

Daaf (Indho cas)

Waalidka ama masuulka qaaliga ahow,

Waxa lagu siinayaa xaashidan xaqqiqa:

- Sababtoo ah adiga ama ilmahaaga waxaa laga yaabaa inuu ku dhacay conjunctivitis (pinkeye).
- Ujeedooyin macluumaad oo keliya.

Macluumaadka Guud ee Ku Saabsan Daaf (indho cas)

Waa maxay daaf?

- Daafku waa caabuq ku dhaca Indhaha carruurta. Waxa kale oo loo yaqaan pinkeye (indho cas). Waa barar ku yimaadda xuubka dhuuban, ee cad ee gudaha daboolka isha iyo aagga cad ee isha. Waxaa sababi kara bakteeriyada, fayrasyada, iyo xasaasiyadaha (sida dhogorta xayawaanka ama caarada boodhka), ama cuncun kiimikeed.
 - Kaliya fayraska daafka iyo bakteeriyada daafka ayaa si fudud u faafa.
 - Xasaasiyadda iyo kiimikada daafka kuma faafaan qof ilaa qof mana aha ujeedada warqaddan ogeysiinta.
- Bakteeriyada daafka waxay aad u badan tahay bilaha Disembar ilaa Abriil.

Ya qaadi kara?

Qof kastaa wuu ku dhici karaa daaf. Bakteriyada daafka waxay ku badan tahay dhallaanka waaweyn iyo carruurta marka loo eego kan fayraska.

Waa maxay calaamaduhu?

- Bakteeriyada:
 - Indhaha oo Casaan ama jaale noqda xanuuna leh.
 - In ka badan qadar yar oo dareere cagaaran ama jaalle ah.
 - Daboolka Indhaha ayaa laga yaabaa inay isku dhegaan hurdada ka dib.
 - Waxay ku dhici kartaa hal ama labada indhood.
- Fayraska:
 - Indho leh Busuus, barar, iyo Biyo.
 - Indhuhu waxay u nugul yihiin iftiinka.
 - Waxa laga yaabaa inay saamayso hal il oo keliya.
 - Waxaa jiri kara calaamado kale sida sanko oo dareera, cune xanuun, iyo dhego xanuun.

Sidee buu u faafaa?

- Bakteeriyada iyo fayrasyada keena daafka waxaa laga helaa dareeraha isha qofka cudurka qaba.
- Habka ugu badan ee uu ku faafaa waa in indhaha lagu taabto gacmo aan la dhaqin ka dib marka la taabto shay ama oog uu ku jiro fayraska ama bakteeriyadu.
- Fayrasyada keena daafka sidoo kale waxaa laga heli karaa dhibco ka yimaada qufaca, hindhisada, iyo sanko duufsan.
- Waxa kale oo ay ku faafi kartaa:
 - Xiriir shaqsiyeed oo dhow, sida taabashada ama gacan qaadka.

- Wadaagista alaabta gaarka ah ee isha gaarta, sida shukumaan, dharka dhaqida, qurxiyaha, ama muraayadaha.
- Marka qofka qaba daafka uu qufaco ama hindhiso oo qof kale uu ku neefsado hareeraha lagu qufacay ama lagu hidhisay.

Sideen ku ogaan karaa in canugaygu qabo Daaf?

Bixiyaha daryeelka caafimaadku waxa uu ku ogaan karaa daaf marka uu eego indhaha qofka.

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

Kawaran Haddii Ilmahaygu Qabo Daaf?

Isla markiiba ogeysii bixiyaha xanaanada cunugga ama dugsiga barbaarinta haddii ilmahaagu qabo Daaf.

Sidee loola daaweeya?

Bixiyaha daryeelka caafimaadku wuxuu go'aamin karaa daaweynta ugu fiican, iyadoo ku xiran sababta cudurka keentay Conjunctivitiska.

- Daafka **bakteeriyada** waxaa lagu daaweeyaa antibiotics (daawo disha jeermis). Calaamaduhu guud ahaan way fiicnaadaan 2-3 maalmood ka dib bilawga daaweynta.
- **Daafka fayrasku** kuma fiicnaan doono antibiyootiga.

Sideen uga hortagi karaa Daafka inuu faaf?

- U dhaq gacmaha si joogta ah ugu yaraan 20 ilbiriqsi. Haddii saabuun iyo biyo diirran la waayo, isticmaal gacmo nadiifiyaha alcohol ku salaysan oo ka kooban ugu yaraan 60% alkahool si aad gacmaha u nadiifiso.
- Dabool sankaa iyo afkaaga markaad qufacayso ama hindhisayso.
- Iska ilaali taabashada indhahaaga, sankaa, iyo afkaaga.
- Tuur kubbadaha suufka ah ama unugyada loo isticmaalo in lagu nadiiyo dareeraha indhaha oo gacmahaaga ku dhaq saabuun iyo biyo diirran ka dib.
- Nadiifi walxaha sida caadiga ah ay taabtaan gacmaha ama wejiyadu, sida gacan-qabsiga albaabka, telefoonada, iyo alaabta lagu ciyaaro.
- Wixii barkimo ah, go'yaal, dhar-dhaqid, iyo shukumaan uu isticmaalo qofka qaba xanuunka daafka waa in lagu dhaqaa biyo kulul iyo saabuun, iyada laga soocayo dharka dadka kale.
- Iska ilaali inaad la wadaagto alaabta gaarka ah, sida shukumaannada, marada dhaqida, muraayadaha, iyo qurxinta qofka qaba Conjunctivitiska.

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

Maya. Carruurta la kulmay, ama laga helay, daaf waxay sii wadi karaan inay tagaan daryeelka ilmaha ilaa:

- Ay yeeshaan qandho (heerkulka 100.4°F [38°C] ama ka sareeya) oo ay la socdaan calaamadaha kale ee daaf fayras (san duuf, dhuun xanuun, dhego xanuun).
- Aysan dareemayn 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 jirrooyinka barnaamijka xanaanada cunugga. Barnaamijyada xanaanada cunugga waxaa laga yaabaa inay uga baahdaan shaqsiyaadka indhaha wax ka soo baxayan in ay guriga ka joogaan xanaanada cunugga ilaa dareerahu ka dhamaado ama ilaa ilmaha uu qiimeeyo xirfadle daryeel caafimaad.

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 Standard 7.5.1.1: Conjunctivitis (Pinkeye)*
- *Managing Infectious Diseases in Child Care and Schools, 5th Edition. Pages 141-142*

Centers of Disease Control & Prevention

- *Conjunctivitis website <https://www.cdc.gov/conjunctivitis/index.html>*

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*