

Fayruuska ku dhaca neef-mareenka(RSV)

Waalidka ama masuulka qaaliga ahow,

Waxa lagu siinayaa xaashidan xaqiiqda:

- Sababtoo ah waxaa laga yaabaa in ilmahaagu uu qaaday fayruuska ku dhaca neef-mareenka (RSV)
- Ujeeddooyin macluumaad oo keliya.

Macluumaadka Guud ee ku saabsan qaaday fayruuska ku dhaca neef-mareenka (RSV)

Waa maxay fayruuska ku dhaca neef-mareenka (RSV)

- Waa fayras neef-mareenka ah oo sida caadiga ah keena calaamado fudud, oo u eg calaamadaha qabowga ku dhaca carruurta yaryar.
- Waxay noqon karaa halis, gaar ahaan dhallaanka iyo dadka waaweyn.
- Waa wax caadi ah oo ku dhawaad ku dhaca dhammaan carruurta marka ay da'dooda gaarto 2.
- Waxay aad ugu badan tahay jiilaalka ama horraanta gu'ga.
- Waa sababta ugu badan ee keena caabuqyada neef-mareenka hoose (sanbabada), sida infekshanada loo yaqaano (bronchiolitis and pneumonia,), ee ku dhacaa carruurta da'doodu ka yar tahay 1 sano.

Ya qaadi kara?

- Qof kasta wuu qaadi karaa RSV, xitaa haddii uu hore u qaaday.
- Dadka qaar ayaa halis sare ugu jira inay aad u jiradan ama ay ku dhacaan dhibaatooyin caafimaad, oo ay ka mid yihiin:
 - Dhallaanka dhiciska ah iyo kuwa aadka u yaryar.
 - Dadka ka weyn 50 sano.
 - Dumarka uurka leh.
 - Dadka difaaca jireedkoodu daciif yahay ama qaba xaalad caafimad oo halis ah.

Dadka ku jira kooxda kor ku xusan ee khatarta sare leh (eeg kor) waa inay la xiriiraan bixiyehooda daryeelka caafimaadka haddii ay u maleynayaan inay qadeen, RSV.

Waa maxay calaamaduhu?

- Qandho (Akadamiyadda Maraykanka ee Dhakhaatiirta Carruurta waxay ku qeexdaa qandhada heerkul dhan 100.4°F [38° C] ama ka sarreeya)
- Diif
- Hindhisidda
- Qufac
- cunto xumo
- Calaamadaha dheeraadka ah ee la raadinayo, gaar ahaan dhallaanka aadka u yaryar (kayar 6 bilood) iyo dhallaanka dhicisoobay ee qaba RSV, waa:
 - Heerka dhaqdhaqaaqa oo hooseeya
 - qallafsanaan ama xanaaq
 - cunto xumo

- Neefsashada degdega ah ama neefsashada oo ku adkaata (oo ay ku jiraan dulalka sanko oo gubanaya, gunuunac, hiinraag)
- Calaamadaha badankood waxay ku dhamaadaan 8 ilaa 15 maalmood.

Sidee buu u faafaa?

- Fayraskan waxaa laga qaadaa dhibcaha qufaca, hindhisada, qulqulka, iyo diifka ka socda sanko.
- Fayrasku wuxuu fidi karaa marka qofka RSV qabo uu qufaco ama hindhiso ka dibna qof kale uu ku neefsado hareeraha dhibcihii watay fayraska.
- Waxa kale oo ay ku faafi karaa:
 - taabashada shay ama dusha sare ee uu fayrasku ku yaal ka dibna aad taabto afka, indhaha, ama sanko.
 - la wadaaga maacuunta ama koobabka qof qaba RSV.
- RSV waxay ku noolaan kartaa dusha sare saacado badan.
- Qofku wuxuu faafin karaa RSV toddobaadyo, xitaa ka dib marka astaamuhu tagaan.

Kawaran Haddii Ilmahaygu yeesho Calaamadaha RSV?

Xaashidan xaqiiqadu waxay ku siinaysaa macluumaad guud oo keliya. Haddii aad hayso su'aalo dheeraad ah ama aad ka welwelsan tahay in ilmahaagu qabo RSV, la xidhiidh bixiyaha xanaanada caafimaadkaaga.

Sideen uga baari karaa?

- Bixiyaha daryeelka caafimaadku wuxuu qaadi karaa suuf sanko ama cunaha si uu u helo fayraska.
- Tijaabooyin dhiig ayaa sidoo kale la samayn karaa si loo ogaado caabuqa RSV.

Kawaran Haddii Ilmahaygu qabo RSV?

Isla markiiba ogeysii bixiyaha xanaanada cunuggaaga ama dugsiga haddii ilmahaagu qabo RSV.

Sidee loola dhaqmaa?

- Ma jirto daawo gaar ah oo loogu talagalay RSV, laakiin waxaad daweyn kartaa qaar ka mid ah calaamadaha si aad ilmahaaga u dareenssiso raaxo. Kala hadal dhakhtarkaaga wixii ku saabsan khiyaaraadka daawaynta.
- Ilmaha u raaxee, u ogolow inay nastaan, hubi inay si fiican u qaataan cabitaanka (sida caanaha ama pedalyte), oo inta badan kawarqab.
- 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 xanaanada caafimaadka ilmahaaga haddii aad wax walaac ah ka qabto calaamadaha ilmahaaga. Haddii ilmahaagu 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 xanaanada caafimaadka isla markaaba.

Sideen uga qayb qaadan karaa ka hortagga faafida RSV?

- Guriga joog markaad jirran tahay.
- Ku dhaq gacmaha had iyo jeer saabuun iyo biyo diirran, gaar ahaan hindhisada, qufaca, ama tirtiridda sanko ka dib.
- Dabool sankoaga iyo afkaaga markaad qufacayso ama hindhisayso.
- Ka fogow taabashada indhahaaga, sankoaga, iyo afkaaga.
- Ka fogow in aad la wadaagto koobabka, weelka cuntada, cuntada, iyo cabitaanka qof kasta oo qaba RSV.
- Si fiican u nadiifi alaabta ay carruurto ku ciyaaraan iyo waxyaalaha kale ee ay afkooda ku geliyaan saabuun iyo biyo
- Nadiifi oo jeermiska ka dil sagxadaha guriga.

Ilmahaygu ma u baahan yahay inuu guriga ka joogo Xaruunta daryeelka ilmaha?

Ilmahaagu ma tagi karo xaruunta xanaanada ilmaha haddii la helo mid ka mid ah xaaladaha soo socda:

- Haddii ay leeyihiin qandho (heerkulka 100.4°F [38°C] ama ka sareeya) oo ay weheliso calaamadaha kale ee COVID-19.
- Haddii aysan dareemin fayoobi ku filan inay ka qayb qaataan hawlaha fasalka (tusaale: daal aan caadi ahayn, qallafsanaan ama xanaaq, ama oohin in ka badan sida caadiga ah).

Fadlan raac nidaamka jirrada barnaamijyada daryeelka ilmahaaga.

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, 7.3.8 Respiratory Syncytial Virus (RSV)*
- *Managing Infectious Diseases in Child Care and Schools, 5th Edition. pages 147-148*

Centers for Diseases Control & Prevention

- *Respiratory Syncytial Virus Infection (RSV). <https://www.cdc.gov/rsv/>*

Child Care Health Program – Public Health Seattle & King County

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