

Cytomegalovirus (CMV)

Waalidka ama Masuulka Qaaliga ahoow,

Waxaa lagu siinayaa xaashidaan xogeed:

- Sababtoo ah adiga ama canugaada ayaa laga yaabaa in aad u bayla noqoteen Rosiyoola CMV.
- Ujeeddooyin macluumaad oo keliya.

Xogta Guud Ee Ku Saabsan CMV

Waa maxay CMV?

- Cytomegalovirus, ama CMV, waa fayras.
- Waa fayras xiliga carruurnimada.

Yuu ku dhici karaa CMV?

- Qof kasta waa uu ku dhici karaa CMV.
- Ku dhawaad qof walba ayuu CMV ku dhici inta ay nool yihiin. Inta badan dadka qab habdhiska difaaca caafimaad uu xooganyahay weligood kuma dhici doono astaamaha ama ma jiran karaan.
- Dadka qaar ee uu ku dhaco CMV waxay khatar weyn ugu jiraan inay aad ula xanuunsadaan ama inay isku arkaan dhibaatooyin caafimaad, oo ay ku jiraan:
 - Dadka habdhiska difaaca jirkooda oo liito.
 - **Haweenka xaamilada ah.** Ilmaha aan weli dhalan wuxuu qaadi karaa CMV xilliga uurka. Tani waxay u horseedi kartaa xaalado caafimaad ohalis ah, sida maqal la'aan, arag la'aan iyo heerar kala duwan oo naafonimo garaadka ee ilmaha uurka ku jira.
- **Dadka kujiro kooxda khatarta sare ugu jirto xanuunka (kor ka eeg) waa inay la xiriiraan daryeel bixiyahooda caafimaadka haddii ay u maleeyaan inuu soo gaaray,, ama inay qabaan, CMV.**

Waa maxay astaamaha?

- Inta badan carruurta yaryar ma laha wax astaamo ah.
- Mararka qaarkood, carruurta waaweyn ama dadka waaweyn ee qaba CMV waxay leeyihiin astaamo fudud oo ay ku jiraan:
 - Qandho (American Academy of Pediatrics waxay qandho ku qeexaan heerkul dhan 100.4°F [38°C] ama ka sarreeyo)
 - Cune xanuun
 - Qumanka oo barara
 - Daal
- Astaamaha halista ah ee CMV waxaa ka mid ah dhibaatooyinka caafimaad ee isha, sambabada, beerka, hunguriga, caloosha, iyo mindhicirka. Haddii mid ka mid ah astaamahaan aad isku aragto, la xiriir daryeel-bixiyahaaga caafimaadka.

Sidee ayey ku faaftaa?

- CMV waxaa laga helaa dareeraha jirka sida kaadida, dheecaanka (candhuufta), dhiigga, iyo caanaha hooyada.
- Fayrasku waxa uu ku faafaa:
 - Candhuufta ee dhunkashada bishimaha ama wadaagidda koobabka ama weelasha cuntada.
 - Marka uu qofku taabto shay ama meel (tusaale ahaan taabashada toyga ama xafaayadda) ee fayrasku uu ku yaalo, oo AYSAN dhaqin gacmahooda, ka dibna taabtaan afkooda, indhahooda, ama sankooda.
 - **Xilliga uurka ama marka naas nuujinta dhalmada ka dib.**

Sidee Ayaan Ku Ogaanayaa In Canugeygu Uu Qabo Cudurka CMV?

- Caabuqa intooda badan lama ogaado sababta oo ah fayrasku waxa uu muujiyaa astaamo yar, haddii ay jiraanbo.
- Hase yeeshee, daryeel bixiyaha caafimaad ayaa laga yaabaa inuu sameeyo baaritaan ku aadan dadka ku jira kooxda khatarta sare ku sugan.

Haddii aad qabto su'aalo dheeraad ah ama aad ka walaacsan tahay in canugaagu qabo CMV, la xiriir daryeel-bixiyahaaga caafimaadka. Xaashidaan xogeed waxay ku siineysaa macluumaad guud oo keliya.

Kawaran Haddii Canugeygu Uu Qabo CVM?

Isla markiiba ogeysii daryeel bixiyaha caafimaadka cunuggaaga ama dugsiga barbaarinta caruurta haddii canugaagu qabo CMV.

Sidee CMV loo daaweeyaa?

- Hadda ma jirto wax daawayn ah oo loogu talagalay caabuqa CMV ee ku aadan qof caafimaad qaba.
- Daawooyinka ka hortagga fayraska ayaa laga yaabaa in loo qoro dadka habka difaaca jidhkoodu daciif yahay.

Sidee ayaan uga hortagi karaa in caabuqa CMV uu faafo?

- Guriga iska joog marka aad xanuunsan tahay.
- Dhaq gacmaha mar walba, gaar ahaan markaad xafaayadda badesho ka dib ama taabato waxyaabaha ku jiray afka qof kale.
- Ka fogow la wadaagista koobabka, maacuunta wax lagu cuno, cuntada, iyo cabitaanka qof kasta oo qaba CMV.
- Guud ahaan nadiifi boombalayaasha iyo alaabo-alaabeyda kale ee ay carruurta afka gashtaan adigoo ku dhaqaya saabuun iyo biyo.
- Nadiifi oo jeermiska ka dil dusha sagxadaha guriga.
- Dadka waaweyni waxay ka fogaan karaan gaarista dheecaanka (candhuufta) carruurta iyagoo

- aan ka dhunkan carruurta dibnaha iyo iyagoo aan afkooda gelinayn gacmaha carruurta, faraha, alaabta ay ku ciyaaraan, ama mujurucyada.

Canugeygu Ma Wuxuu Ubaahan Yahay Inuu Iska Joogo Guriga oo uu Ka Haro Goobta Xannaanada Carruurta?

Maya. Carruurta u bayla noqday, ama laga helay, CMV waa ay sii imaan karaan goobta xannaanada carruurta **marka laga reebo:**

- Haddii ay hayso qandho (heerkul gaarayo 100.4°F [38°C] ama ka sarreeyo) oo ay wehliyaan astaamo kale.
- Haddii uusan qabin caafimaad uu uga qeybqaato waxqabadyada fasalka (tusaale ahaan: daal aan caadi ahayn; xanaaq ama farxad la'aan; oohin ka badan sidii caadiga ahayd).

Fadlan raac xeerarka barnaamijka xannaanada ee canugaaga.

Tixraacyada

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, 7.7 Herpes Viruses, 7.7.1 Cytomegalovirus (CMV)
- Managing Infectious Diseases in Child Care and Schools, 6th Edition pages 93-94.

Center for Disease Control and Prevention

- About Cytomegalovirus (CMV). <https://www.cdc.gov/cmV/overview.html>.