

## Injirta Madaxa

Waalidka ama Masuulka qaaliga ah,

Waraaqdan macluumaadka waxaa lagu siiyay:

- Sababta oo ah in adiga ama cunugaaga ay suurtagal tahay in aad la kulanteen Injirta madaxa.
- Ujeedooyin macluumaad oo keliya .

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## Macluumaad Guud oo Ku Saabsan Injirta Madaxa

### Waa maxay injirta madaxa?

- Injirta madaxu waa cayayaan dulin ah oo midab ahaan u ek isku-qaska midabada guduudka iyo bunniga ah oo qiyaastii le'eg miraha sisinta.
- Waxay ku nool yihiin oo ay ukumahooda dul dhigaan timaha u dhow madaxa.
- Hal cayayaan ah waxaa loo yaqaanaa "injir". Waxaa jira saddex marxaladood ee cimriga injirta oo ay ku jiraan qandhacil (ukunta), dhallaan (injir yar), iyo heerka qaangaarka.
- Injirtu waxa ay noolaan kartaa inta u dhexeysa 25 ilaa 30 maalmood; Waxay qaadataa ilaa toban maalmood in injirta dhalatay ay qaangaar ku noqoto. Hal injir oo dheddig ah oo qaangaar ah waxay dhigi kartaa 6 ilaa 8 ukun maalintii ilaa 10 maalmood.
- Injirtu cudur ma qaado oo kuma dul noolaan karto rabaayadaha ama xayawaan kale.

### Yaa qabi kara injirta?

- Qof kasta wuu heli karaa injirta madaxa, xitaa haddii ay horey u qabeen.
- Nadaafadda shakhsi ahaaneed ama nadaafadda guriga ama dugsiga wax shaqo ah kuma laha qaadista injirta madaxa.
- Waxay aad ugu badan tahay carruurta aan dugsiga gaarin sababtoo ah waxay ku ciyaaraan meel u dhow ilmaha la da'ada ah marka loo eego carruurta yaryar.
- Daraasadaha qaarkood waxay soo jeedinayaan in ay injirtu badanaa ay ku dhacaan gabdhuhu in ka badan wiilasha, sababtoo ah waxay sameeyaan xiriir madax-madax ah oo badan.

### Waa maxay astaamaha?

- Cuncun ka yimaada falcelinta jirka, injir qaniintay awgeed.
- Nabaro ka yimaada xoqitaanka madaxa.
- Dareen aad dareentid in ay wax ku socdaan timaha.
- Dhibaato la xiriirta hurdada sababtoo ah injirta madaxa waxay aad ugu firfircoon yihiin mugdiga.
- Xaaladaha qaarkood, ma jiraan wax calaamado ah.

### Sidee bey u faaftaa?

- Injirtu waxay ka gurguuran kartaa qof madaxiisa una guuri kartaa qof kale. Ma duulaan oo kama boodaan qof illaa qof kale.
- Inta badan, injirta waxay ku fidaa taabashada tooska ah ee madax-ka-madax ah oo lala yeesho qofka injirta qaba.
- Waxaa sidookale macquul ah in injirtu ku faafi karto marka qofka injirta leh uu la wadaago waxyaabaha ay ka midka yihiin jaakadaha, koofiyadaha, koofiyadaha lagu kaxeeyo baaskilada,

barkinta, burushka, iyo alaabta kale ee gaarka ah, ama marka alaabtan gaarka ah si toos ah ula yeelato xidhiidh inta lagu jiro kaydinta.

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## Sideen Ku Hubiyaa In Ilmahaygu Injir Leeyahay?

- Si taxadar leh ugu eeg timaha nal iftiin badan iyo muraayad weyneyso ah.
- Ukunta injirta waxay yeelan kartaa midabyo kala duwan oo ay ku jiraan caddaan, jaalle xigeen, bunnii, ama gray (cawl) waxayna leeyihiin qaab sida wareegga ah.
- Waxay inta badan u dhow yihiin maqaarka madaxa ee xiga dhegaha iyo dhinaca timaha ee qoorta.
- Waxay dareemaan sida iniinyo yaryar oo ciid ah oo timaha saaran.
- Haddii aadan hubin in ilmahaagu leeyahay injirta madaxa, ama aad qabto su'aalo dheeraad ah, la xiriir bixiyaha daryeelka caafimaadkaaga.

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## Ka Warran Haddii Ilmahaygu uu Qabo Injirta Madaxa?

Ogeysii Isla markiiba bixiyaha xanaanada ilmahaaga ama dugsiga barbaarinta haddii ilmahaagu qabo injirta madaxa.

### Sidee loo daaweeyaa?

- Daawooyinka injirta madaxa waxaa laga heli karaa dukaamada ama waxaad ku iibsana kartaa warqad dhakhtar.
- Injirta nool oo keliya ayaa keeni karta dhalashada injirta; daawayntu waxay ku shaqaysaa inay disho injirta nool.
- **Si taxadar leh u raac tilmaamaha ku dul qoran daawada.**
- Mudada noolasha injirta awgeed, waxa laga yaabaa inaad u baahato inaad ku celiso daawaynta 7-9 maalmood ka dib daawaynta koowaad. Fadlan hubi inaad raacdo tilmaamaha ku dul qoran daawada. Dawooyin aan kiimiko ahayn ayaa jira, oo ay ku jiraan in injirta iyo qandhicillada laga saaro timaha qoyan iyadoo la isticmaalayo shanlo ilka fiiqan oo keligeed ah ama wadata alaab ka hortagaysa injirta inay neefsato ama dhaqaaqdo.
- Kala tasho bixiyaha daryeelka caafimaadkaaga talooyinka daawaynta, gaar ahaan haddii aad uur leedahay ama aad naaska nuujinayso, ama haddii ilmuhu ka yar yahay 2 sano jir.

### Sideen uga caawin karaa ka hortagga faafitaanka injirta madaxa?

- Ka fogow xiriirka madax-ka-madaxa ah oo aad la yeelanayso dadka leh injirta madaxa.
- Hala wadaagin qof kale koofiyadaha, shanlooyinka, koofiyadaha lagu kaxeeyo baaskilada, jaakadaha, barkinta, ama alaabta kale ee gaarka ah.
- Timaha dhaadheer gadaal u xir.
- Waxa keliya oo aad u baahan tahay inaad nadiifiso alaabta xiriirka la yeelatay madaxa ilmahaaga inta u dhaxeysa 24-48 saacadood ka hor intaysan bilaabin daawaynta.
  - Dhaq go'yaasha sariiraha, barkimaha, koofiyadaha, iyo dharka adigoo isticmaalaya biyo kulul (130°F [54.4°C]) oo ku qallaji kulayl leh heer kul-sare.
  - Buraashka, shanlooyinka, iyo qalabka timaha ku qooy biyo kulul (ugu yaraan 130°F [54.4°C]) 5-10 daqiiqo.
- Nadiifi dhulka, alaabta guriga, iyo kursiga baabuurka. Iska tuur bacda faakuumka ama faaruqi caaga faakuumka ku jira haanta qashinka ee bannaanka kadib isticmaalka faakuumka.
- Alaabta aan la dhaqi karin waxay noqon karaan:
  - Alaab ku jitray qalajiyaha qaybta "kulul" muddo 30 daqiiqo,

- Alaab lagu xidhay bac muddo ilaa laba toddobaad ah, ama
  - “Dry clean” lagu dhaqay.
  - Laguma talinayo in deegaanka lagu daaweeyo kiimikooyin (sida uumi-ku-dilis).
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## Ilmahaygu Ma u Baahan yahay Inuu Ka Joogo Xaruunta Xanaanada Caruurta?

Marka loo eego Akademiyada Maraykanka ee Dhakhaatiirta Carruurta, carruurta waxay ku noqon karaan goobaha daryeelka carruurta ka dib markay helaan daawaynta ugu horeysa ee injirta.

**Fadlan raac xeerarka jirrooyinka ee goobta xanaanada ilmahaaga.**

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### Tixraacyo:

American Academy of Pediatrics

- *Caring for Our Children, Chapter 7: Infectious Diseases, 7.5 Skin and Mucous Membrane Infections, 7.5.8 Pediculosis Capitis (Head Lice)*
- *Managing Infectious Diseases in Child Care and Schools, 5<sup>th</sup> Edition. Pages 115-117*

Centers for Disease Control & Prevention

- *Parasites (headlice).* <https://www.cdc.gov/parasites/lice/head/>

Child Care Health Program – Public Health Seattle & King County

- <https://kingcounty.gov/depts/health/child-teen-health/child-care-health/disease-prevention.aspx>