

# Cudurka Shanaad

Waalidka ama Masuulka Qaaliga ahoow,

Waxaa lagu siinayaa xaashidaan xogeed:

- Sababtoo ah adiga ama canugaada ayaa laga yaabaa inuu idin soo gaaray cudurka shanaad.
- Si lagu siiyo macluumaad/xog.

---

## Xogta Guud Ee Ku Saabsan Cudurka Shanaad

**Waa maxay cudurka shanaad?**

- Cudurka shanaad waa xanuun fudud oo uu keeno fayras loo yaqaano 'parvovirus B19'.
- Waxaa sidoo kale loo yaqaanaa "slapped cheek disease" (cudurka dhabannada la dharbaaxay) ama Erythema Infectiosum (EI, Caabuqa Guduudashada Maqaarka).
- Wuxuu aad ugu badan yahay dhammaadka xilliyada jiilaalka, gu'ga, iyo bilaha hore ee xagaaga.

**Yuu ku dhici karaa?**

- Qof kasta waa uu ku dhici karaa cudurka shanaad.
- Waxa uu ku badan yahay carruurta.
- Dadka qaar ee uu ku dhaco cudurka shanaad waxay khatar weyn ugu jiraan inay aad ula xanuunsadaan ama inay isku arkaan dhibaatooyin caafimaad, oo ay ku jiraan:
  - Dadka qaba cillada dhiigga ku dhacda ee sickle-cell-ka.
  - Dadka qaba dhiig-yarida joogtada ah.
  - Dadka habdhiska difaaca jirkooda uu liito.
  - Haweenka xaamilada ah.
- **Dadka kujiro kooxda khatarta sare ugu jirto xanuunka (kor ka eeg) waa inay la xiriiraan daryeel bixiyahooda caafimaadka haddii ay u maleeyaan inay u bayla noqdeen, ama inay qabaan, cudurka shanaad.**

**Waa maxay astaamaha cudurada?**

- Qandho (American Academy of Pediatrics (Akademiyada Maraykanka ee Dhakhaatiirta Carruurta)) waxay qandho ku qeexaan heerkul dhan 100.4°F [38°C] ama ka sarreeyo)
- Dareemidda daal
- San dareer
- Madax xanuun
- Murqo xanuun
- Finan soo baxa maalmo ilaa asbuuc kadib marka astaamaha kale ay bilowdaan. Finanka dhabanka waa kuwo cas oo ifayo, iyagoo u muuqanayo sidii in qofka "la dharbaaxay".
- Finanka ayaa intaa kadib hoos ugu sii fidayo xabadka, caloosha, gacmaha iyo lugaha, waxayna isu beddelayaan hanburro casaan ah (oo badanaa midab ahaan khafiif ah).
- Marka bartamaha hanburrada ay bilaabaan inay baaba'aan, finanku waxay u muuqanayaan sidi shabaq tushtush ah.

- Kadib marka finanka ay baaba'aan, waa ay soo laaban karaan haddii kuleyl uu soo gaaro ilaa dhowr toddobaad.
- Dadka waaweyn ee uu ku dhaco cudurka shanaad waxay yeelan karaan isla finanka lagu arko carruurta, iyadoo ay u wehliso kala-goysyo xanuun iyo barar.
- Iyadoo aysan badneyn, astaamaha kale waxaa ku jiri kara cuncun, qufac, shuban, matag, sanko oo dareera, ama kala-goysyo xanuun.
- Dad badan oo qaba cudurka shanaad ma yeeshaan wax astaamo ah.

### **Sidee ayuu ku faafaa cudurka shanaad?**

- Fayraska sababa cudurka shanaad waxa uu ku jiraa dhibcaha ka yimaada qufaca, hindhisada, calyada, iyo san-dareerka.
- Fayrasku wuxuu faafi karaa marka qof qaba cudurka shanaad uu qufaco ama uu hindhiso isla markaana qof kale uu qaato neefta fanfaniinka dhibcaha.
- Waxaa sidoo kale faafin kara:
  - taabashada shey ama sagxad uu dulsaaran yahay fayraska kadibna lagu sii taabto afka, indhaha, ama sanko.
  - Maacuun ama koobab la wadaagista qof qaba cudurka shanaad.
- Cudurka shanaad waxa uu inta badan sida ugu fudud qof-ka-qof ugu kala gudbaa inta lagu jiro qeybta hore ee xanuunka marka uu u muuqdo inuu yahay 'hergab iska caadi ah.' Marka ay finanku soo baxaan, qofku ma sii faafin karo fayraska.
- Fayrasku waxa uu kaliya ku dhacaa aadanaha. Fayrasyada ku dhaca xayawaanada waa ay ka duwan yihiin midkaan, marka bisadaha iyo eyda ma faafin karaan cudurka shanaad.

---

### **Sidee Ayaan Ku Ogaanayaa In Canugeygu Qabo Cudurka Shanaad?**

- Daryeel bixiye caafimaad ayaa caadi ahaan baari kara cudurka shanaad iyadoo ay ku saleysan tahay astaamaha qofka.
- Xaaladaha qaarkood, daryeel bixiyaha caafimaadka wuxuu dalban karaa tijaabada dhiigga si looga fiiriyo unugyada fayraska.

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

---

### **Kawaran Haddii Canugeygu Uu Qabo Cudurka Shanaad?**

**Isla markiiba ogeysii bixiyaha daryeelka cunuggaaga ama dugsiga barbaarinta caruurta haddii canugaagu qabo cudurka shanaad.**

#### **Sidee loo daaweeyaa?**

- Cudurka shanaad badanaa waa jirro fudud oo si iskeeda ah looga bogsado.
- Nafaas sii carruurta, u oggolow inay nastaan, xaqiiji inay cabbaan cabitaanno fara badan si looga hortago fuuq-baxa, oo had iyo jeer hubi.
- Dhallaanka 3 billood jirka ah ama kayar ee qaba qandho 100.4°F (38°C) ah ama ka sare waa inay eegaan daryeelayaashooda caafimaadka.

- Kala hadal dhakhtarka canugaaga haddii aad wax walaacyo ah ka qabtid astaamaha canugaaga. **Haddii canugaagu ay ka muuqdaan calaamadaha fuuq-baxa (xafaayad qoyaan yar leh ama kaadi sidii caadiga ahayd ka yar, ka daal badan yahay sida caadiga ah, dawakhsanaan, carrab ama bishimo qalalan, ilin yar) wuxuu u baahan yahay inuu si dhakhso leh uu u arko daryeel bixiye caafimaad.**

### **Sidee ayaan uga hortagi karaa cudurka shanaad inuu faafu?**

- Guriga iska joog marka aad xanuunsan tahay.
- Mar walba dhaq gacmaha, gaar ahaan kadib marki aad hindhisto, qufacdo, ama aad tirtirto sanko.
- Dabool sankoaga iyo afkaaga markaad qufacayso ama hindhisayso.
- Ka fogow taabashada indhahaada, afkaaga, ama sankoaga.
- Ka fogow la wadaagista koobabka, maacuunta wax lagu cuno, cuntada, iyo cabitaanka qof kasta oo qaba cudurka shanaad.
- Guud ahaan nadiifi boombalada iyo alaabo-alaabeyda kale ee ay carruurta afka gashtaan adigoo ku dhaqaya saabuun iyo biyo.
- Nadiifi oo jeermiska ka dil dusha sagxadaha guriga.

---

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

**Maya.** Carruurta u bayla noqday, ama laga helay, cudurka shanaad 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 siyaasada barnaamijka xannaanada ee canugaaga.**

---

### **Tixraacyada**

#### **American Academy of Pediatrics (Akademiyada Mareykanka ee Dhakhaatiirta Carruurta)**

- 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, 7.3.6 Parvovirus B19, 7.3.6.1 Attendance of Children with Erythema Infectiosum (EI) (Parvovirus B19)
- Managing Infectious Diseases in Child Care and Schools, 6<sup>th</sup> Edition. Pages 107-108

#### **Centers for Disease Control & Prevention (Xarumaha Xakameynta & Kahortagga Cudurrada)**

- Parvovirus B19 and Fifth Disease. <https://www.cdc.gov/parvovirusb19/fifth-disease.html>