

Xaqiiqooyin Ifilada ama Hargabka ku saabsan oo Degdeg ah

Ifilada ama hargabka Novel H1N1 waa ifilo ama hargab cusub. Cidna weligeed ma aysan arag wixii ka horreeyey Abriil 2009. Dadku waxay ugu yeeraan “hargab doofaar” (“swine flu”) laakiin dadka ayaad ka qaadaysaa, ee doofaarrada kama qaadeysid.

H1N1 dadka intooda badan ugama duwana ifilada ama hargabka xilliyada la socda. Laakiin carruurta, haweenka uurka leh, iyo dadka dhibaatooyinka caafimaad qaba sida sonkorowga, neefta, ama cudurka wadnaha way ka jirro daran yihiin dadka kale.

Dadku waxay ifilada ama hargabka ku faafiyaan quficidda ama hindhisidda marka ay jirran yihiin. Dadku waxay ifilada ama hargabka qaadaan marka ay taabtaan waxyaabaha leh jeermiska ifilada ama hargabka ka dibna ay wax cunaan ama taabtaan indhahooda, sankooda, ama afka. **CAAFIMAAD KU NAALLOO** adigoo dhaqaya gacmahaaga isla markaana daboolaya qufacaaga iyo hindhisadaada. Haddii aad jirratid, guriga jog si aadan markaas cudurka u faafin.

Dadka qaba ifilada ama hargabku waxaa laga yaabaa in ay isku arkaan qandho ka sarreysa 100°F (38°C), qufac, cune xanuun, sanko oo biyo socdaan ama cabbura, kor xanuun, madax xanuun, qarqaryo, waxaana laga yaabaa in ay dareemaan daal fara badan. Dadka qaar waxaa laga yaabaa in matag iyo dhuban ku dhaco.

HADDII AY KULA TAHAY IN AAD LA JIRAN TAHAY ifilo ama hargab aadna su'aalo ka qabtid sida la isaga daaweeyo, soo wac Khadka Ifilada ama hargabka Minnesota ee 1-866-259-4655. Xaqiiji in aad soo wacdo Khadka Ifilada ama hargabka ama takhtarka haddii uu qofka jirran yahay qof dhallinyaro ah ama ilmo, haween uur leh, ama dhibaato caafimaad sida sonkorow, asmo ama neef, ama cudur wadne.



LABO TALLAAL OO IFILADA AMA HARGABKA AH QAADO – mid loogu talagalay ifilada ama hargabka xilligiiba marka yimaada iyo mid loogu talagalay hargabka H1N1. Wac runtaada caafimaadka si lagu tallaalo. Ama ka hubi www.mdhflu.com ama magaaladaada ama waaxda caafimaadka dadweynaha ee deegaanka si aad u heshid rugta caafimaadka ifilada ama hargabka. Waad heli kartaa tallaalka hargabka xataa haddii aadan lahayn caymis caafimaad ama aqoonsi. Waxa laga yaabaa in lacag yar uun lagaa qaado.

SI AAD WAR DHEERAAD AH U HESHID

- Waaxda Caafimaadka Minnesota: www.mdhflu.com
- ECHO (Emergency, Community and Health Outreach) 1-888-883-8831 ama www.echominnesota.org/h1n1/
- Xarumaha Xakamaynta iyo Ka-Hortagidda Cudurka: www.cdc.gov
- Waaxda caafimaadka dadweynaha ee magaaladaada ama deegaanka:



Infectious Disease Epidemiology, Prevention and Control
P.O. Box 64975
St. Paul, MN 55164-0975
1-877-676-5414, TTY: 651-201-5797
www.mdhflu.com