

Hargabka (flu-ga)

Waalidka ama masuulka qaaliga ahow,

Waxa lagu siinayaa xaashidan xaqiiqda:

- Sababtoo ah adiga ama ilmahaaga waxaa laga yaabaa inaad qaadeen Flu-ga, ama hargab.
- Ujeedooyin macluumaad oo keliya.

Macluumaadka Guud oo Ku Saabsan Hargabka

Waa maxay hargabku?

- Hargabku waa xanuun ku dhaca neef-mareenka, ama neefsashada, ayna keenaan fayrasyada hargabka.
- Si fudud ayuu faafi karaa.
- Wuu ka duwan yahay durayga (cold).
- Wuxuu aad u badan yahay waqtiga dayrta iyo jiilaalka (xilliyada qaboobaha).
- Inkasto dadka badankiisu ay ku soo kabtaan guriga, dadka qaarkood (oo ay ku jiraan dhallaanka iyo dadka waaweyn) hargabku wuxuu noqon karaa mid halis ah.

Yuu ku dhici kara?

- Qof kasta wuu qaadi karaa hargabka, xitaa haddii uu horey ugu dhacay.
- Dadka qaar ayaa halis sare ugu jira inay aad u jiradaan ama ay ku dhacaan dhibaatooyin caafimaad, oo ay ku jiraan:
 - Dhallaanka iyo carruurta ka yar 5 sano
 - Dadka ka weyn 50 sano
 - Haweenka uurka leh
 - Dadka qaba dhibaatooyin caafimaad oo daba-dheeraada (jirrooyinka karooniga ah)
- **Dadka ku jira kooxda khatarta sare leh (eeg kor) waa inay la xiriiraan bixiyehooda daryeelka caafimaad (dhaqtarka) haddii ay u maleynayaan inay qaadeen, ama ay qabaan, hargab.**

Waa maxay calaamaduhu?

- Qandho (Akadamiyadda Maraykanka ee Dhakhaatiirta Carruurta waxay ku qeexdaa qandhada heerkul dhan 100.4°F [38°C] ama ka sareeya)
- Madax xanuun
- Daal aan caadi ahayn, heerka dhaqdhaqaaqa oo hooseeya
- Qufac qallalan
- Cune xanuun
- Diif ama sanko oo xirma
- Murqo xanuun
- Lallabbo ama matag

Sidee buu u faafaa?

- Fayraska waxaa laga helaa dhibco ka yimaada qufaca, hindhisada, calyada, iyo diifka sanko.
- Fayrasku wuxuu fidi karaa marka qofka hargabka qaba uu qufaco ama hindhiso oo qof kale uu ku neefsado dhibcaha.

- Waxa kale oo ay ku faafi kartaa:
 - taabashada shay ama meel dusha sare ku leh fayraska hargabka ka dibna la taabto afka, indhaha, ama sanko.
 - wadaagista maacuunta ama koobabka qof hargab qaba.

Ka waran Haddaan Ilmahayga ku arko Calaamadaha Hargabka?

Xaashidaan xaqiiqda waxay ku siinaysaa macluumaad guud oo keliya; haddii aad qabto su'aalo dheeraad ah ama aad aaminsan tahay in ilmahaagu qabo hargab, la xidhiidh bixiyaha daryeelka caafimaadkaaga.

Sidee hargabka lagu ogaadaa?

- Bixiyaha daryeelka caafimaadku wuxuu caadi ahaan baari karaa hargabka iyadoo lagu salaynayo calaamadaha qofka.
- Waxaa jira baaritaanno la heli karo si loo ogaado hargabka. Kala hadal dhakhtarkaaga wixii macluumaad dheeraad ah.

Ka Waran Haddii Ilmahaygu Hargab Qabo?

Isla markaaba ogeysii bixiyaha xannaanada cunuggaaga ama dugsiga barbaarinta haddii ilmahaagu qabo hargab.

Sidee loola dhaqmaa?

- Daawooyinka ka hortagga fayraska ayaa laga yaabaa in loo qoro si looga daweeyo hargabka, gaar ahaan dadka aadka u xanuunsan ama khatarta sare ugu jira inay ku dhacaan dhibaatooyin caafimaad. La xidhiidh bixiyaha daryeelka caafimaadkaaga haddii aad u malaynayso in qof qoyskaaga ka tirsan uu hayo hargab.
- Ka dhig ilmaha kuwo degan, u ogolow inay nastaan, iska hubi inay cabbaan dareere badan si ay fuuq-baxa uga hortagaan, marar badanna fiiri xaaladdooda.
- Dhallaanka 3 bilood ama ka yar ee leh xummad 100.4°F (38°C) ama ka badan waa in uu arko adeeg bixiyahooda daryeelka caafimaadka.
- Kala hadal bixiyaha daryeelka caafimaadka ilmahaaga haddii aad wax walaac ah ka qabto calaamadaha ilmahaaga. **Haddii ilmahaaga ay ka muuqdaan calaamadaha fuuq-baxa (xafaayadaha qoyan ama kaadida ka yar sidii caadiga ahayd, daal ka badan inta caadiga ah, dawakhaad, carrabka ama faruuryaha qallalan, ilmo yar), si degdeg ah u neefsanaya, neefsashada oo dhib ah, ama uu leeyahay madax-xanuun daran, waxay u baahan yihiin in uu arko bixiyaha daryeelka caafimaadka isla markaaba.**

Sideen uga hortagi karaa inuu hargabku faafo?

- Qaado tallaalka hargabka sannad kasta. Tallaalka hargabka ayaa lagula taliyaa qof kasta oo jira 6 bilood iyo ka weyn.
- Guriga joog markaad jirran tahay.
- Dhaq gacmaha marar badan, gaar ahaan hindhisada, qufaca, ama taabashada sanko ka dib.
- Dabool sankoaga iyo afkaaga markaad qufacayso ama hindhisayso.
- Iska ilaali taabashada indhahaaga, afkaaga, ama sankoaga.

- Ka fogow in aad la wadaagto koobabka, weelka wax lagu cuno, cuntada, iyo cabitaanka qof kasta oo hargab qaba.
- Si fiican ugu nadiifi saabuun iyo biyo alaabta lagu ciyaaro iyo walxaha kale ee ay carruurtu afka galiyaan.
- Nadiifi oo jeermiska ka dil sagxadaha guriga.

Ilmahaygu Ma u Baahan yahay inuu Guriga ka Joogo Xannaanada Ilmaha?

Ilmahaagu waa inuusan tagin xannaanada cunugga haddii mid ka mid ah Calaamadaha soo socda lagu arko:

- Waxay leeyihiin qandho (heerkulka 100.4° F [38° C] ama ka sareeya) oo ay la socdaan calaamadaha kale ee hargabka.
- Ma dareemaan fayooobi ku filan si ay uga qayb qaataan hawlaha fasalka (tusaale: daal aan caadi ahayn, qallafsanaan ama xanaaq, ama oohin ka badan sida caadiga ah).

Fadlan raac nidaamka jirada ee barnaamijka xannaanada cunuggaaga.

Tixraacyo:

American Academy of Pediatrics

- *Caring for our Children, Chapter 3 Health Promotion and Protection, 3.6 Management of Illness, 3.6.1 Inclusion/Exclusion Due to Illness*
- *Caring for our Children, Chapter 7 Infectious Diseases, 7.3 Respiratory Tract Infections, 7.3.3 Influenza, 7.3.3.2: Influenza Control*
- *Managing Infectious Diseases in Child Care and Schools, 5th Edition. Pages 113-114*

Centers for Disease Control & Prevention

- *Influenza (flu). <https://www.cdc.gov/flu/>*

Child Care Health Program – Public Health Seattle & King County

- *<https://kingcounty.gov/depts/health/child-teen-health/child-care-health/disease-prevention.aspx>. Disease Prevention Website*