

Somali Community Access Network



24 Hour Hotline: 614-556-0059

Faahfaahin ku Saabsan Jeermiska HIN1

BULSHADAADA KA ILAALI INUU KU FAAFO CUDURKA SWINE INFLUENZA

Columbus Public Health waxay sare u qaadday la socodka cudurkaa meesha ay World Health Organization (WHO) oo ku yaal Geneva uu isaguna sare u qaaday heegankiisa oo uu gaarsiiyey meesha ku xigta meesha ugu sarraysa ee heegan cudur la gaarsiin karo. Meeshaasi waa calaamadda fiditaanka cudur faraha ka baxaya oo caalamka oo dhan ah in uu soo fool leeyahay.

Maxay dadku qaban karaan? Waxqabadyada Maalinlaha ah ee si loo caafimaad qabo maalin kasta:

- Xog kugu filan hel.
- Dabool qufacaaga adigoo isticmaalaya darafta gacanta shaadhkaaga ama tuwaal nadiif ah. Sidoo kale markaad hindhisoonayso ama qufacayso dabool afkaaga iyo sankaaagaba. Markaad isticmaasho istiraashaha xaashida ah ku tuur qashin qubka.
- Gacmahaaga mar kasta ku dhaq saabbuun iyo biyo, gaar ahaan markaad qufacdo ama hindhisto. Nadiifiyeyaasha gacmaha ee allkolada leh waa mid waxtar ah.
- Ka dhawrso taabashada indhaha, sanko iyo afkaaga. Sidaa jeermigaa ku fida.

Iska ilaali taabashada dadka buka:

- Influenzadani waxay ku faaftaa inta badan qof mid kale ku rida. Tani waxay dhacdaa markay isku qufacaan ama hindhisaan.
- Haddii aad xanuunsato, waxaannu ku talinaynaa inaad gurigaaga ka joogtid shaqada iyo dugsigaba oo aad koobtid xiriirka dadka kale si aadan u qaadsiihin.

Astaamaha:

Astaamaha xumaddan waxay la mid tahay kuwa kale ee influenzayaasha (wareento) kale ee caadiga ah ee xilliyada ku socota, waxaana ka mid ah:

- Qandho kulul, Caajis ba'an, Cunto cunid xumo, qufcid. Dadka qaar qaba xumaddani waxay ka cawdaan diif, cune-xanuun, lallabbo, matagid, iyo shuban.

Haddii aad u baahatid caawin, wac telefoonka furan 24 saac ee SomaliCAN: 614-556-0059 ama eeg website-ka Centers for Disease Control and Prevention:

<http://www.cdc.gov/swineflu/>

http://www.cdc.gov/swineflu/key_facts.htm

<http://www.somalican.org>