

Cold Sores (Fayraska Herpes Simplex Nooca 1 [HSV-1])

Waalidka ama Masuulka Qaaliga ahoow,

Waxaa lagu siinayaa xaashidaan xogeed:

- Sababtoo ah adiga ama canugaada ayaa laga yaabaa inuu idin soo gaaray HSV-1.
- Ujeedooyin macluumaad oo keliya.

Xogta Guud Ee Ku Saabsan Cold Sores?

Waa maxay cold sores?

- Cold Sores waa caabuq ku dhaca afka, sanko, iyo dibnaha oo uu keeno fayraska herpes simplex nooca 1 (HSV-1). Waxa sidoo kale oo loo yaqaanaa finanka qandhada.
- Waxaa jira laba nooc oo HSV ah. **Nooca 1 aad ee HSV wuxuu badanaa keenaa cold sores-ka ku dhaca afka** halka HSV nooca 2 uu keeno fayraska herpes-ka xubinta taranka.
- Marka uu qofku yeesho HSV-1, fayrasku inta badan jidhka ayuu ku jiraa oo marmar ayuu astaamo keeni karaa.

Yay ku dhici karaan?

- Qof kastaa wuu qaadi karaa HSV-1 waxaana ku dhici karo cold sores.
- Dadku inta badan waxay fayraskaan qaadaan xiliga caruurnimada.

Waa maxay astaamaha?

- Mararka qaarkood qofku wuxuu qabi karaa HSV-1 oo ma lahaan karo wax astaamo ah.
- Marka ugu horeysa ee qofka uu ku dhaco HSV-1 calaamadaha waxaa ka mid noqon kara:
 - Qandho (American Academy of Pediatrics waxay qandho ku qeexaan heerkul dhan 100.4°F [38°C] ama ka sarreeyo)
 - Nabaro xanuun badan oo casaan ah oo aakhirka isu beddela finan afka ah, oo ay ku jiraan ciridka, iyo dibnaha
 - finanku waxay leeyihiin dareere cad oo dhiigi leh.
 - finanka si tartiib ah ayay u engegaan oo waxay noqdaan qolof.
 - Xanaaq ama buuq badan
- Caabuuqa ugu horreeya ka dib, HSV-1 waxay caadi ahaan u soo baxdaa sida finan ka soo baxa dibnaha. Kuwaasi waxaa loo yaqaanaa cold sores ama nabarro qandho ah.
- Qaar ka mid ah dadka qaba HSV-1 waxay halis sare ugu jiraan inay aad u jiranaadaan ama ay isku arkaan dhibaatooyin caafimaad, oo ay ku jiraan dadka nidaamka difaaca jirkoodu daciif yahay. Dadka khatarta sare ku jira waa inay la xiriiraan daryeel bixiyahooda caafimaadka haddii ay u maleeyaan inuu soo gaaray HSV-1.

Sidee ayuu HSV-1 ku faafaa?

- Fayrasku waxay u badan tahay inuu fido labada toddobaad ka hor intaan cold sores-ka soo muuqan iyo inta ay cold sores-ka jiraan.

- Waxaa laga helaa dareeraha ka yimaada cold sores-ka iyo candhuufta (dhareerka) ee qofka qaba cold sores-ka.
- Wuxuu ku faafi karaa:
 - Taabashada indhaha, sanko, ama afka iyadoo gacmaha aan dhaqnayn kadib markii aad soo taabatey shey ama sagxad uu dulsaaran yahay fayraska (tusaale, ku taabashada afka ee alaabaha lagu ciiro ee ilmaha).
 - Maacuunta ama koobab la wadaagista qof qaba cold sores-ka.
 - Taabashada tooska ah ee nabarrada (tusaale ahaan, dhunkashada).

Sideen ku ogaan karaa in ilmahaygu uu qabo Cold Sores oo ay keento HSV-1?

HSV-1 way adkaan kartaa in la ogaado sababta oo ah waxaa lagu qaldi karaa caabuqyada kale ee keena nabarrada afka (tusaale ahaan, nabarrada gacanta iyo cudurka afka, nabarrada afka, cabeebka). Daryeel bixiyaha caafimaadku ayaa sheegi karaa haddii ay tahay HSV-1 iyaga oo qadaya baadhitaano.

Haddii aad qabto su'aalo dheeraad ah ama aad ka walaacsan tahay in canugaagu qabo HSV-1, la xiriir daryeel-bixiyahaaga caafimaadka. Xaashidaan xogeed waxay ku siineysaa macluumaad guud oo keliya.

Kawaran Haddii Ilmahaygu uu qabo Cold Sores oo ay keento HSV-1?

Isla markiiba ogeysii daryeel bixiyahaaga caafimaadka cunuggaaga ama dugsigaa barbaarinta caruurta haddii ilmahaaga laga helay HSV-1 oo uu hadda qabo cold sores-ka.

Sidee ayaa cold sores-ka loo daaweeyaa?

- Waxaa jira dawooyin ka-hortagga fayraska oo kaa caawin kara soo gaabinta wakhtiga bogsashada ee cold sores-ka. Daryeel bixiyahaaga caafimaadka kala hadal ikhtiyaarada daawaynta ee ilmahaaga.

Sidee ayaan uga hortagi karaa in HSV-1 uu faafo?

- Gacmaha dhaq mar walba.
- Ka fogoow taabashada indhahaaga, sanko, ama afkaaga.
- Ka fogoow la wadaagista koobabka, maacuunta wax lagu cuno, cuntada, iyo cabitaanka qof kasta oo qaba cold sores-ka.
- Guud ahaan nadiifi boombalada iyo alaabo-alaabeyda kale ee ay carruurta afka gashtaan.
- Cold sores-ka waa in markasto lagu xiraa faashad haddii ay suurtagal tahay.

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

Maya. Carruurta uu soo gaaray HSV-1, qasab ma ahan in ay guriga joogaan.

Dukumiintigaan waxaa marki ugu danbeysay dib u eegis ku sameeyey Barnaamijka Caafimaadka Xannaanada Carruurta 9/2023 - Somali

**Carruurta hadda qaba cold sores-ka oo ay keento HSV-1 way sii wadan karaan inay tagaan
Goobta Xannaanada Carruurta ilaa:**

- Haddii ay hayso qandho (heerkul gaarayo 100.4°F [38°C] ama ka sarreeyo) oo ay wehliyaan astaamo kale.
- Aysan xakamayn karin dhareerkooda.
- Ay leeyihiin nabaro furan oo aan la dabooli karin.
- 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, 7.7.2 Herpes Simplex
- Managing Infectious Diseases in Child Care and Schools, 6th Edition. Pages 119-120