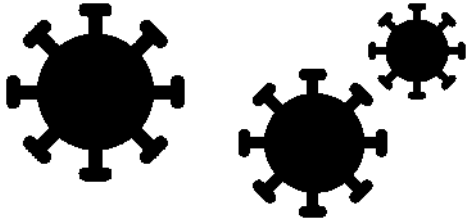
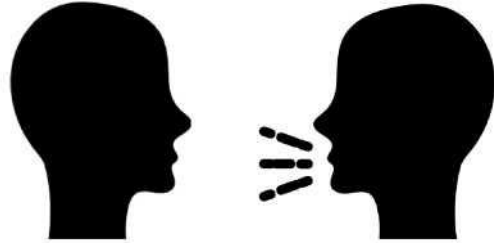


Ifilada (Hargabka)

Xaashida xaqiiqada



Ifilada, oo caadi ahaan loo yaqaan "hargabka", waxaa keena fayrasyada hargabka ee saameeya sanko, cunaha, iyo sambabada. Hargabka ayaa dadka qaarkood u keeni kara jirro daran iyo dhibaatooyin nafta halis geliya.



Hargabku waa la kala qaadaa, badanaa waxaa la iskugu gudbiyaa qufaca ama hindhisada. Waxaa suurtoagal ah in hargab aad ka qaado taabashada meel fayraska hargabku lahayd, ka dibna aad taabato afkaaga ama sankaga.

Astaamaha iyo Calaamadaha Badana Lagu yaqaan



Qandho



Qufac Qallalan



Dhuun Xanuun



Madax-xanuun



Muruqyo Go'go iyo Xanuun



Daal aad u badan

Astaamaha iyo calaamadaha hargabka waxaa ka mid ah qandho, qufac qallalan, cune xanuun, madax-xanuun, murqo go'go iyo xanuun, diif ama san cabur, iyo dareemidda daal badan. Carruurta waxay yeelan karaan calaamado dheeraad ah sida lallabbo, matag, iyo shuban. Astaamaha iyo calaamadaha waxay badanaa bilaabmaan hal ilaa afar maalmood ka dib u baylihidda, celcelis ahaan, illaa laba maalmood.



La hadal dhakhtarkaaga haddii aad u malaynayso inaad hargab qabto. Daawooyinka ka hortagga fayraska ayaa lagu daweyn karaa waxayna si fiican u shaqeeyaan marka la bilaabo laba maalmood gudahooda ka dib markaad jirato.

Ka hortagidda Hargabka

CDC waxay ku talinaysaa "4 Qaab ee Looga Fogaado Hargabka":



Hel tallaalka hergabka sanadlaha ah



Ku dhaq gacmahaaga saabuun iyo biyo



Guriga joog marka aad jiran tahay



Dabool qufacaaga

1. Qaado Tallaalka Hargabka Sannad Kasta

- Tani waa habka kaliya ee ugu fiican ee looga hortagi karo hargabka.
- Waxaad ka difaac yeelataa hargabka qiyaastii laba toddobaad ka dib markaad tallaalka qaadato.
- Waxa jira noocyo badan oo fayrasyada hargabka ah oo way isbeddelaan sannad kasta. Tani waa sababta ay muhiim u tahay in la qaato tallaalka hargabka sannad kasta.

2. Dhaq Gacmahaaga

- Fayrasyada hargabku waxay ku noolaan karaan sagxadaha adag inta u dhaxaysa laba ilaa siddeed saacadood.

3. Guriga Joog Marka aad Jiran Tahay

- Inta badan dadka qaangaarka ah ee caafimaadka qaba waxay kuwa kale qaadsiin karaan jirrada hal maalin kahor ilaa shan maalmood kadib marka ay yeeshaan calaamadaha.

4. Dabool Qufacaaga

- Marka qof hargabka qaba uu qufaco ama hindhiso, dhacaanka waxay gaari karaan afka ama sanko dadka kale.

Hargab Gooni ah



- Hargabka Gooniga ah waxa loola jeedaa noocyada hargabka ee ka duwan fayraska hargabka xilliyeed ee bini'aadamka.
- Fayrasyada hargabka goonida ah sida caadiga ah kuma dhacaan bini'aadamka, laakiin qaadsiinta mar-mar ee bini'aadamka ayaa dhici karta.
- Hargabka goonida ah wuxuu u kala gudbaa xayawaanka iyo dadka. Inta badan kiisaska hargabka goonida ah waxay ka yimaadaan taabashada doofaarka ama shimbiraha.
- Guud ahaan, calaamadaha hargabka goonida ah waxay la mid yihiin hargab xilliyeedka.

Wixii xog dheeraad ah, Booqo:



1. www.maine flu.gov
2. www.cdc.gov/flu

Waxaad sidoo kale ka wici kartaa Maine CDC nambarka 1-800-821-5821.