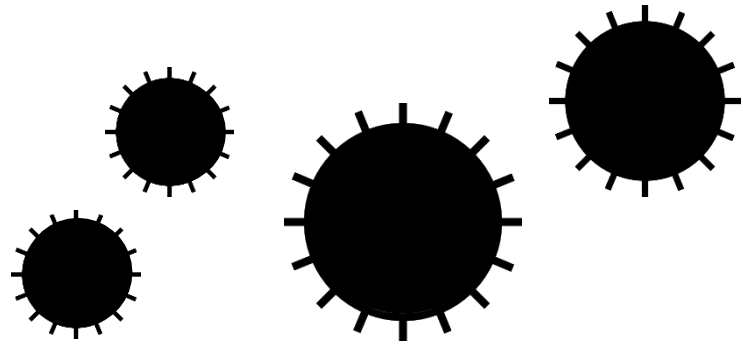


Kolokoto (bokono ya nzoto ya soso)



Mokanda ya Ndimbola



Koloto oyo tobengaka na ndenge mosusu maladi ya nzoto ya soso. Ekoki kokabama na bangu nyoso mpe ewuti na virus oyo ebengami na monoko y aba paya: virus varicelle zoster.



Moto nyoso akoki kozwa maladi ya nzoto ya soso.

Moto oyo azwaki mangwele, akoki ko zuwa maladi ya nzoto ya soso nabopete nyoso te kasi akoki mpe kozwa ya ngo kasi na ndakisa oyo ezali penza mingi te

Bilembo



Makwanza



Nzonto moto



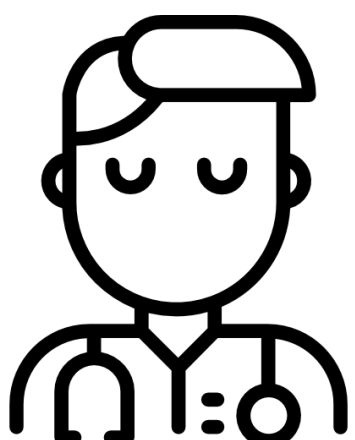
Bolembu



Bozangi posa ya kolia

Nzonto moto, koyoka bolembu, kozanga posa ya kolia mpe mutu pasi ekoki komimonisa na mikolo mibale mbemle y aba ndunta emimonisa. Ba ndunta ekoki komimonisa liboso na elongi, na ntolo, mpe na mokongo na sima nde eye kopanzana na nzoto nyoso mobimba. Na kati ya monoko, na mifiniku ya miso to na nzonto ya kimobali to ya kimwasi. Makwanza ekobogwana na mokusa, mpe ba boutons oyo etondisami na mayi na kati oyo eko toboka na sima ya poso moko. bomonisami ya bokono eyaka na sima ya mikolo 14 to 16 soki moto azwaki maladi yango tango mususu emonisamaka na sima ya mikolo zomi to zomi mibale na moko.

Bokolo to maladi ya nzoto ya soso ekoki kosala mabe makasi na ndakisa ya bana oyo ba botami sika. Bana oyo baza na mbula koleka zomi moko na mibale, bilenge, basi ya zemi mpe batu oyo bazali na bokolongono ya bibundeli ya nzonto ya makasi te. Ba complication ya makasi penza na bokono ya nzonto ya soso ezali mingi te kasi ekoki koya na oyo babengi na monoko y aba paya infection bacterielle, maladi ya mampululu, bongo ya moto ekoki ko vimba mpe na liwa. Ba liwa mosusu ekoki koya na ndenge ya maladi oyo to bengi nzonto ya soso ata soki moto azali nzonto to sante malamumu, belenge mpe bana oyo bazwaki mangwele te.



Solola na docotolo to muganga nay o soki obanzi ozoli na maladi ya nzonto ya soso pona ko zuwa bosalisi mpe maladi oyo ekoki kobikisama na kisi oyo esombami na balabala.

Ko salela te kisi ya aspirine to pe kisi nyonso oyo ezali na aspirine na kati pona kosilisa boyoki nzonto moto ya bana mpo ekoki ko mema mitungisi ebele na bana.

Bopanzani ya bokoloto



Ko kosola na
kosala likise



Bokutani to
kosimba ba
makwanza

Epanzanaka na bopete nyonso soki bokutani na microbe to kopema mopepe oyo ewuti na makwanza. Mikroba yango ekoki ko kabama soki moto oyo azali kobela asokoli maboko te mpe asimbi biloko oyo bana ba sakanelaka to soki akwnzi na miso, zolo to munoko mpe asimbi bisika oyo batu mususu bazo simba mpe.

Bokebisi ya bokoloto



Mangwele
ezali lolenge ya
malamy ya
komibatela



Sokola maboko
na saboni mpe
na mayi

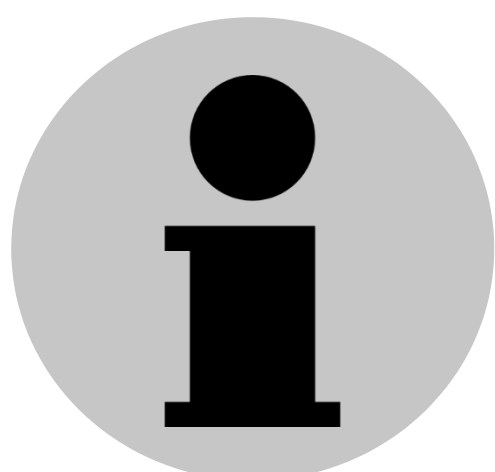


Ko sangisa te
beloko oyo
bosalelaka
pona kolia



Pangusa bisika
nyoso oyo bo
simbaka mikolo
nyonso

Pona kayeba mingi, tala:



1. www.maine.gov/dhhs/varicella
2. www.cdc.gov/varicella
3. www.cdc.gov/vaccines/vpd/vaccines-afe.html (Pona mangwele oyo esengeli kotalisama na ba mbula)

Okoki mpe kobenga na : Maine CDC at 1-800-821-5821.