga internetka ee hoos ku taxan ama kala xidhiidh Waaxda Caafimaadka Dadweynaha Massachusetts, Qaybta Jirrooyinka Faafa iyo Talaalada at 617-983-6800.**

- **Bogga internetka ee ifilada (hargabka) Waaxda Caafimaadka Dadweynaha Massachusetts**  
<http://www.mass.gov/dph/flu>
- **Bogga internetka ee hargabka H1N1 ee Xarunta Xakamaynta Jirrada (CDC)**  
<http://www.cdc.gov/swineflu/>

Maayo 4, 2009