

Kahortaga Cudurka ee ka dhaca Child Care and Early Learning Programs (Barnaamijyada Daryeelka Carruurta iyo Waxbarashada Dhallaanka): Liiska Hubinta ee Maamuleyaasha

Sida loo adeegsado liisnaan hubinta: Liisnaan hubinta ayaa ku siinaaya xeelado ay maamuleyaasha iyo macalimiinta barnaamijka waxbarashada dhallaanku u adeegsan karaan kahortaga iyo xakamaynta baahida cudurka. Waxaa ku qoran sababaynta (**Sabab?**), iyo sidoo kale talaabada la qaadaayo (**Maxay taha inaan sameeyo?**) ee xeelad kasta. Qaar badan oo kamid ah xeeladaha ayaa ku talinaaya adeegsiga agabka taageerada, kuwaasoo laga heli karo webseedkeena: kingcounty.gov/childcare. **Waxaa ku anfici karta inaad daabato agabka ku jira lifaaqyada hoose si aad u hesho marka aad u baahan tahay.** Si aad xog badan uga ogaato cudurka iyo sida loo faafiyo, fadlan akhri xogta dheeriga ah eeku jirta dhammaadka liiska hubinta.

La Wadaag Xogta Shaqaalaha iyo Qoysaska

Maxay tani muhiim u tahay? La wadaagista xogta ayaa bixinaysa xasuusino kahor inta aysan imaan cilado, kaa caawinaysa cadeynta filashooyinka marka dadku u baahan yihiin inay guriga aadaan ama guriga joogaan, wuxuuna kahortagayaa waxyaabaha lama filaanka ah ee la xiriira xeerarka iyo siyaasaadka.

Maxay tahay inaan sameeyo?

- La wadaag siyaasaadka xanuunka ee barnaamijkaaga shaqaalaha iyo qoysaska, ayna ku jiraan:
 - marka ilmaha loo diraayo guriga sabab la xiriirta xanuun, marka uu u baahan yahay inuu guriga joogo, iyo marka uu ku laaban karo barnaamijka.
 - in shaqaalaha iyo qoysasku masuul ka yihiin u soo sheegista xanuunka iyo ciladaha xanuunka barnaamijka daryeelka carruurta.
 - in shaqaalaha, maaha qoysasku, ay gaari doonaan go'aanka kama danbaysta ah ee in ilmaha jiran uu sii dhiganaayo daryeelka carruurta iyo in kale.
- La wadaag oo soo dhaji boorka "[Guriga Igu hay Haddii...](#)" (Turjumaada ayaad ka helaysaa kingcounty.gov/childcare qaybta "Disease prevention (Kahortaga Cudurada)".)
- Xasuusi qoysaska in bixiyaasha daryeelk carruurta laga doonaayo in ay ilmaha ama shaqaalaha xanuunsan ka fogeeyaan dadka kale ama u diraan guriga haddii ay leeyihiin astaamaha sida andho, matag, shuban, ama ciladaha kale ee ku qoran [Washington Administrative Code \(WAC, Xeerka Maamulka Washington\) 110-300-0205](#).
- Soo dhaji boorar si aad u barto shaqaalaha iyo qoysaska qaababka muhiimka ah ee lagu yareynaayo faafida jeermisyada. Tusaaleyaasha waxaa kamid ah:
 - Boorka Keep Me Home If (Guriga Igu Hay haddii)

- [Boorarka gacmo dhaqista](#) ee ay bixiso Department of Health (DOH, Waaxda Caafimaadka) (sidoo kalena laga heli karo: [Carabi](#), [Bengali](#), [Cambodian](#), [Chiineys](#), [Hindi](#), [Korean](#), [Nepalese](#), [Af-Ruush](#), [Isbaanish](#), [Turkish](#), [Ukrainian](#), iyo [Vietnamese](#))
- [Boorka daboolista qufacyada iyo hindhisoooyinka](#) oo ay bixisay DOH (sidoo kalena lagu heli karo: [Isbaanish](#))

Dhiiri geli Talaallada

Maxay tani muhiim u tahay? Talaalka wakhtigiisa la qaato ayaa gacan ka gaysta siinta difaac (kahortag) ka dhan ah labada cudurada nafta halista ku ah iyo kuwa guud. Wuxuu sidoo kale kahortagaa cudurada hadda dhif iyo naadir ka ah Mareykanka inay dhacaan marar badan.

Maxay tahay inaan sameeyo?

- La wadaag qoysaska xog ku saabsan [talaallada laga doonayo daryeelka carruurta iyo waxbarashada dhallaanka](#).
- Hayso diiwaanka ardayda iyo shaqalaha laga dhaafay talaalka lacala haddii uu ka dilaaco cudur talaal looga hortagi karo gudaha barnaamijka ama deegaanka.
 - Galka **Talaallada Carruurnimada Hore** ayaa loo qoray in lagu taageero bixiyaaha daryeelka carruurta iyo waxbarashada dhallaanka ee Washington. Galkaan xogta ayaa lagu heli karaa [Ingiriis](#), [Shiineys](#), [Af-Ruush](#), [Soomaali](#), [Isbaanish](#), [Ukrainian](#), iyo [Vietnamese](#). Waxaa ku jira:
 - Xog ku saabsan talaallada iyo cudurada ay kahortagaan
 - Xog ku saabsan shuruudaha talaalka ee daryeelka carruurta iyo dugsiga
 - Jawaabaha tusaalaha ah ee walaacyada guud ee la xiriira talaalka
 - Tilmaamaha kala hadlida talaalka qoysaska shakiga ka qaba

Xili hore Qorshe u Degso Xanuunka

Maxay tani muhiim u tahay? Haddii qof uu ku jirato barnaamijkaaga, waad taqaanaa talaabooyinka aad qaadayso si ay kaaga caawiyaan kahortaga in dadka kale jiradaan.

Maxay tahay inaan sameeyo?

- Abuur hanaanka maalin kasta ee aqoonsiga iyo guri u dirista carruurta iyo shaqaalaha xanuunsada. Waxyaabaha aad tixgelinayso:
 - Goorma ayay macalimiintu samaynayaan baaritaannada maalin kasta ee xanuunka (sida ku cad WAC)?
 - Xagee ayuu ilmuhu ku sugayaa, sida haboonna ka durugsan ilmaha kale, qoyska si ay u qaadaan haddii uu xanuunsan yahay?
 - Yaa la sugaaya ilmaha inta qoysku imaanaayo si uu u qaado?
- Samee qorshe haddii cudurku samaeeyo shaqaalaha iyo cabirada.

- Hayso [diiwaannada Xanuunka](#) oo daabacan si ay kaaga caawiyaan la socoshada maqnaanshiyaasha iyo calaamadaha kooxaha iyo fasallada kaladuwan. (Turjumaada ayaa laga heli karaa kingcounty.gov/childcare qaybta ciwaankeedu yahay “Disease prevention (Kahortaga Cudurka)”.)

Marka Xanuun Yimaado

Mar uun, xataa haddii aad qaado talaabooyinka kahortagiisa, xanuun ayaa ka dhacaaya barnaamijkaaga. Marka xanuunku yimaado, halkaan ayaad ka helaysaa qaar kamid ah talaabooyinka aad qaadayso si aad uga hortagto faafitaanka cudurka:

- Guriga u dir ilmaha iyo shaqaalaha ku xanuunsada barnaamijka.
- Buuxi [Diiwaanka Xanuunka](#) si uu kaaga caawiyi la socoshada astaamaha kooxaha iyo fasallada kaladuwan. (Turjumaada ayaa laga heli karaa kingcounty.gov/childcare qaybta ciwaankeedu yahay “Disease prevention (Kahortaga Cudurka)”.)
- Ogeysiis qoraal ah u dir qoysaska (iimeel, warqad daabacan oo la siiyo qoysaska, nuqulka daabacan oo lagu soo dhajiyo fasalka) marka uu jiro qof fasalka jooga oo laga helay midkood **xanuunnada faafa**. Kuwaan waxaa kamid ah:
 - dadka looga shakiyay ama laga helay midkood cudurada ku qoran [Liiska Xanuunnada Ogeysiiska u baahan iyo](#)
 - cudur kasta oo faafa oo uu helay dhakhtar caafimaad.
 - Warqadaha cudurada badanaa ku faafa xarumaha daryeelka carruurta ayaad ka helaysaa kingcounty.gov/childcare qaybta “Disease prevention (Kahortaga Cudurka)”.
- U soo gudbi qof kasta oo looga shakiyay ama laga helay cudur ku qoran [Liiska Xanuunnada Ogeysiiska U Baahan](#) maamulka caafimaadka ee deegaankaaga, sida uu amrayao sharciga gobalku.
 - Sharciga WAC ee daryeelka carruurta iyo waxbarashada dhallaanka ayaa ka doonaaya barnaamijyada inay **u soo sheegaan dadka laga helo varicella (busbuska) iyo cudurada kale ee talaalka looga hortagi karo** maamulka caafimaadka ee deegaankooda. sidoo kale.
 - Barnaamijyada Daryeelka Carruurta ee ku yaala King County wici kara waaxda Communicable Disease, Epidemiology, and Immunization (CD/E, Cudurada Faafa, Aafada Cudurka, iyo Talaalka) ee Public Health – Seattle & King County (PHSKC, Caafimaadka Dadweynaha-Seattle iyo King County) oo laga wacaayo 206-296-4774 si ay ugu sheegaan. Isku aqoonso inaad tahay bixiyaha daryeelka carruurta.
- La tasho la taliyaha kakaalinta daryeelka carruurta:
 - Haddii tiro lama filaan ah oo ilmaha iyo/shaqaaluhu xanuunsan yihiin (tuaale, haddii wax ka badan 10% carruurta barnaamij, ama inta badan ilmaha ku jira qolka carruurta sadex jirada ah), xataa haddii uusan cudurku ku jirin liiska Cudurada Ogeysiiska u Baahan ee kore ama uusan xaqiijin dhakhtar caafimaad.

- Kan lagaama doonaayo, laakiin waxaan diyaar u nahay inaan ku taageerno:
- Si ad ula xiriirto PHSKC Child Care Health Program (Barnaamijka Caafimaadka Daryeelka Carruurta), iimeyl ugu dir CCHP.Support@kingcounty.gov.

Xog badan oo ku Saabsan Cudurada iyo Sida ay U Faafaan

Cudurada Faafa - cudurada iskaga kala gudba dadka dhexdooda - waxaa keliya lagu faafin karaa haddii sadex waxyaabood ay jiraan: jeermis, qof ay u badan tahay inuu qaado jeermiska ama inuu ku xanuunsado haddii uu ku dhaco jeermisku jidhkiisa, iyo qaab uu jeermisku ku gaaro qofka. Barnaamijyada daryeelka carruurta iyo waxbarashada Dhallaanka ayaa leh dhammaan sadexda sifaba, laakiin liiskan hubintu wuxuu diirada saarayaa inuu kaa caawiyo yareyntooda.

Jeermisyada looga hadlay liiska hubinta waa fayrasyada, bakteeriyada, fungaska, iyo jidh gallada laga yaabo inay sababaan cudur.

Waxaa jira sababo badan oo **qof uu ku noqon karo mid u nugul in jeermisku haleelo**. Xarunta daryeelka carruurta, ilmaha ayaa aad iskugu dhow waxayna u badan tahay inay walxaha afka gashtaan, kuwaasoo labaduba u sahlayaan in jeermisyadu galaan jidhkooda. Farxal la'aanta (ama in aan si fiican loo farxalan) ayaa kordhinaysa suuragalnimada in jeermisku uu galo jidhka qofka. Dhaawacyada furan ama meelaha jidhka go'an ee aan la daboolin ayaa sidoo kale kordhinaaya khatarta waayo waxay u sahlayaan jeermisyada inay galaan jidhka qofka.

Marka jeermisyadu ka tagaan qof ayna galaan jidka qof kale, waxaa la yiraahdaa **isku gudbin**. Waxaa jira sadex nooc oo cudurka la iskugu gudbiyo kuwaasoo ku badan daryeelka carruurta, ayna ku jiraan:

- **Iskugu gudbinta faniinada afka** – Tan ayaa dhacda marka qof qaba fayrasyada neef mareenka qaarkood ama caaburyada bakteeriyada uu faniinnada afka oo ka dhasha qufacyadiisa, hindhisoyinkiisa, calyadiisa, ama dheecaanka ka yimaada sanku ku siidaayo hawada, ku dhacaan dusha meelaha, ama si toos ah u galaan jilicsanta indhaha, sanku, ama afka ee qof kale. Faniinadaan ka yimaada afka ayaa sida fayraska ama bakteeriyada, laakiin badanaa ma gaaraan bad ka fog 3 ilaa 6 fiid waayo waa kuwo balaaran oo culus. Qof kale ayuu jeermisku geli karaa jidhkiisa haddii faniinadu toos ugu dhacaan jilicsantiisa (indhaha, sanku, ama afka), ama uu taabto dusha meel ama wax ay faniinadu ku dhaceen kadibna uu isla gacantaas ku taabto indhihiisa, sankiisa, ama afkiisa. Tusaaleyaasha cudurada ku faafi kara iskugu gudbinta faniinnada waa:
 - *Bordetella pertussis* bacterium (qufaca jixdheerta) (waxaa looga hortagi karaa talaalka Diphtheria, Tetanus, and acellular Pertussis (DTap, Gawracatada, Teetanada, iyo xiiq-dheerta) ama talaalka Tetanus, Diphtheria, and acellular Pertussis (Tdap, gawracatada, teetanada, iyo xiiq-dheerta)
 - Fayraska Hargabka (waxaa looga hortagi karaa talaalka hargabka)
 - Fayraska neef mareenka ee syncytial (RSV)
 - Fayraska COVID-19 (darnaantiisa ayaa lagu yareyn karaa talaalka COVID-19)
 - Cudurka gacmaha, cagaha, iyo afka (HFMD)
 - Norovirus
 - Fayraska Qaamo-Qashiirka – (waxaa looga hortagi karaa talaalka Measles,

Mumps, and Rubella (MMR, Jadeecada, Qaanshiirka, iyo Rubella)

- **Iskugu gudbinta Neefta** – Tan ayaa dhacda marka qofka qaba fayraska ama bakteeriyada uu neefsado, hadlo, heeso, qufaco, ama hindhiso kadibna uu faniinada yar ee fayras ku siidaayo hawada. Sabab la xiriirta in faniinadaan ay yihiin kuwo aad u yar oo fudud, waxay ku nagaadaan hawada waxayna hawada ku jiri karaan saaco badan. Qof kale ayaa qaadi kara jeermisyadaan oo galaaya jidhkiisa marka uu jiido neefta ay soo raaceen faniinadaan hawada ku jira.
 - Tusaaleyaasha cudurada ku faafi kara iskugu gudbinta neeftu waa:
 - *Myobacterium tuberculosis* bacterium (xanuunka Qaaxada)
 - Fayraska Rubeola (jadeecada) – (waxaa looga hortagi karaa talaalka Measles, Mumps, and Rubella (MMR, Jadeecada, Qaanshiirka, iyo Rubella)
 - Fayraska SARS-CoV-2 (COVID-19) (darnaantiisa ayaa lagu yareyn karaa talaalka COVID-19)
 - Fayraska Varicella-zoster (busbuska) (waxaa looga hortagi karaa talaalka (varicella) busbuska)
- **Iskugu Gudbinta Taabashada** – Tan ayaa dhacda marka fangaska, bakteeriyada, fayraska, iyo jidhgalka ka yimaada qof ay galaan jidhka qofka kale. Waxay ku dhici karaan labo qaab.
 - **Toos** – Haddii qofku taabto finankiisa uu jeermisku saaran yahay, (tusaale, finanka biyuhu galeen ee busbuska ama finanka impetigo), kadibna uu taabto qof kale, jeermisyadiisa ayaa galaaya jidhka qofka kale marka ay taabtaa dhaawaca aan la daboolin, nabarada, ama dilaaca maqaarka. Iskugu gudbinta tooska ah ee taabashada ayaa sidoo kale ka dhalan kara cayaanka jidhka gala, sida injirta ama isnadaamiska, haddii maqaarka laba qof toos isku taabtaan muddo ku filan in cayayaanku ay kasoo gurguurtaan qof oo galaan qofka kale.
 - **Aan toos ahayn** – Marka fayras, bakteeriyo, ama fangas uu taabto gacmaha, dusha meelaha, ama waxyaabaha, tan waxaa loo yaqaanaa **ku sumoobid**. Haddii qof kale uu taabto gacmaha, waxyaabaha, ama dusha meelaha fayrasku saaran yahay, uusana farxalan (ama uusan si fiican u dhaqin gacmihiisa) kadibna uu taabto afkiisa, indhihiisa, ama sankiisa ama meel ka banaan maqaarka sida nabar aan la daboolin, jeermisyada ayaa geli kara jidhka qofka kana dhigaaya mid xanuunsan.
 - **Iskugu gudbinta Saxarada Afka Gasha** – Kani waa tusaalaha gaarka ah ee isku gudbinta aan tooska ahayn. Iskugu gudbinta saxarada afka gasha ayaa dhacda marka bakteeriyada ama fayraska ku jira saxarada (xaarka) hal qof uu galo afka uuna liqo qof kale. Tan ayaa dhacda marka qof qaba xanuun ka dhasha jeermisyada ku jira saxarada (xaarka) uusan si fiican u farxalan si uu jeermisyada uga saaro gacmaha kadib marka uu galo musqusha, kadibna uu jeermisyada ku faafiyo waxyaabaha ama cuntada.

Qof kale ayaa cudurka qaadi kara asagoo midkood cunaaya cuntada jeermisku galay, ama taabanaaya shay jeermisku saaran yahay, uusana dhaqin gacmihiisa, kadibna gacmihiisa ku taabanaaya afkiisa.

- Tusaaleyaasha cudurka ee lagu faafiyo istaabshada waa:
 - Caabuqyada Impetigo iyo MRSA ee ka dhasha bakteeriyada Staphylococcus iyo Streptococcus
 - Cudurka gacmaha, cagaha, iyo afka (HFMD)
 - Norovirus
 - Fayraska SARS-CoV-2 (COVID-19) (waxaa looga hortagi karaa talaal)
 - Fayraska Varicella-zoster (busbuska) (waxaa looga hortagi karaa talaalka (varicella) busbuska)
 - Rotavirus (waxaa looga hortagi karaa talaal)

Cudurada qaar ayaa ku faafa qaabab badan (tusaale, COVID-19 ayaa ku faafi kara faniinada, hawada, iyo is taabshada). Adoo adeegsanaaya keliya hal xeelad, sida nadiifinta dusha meelaha, xanuun sidoo kale ku faafi kara iskugu gudbinta neefta, ayaan kugu filnayn si aad meesha uga saarto jeermiska. Si aad qaab waxtar leh u yareyso jeermisyada, uga hortagto faafitaanka jeermisyada, aadna uga hortagto cudurka, waa muhiim inaad adeegsato xeeladaha kaladuwan.

Sidee ayuu qaabka 3 Talaabo ah U Shaqeeyaa si looga Hortago Cudurka?

1. **Nadiifi** – Nadiifinta ayaa lagu sameeyaa saabuun, biyo iyo xoqid. Talaabadaan ayaa meesha ka saaraysa wasaqda dusha meelaha waxayna ka saaraysaa inta badan noocyada jeermisyada khatarta ah ee sababa cudurada.
2. **Biyo raaci** – Daawooyinka sifeynta iyo jeermis dileyaasha ayaan waxba tarayn haddii saabuun ay meesha ku harto kadib marka aad dhaqdo. Saabuunta ayaa u baahan in la biyo raaciyo adoo adeegsanaaya biyo nadiif ah si sifeeyaasha iyo jeermis dileyaashu ay shaqadooda u qabsadaan.
3. **Sifee** – In kasta oo hal yool yahay in jeermiska meesha laga saaro jeermisyada si aysan u faafin, sidoo kale ma doonayno in kiimikooyin daran ay galaan jidhka ilmaha. Cadadka warankiilada ku jirta sifeeyaasha ayaa loo arkaa mid amaan u ah in loo adeegsado agabka ilmuhu afka gasho kale (cinjirka ilmuhu nuugo io boonbaleyaasha) ama dusha meelaha cuntadu taaban karto (sida saxuunta iyo maacuunta cuntada).
Sifeeyaasha ayaa yareeya tirada jeermisyada ku haray dusha meelaha kadib marka la dhaqo si ay u yaraadaan jeermisyada faafinaaya caabuqa ee sababaaya cudurka.

Ama

3. **Jeermiska dil** – Qaar amid ah jeermisyada ku nool saxarada (xaarka), dhiiga, iyo dheecaannada kale ee jidhka ayaa sababi kara cudur ama xanuun daran. Yoolku waa

in la dilo jeermisyadaan, maaha in keliya la yareeyo. Sabab la xiriirta in jeermis dileyaashu ay dilaan jeermisyada ku haray dusha meelaha kadib marka la dhaqo, waxaa la mariyaa dusha meelaha uu saaran yahay jeermiska sababa xanuunka daran (musqulaha iyo aagaga ilmaha xayaada ooga badelo). Sidoo kale waxaa loo adeegsadaa nadiifinta dheecaannada jidhka, dhiiga, ama agabka kale ee caabuqa faafin kara (OPIM).

Tixraacyada

American Academy of Pediatrics. Managing Infectious Diseases in Child Care and Schools, 6th Edition

Centers for Disease Control and Prevention. Website: https://www.cdc.gov/infection-control/about/?CDC_AAref_Val=https://www.cdc.gov/infectioncontrol/spread/index.html

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs. 4th ed. Itasca, IL: American Academy of Pediatrics; 2019