

MAXAAN KU CAAWIYAA ILMO QABA QUFAC IYO OOF WAREEN?

Marwalba inuu helo cabitan bada iyo nasasho. Waxaa daruuri ah in aad ugayso dhakhtar.

SIDAAN ISAGA ILAALIYAA QUFACA IYO OOFWAREENKA?

Dadka qaba ood iska ilaaliso, gacmahaaga ood dhaqdo. Afkaagana ku dabool fasaleeti ama masar markaad hindhisto ama qufacdo is aanad ugu gudbini bulshada ku wehelisa. Daawada qufaca qaado uma baahnid daawada caabuqa (antibiotics). Sida kale ee laysaga difaaca waa adigoo qaata talaalka oofwareenka ama qufaca. Caadiyan talaalka waxaa la bixiyaa bilowga Oktobar. Talaalkan waxaa haboo in ay qaataan:

- Dadka da'adoodu ka wayntahay 65 sano
- Dadka kunool xaruma xanaanad caafimaadka. Sida wayeelka, dadka laxaadka la'a ama aad ubuka ee lagu daryeelo xarumahaas.
- Dadka buhay muda kabadan xil bilood, waayeelka, dadka neefta qaba kuwa Caateeyaha qaba (HIV) iyo ku wadna xanuunka leh.
- Waxaa kale oo haboon inay talaalka qaataan dadka shaqodoodu tahay in daryeelaan dadkaynu kor kusoo sheegnay oodhan.

Is aad u hesho xaruma caafimaadka beeshaada ee lagu daweyyo qufaca waxaad eegtaa:

www.flucliniclocator.org.

Hadaad akhbaar intaa ka badan oo ku saabsa hargabka iyo qufaca aad raadinaysana waxaa eegtaa:

The US food and drug Administration.
www.fda.gov

American Lung Association
www.lungusa.org

The Nemours Foundation's Center for children's Health Media
www.kidshealth.org

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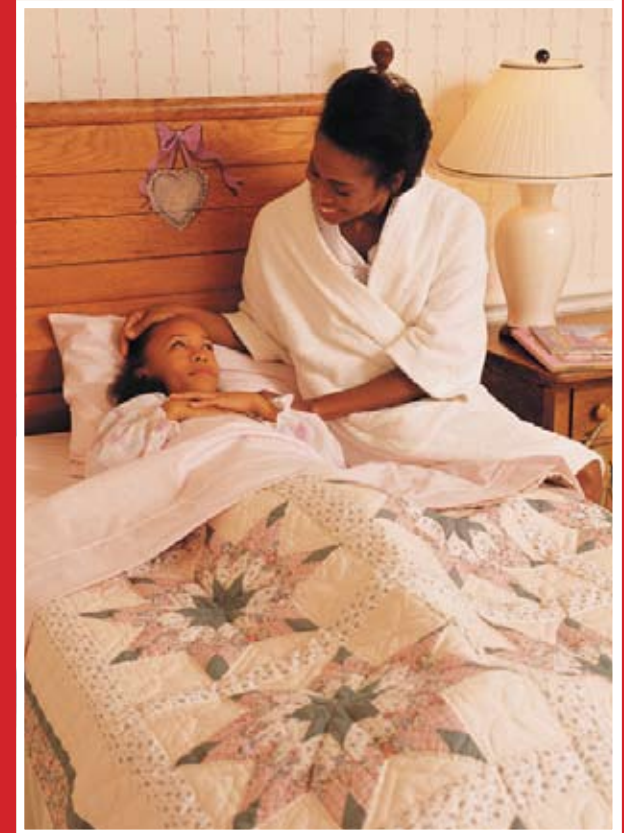
Akhbaarta ku qoran dhambaalkan waxaa laga soo xigtay waraaqo hore oo ay qoreen hayadahan hoos ku xusan.

*The US food and drug administration
The American Lung Association
The Nemours Foundation's center
for Children's Health Media
www.kidshealth.org*

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Hargabka iyo qufaca

(Somali)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

WAA MAXAY HARGABKU?

Hargabku wxaa cudur lakala qaado waxaana keena saxal (viruses) wareega oo hawadu sido. Waxaakale oo laga qaadaa hadii aad la dhaqanto qof qaba. Caadiyana wuxuu yimaadaa marka hawadu qabowga tahay.

MAXAA LAGU GARTAA HARGABKA?

Calaamadaha hargabka lagu gartaa waa cunaha oo ku cuncuna iyadoo naqasku kugu adkaado, Sankoo ku cabudha, qufac ,hidhiso iyo duuf.

YAA QAADA HARGABKA INTUUNA HAYAA DADKA?

Hargabku caadiyan wuxuu dadka hayaa mudo laba asbuuc ah . wuxuuna badanaa kudhac caruurta. Caruurta sanadkii ilaa sideed goor ayay qaadaan hargabka. Dadka waa wayni caaddiyan sanadkii laba goor ayay qaadaan haargab.

WAXAAN ISKAGA DAWEEEN KARAA HARGABKA?

Waxaa kaa daawaynka nasasho badan, cabitaan badan,dawooyinka farmasiyaha waxaad u cunikartaa riiraxanyada, qufaca cabudhka iyo hidhisada. Hargabka looma qaato (antibiotics) dawada caabuqa loocuno. Dawada caabuqu ma dawayso hargabka. Hargabku waa saxal (viruses) iska yimaada

MAXAAN KU CAAWIYA ILMO HARGABSAN?

Waxad ku caawin kartaa nasasho badan, cabitaan badan iyo dawada hargabka. Dawada hargabka waain aad si wacan

u akhrido una siiso ilmah sidii loogu talo galay iyo mudadii loogu talo galay laguuguna tilmaamay dawada korkeeda.

SIDAAN ISAGA ILAALIYAA HARGABKA?

Waxad hargabka isga ilaalin kartaa adigoo farxalashada ama fara dhqashada badiya, adigo iska dhowra taabashada badan ee afka, idhaha iyo sanko. Ka dheerow dadka hargabsan si aanay hindhisadooda, qufacoodu kuu gaadhin. Adna ku hindhis , ku qufac masarka ama fasoleetiga gacanta si aanad u gudbinin cudurka. Ha la wadaagin weel qor hargabsan. Xoogna unadiifi meelaha la wada taabto sida albaabada, miisak korkiisa iyo telefonka.

QUFACA AMA OOFWAREENKA

WAA MAXAY QUFACA?

Qufaca iyo oofwareenku waa xanoon si deg-dega look ala qaado. Wuxuuna leeyahay calaamadaha hargabka wxaase udheer xumad, jidh xanuun iyo daal xad dhaafa. Markuu kugu dhaca caadiyan wuxuu qaataa mudo ka dheer labada asbuuc ee hargabka.

MAXAAN ISKAGA DAWEEYAA UFACA AMA OOF WAREENKA?

Sida ugu wanaagsani waa nasasho iyo cabitaan badn ado hela. Dawada qufaca iyo oofwareenka ka iibsada farmasiyaha.

