

Cudurka Gacanta, Cagaha iyo Afka (HFMD)

Waalidka ama Masuulka qaaliga ah,

Waraaqdan macluumaadka waxaa lagu siiyay:

- Sababta oo ah in adiga ama cunugaaga ay suurtagal tahay in aad la kulanteen cudurka gacanta, cagaha iyo afka (HFMD).
- Ujeedooyin macluumaad ah awgood.

Macluumaad Guud oo Ku Saabsan Cudurka Gacanta, Cagaha iyo Afka (HFMD)

Waa maxay HFMD?

- Waxaa sababa fayrasyo ka tirsan “kooxda xiidmaha”.
- Waa cudur ku badan dhallaanka iyo carruurta ka yar 5 sano jir.
- Si fudud ayuu u faafi karaa.
- Inta badan halis ma aha.
- Wuxuu aad ugu badan yahay xilliga xagaaga iyo horraanta dayrta.
- In kasta oo ay isu eg yihiin, "cudurada gacanta, cagaha, iyo afka (HFMD)" wuu ka duwan yahay "cudurka cagaha iyo afka" ee laga helo lo'da, idaha, riyaha, iyo doofaarka.

Yuu ku dhici karaa?

- HFMD qof waliba wuu ku dhici karaa, xitaa hadii uu horaan ugu dhacay.
- Kiisaska intooda badan waxaa laga helaa carruurta ka yar 5 sano.
- Haddii aad uur leedahay, la xidhiidh bixiyahaaga daryeelka caafimaadka haddii aad u malaynayso inaad la kulantay, ama aad qabto, HFMD.

Waa maxay astaamaha cudurka?

- Qandho (Akadamiyadda Maraykanka ee Dhakhaatiirta Carruurta waxay qandhada u aqoonsantahay in ay tahay heerkul dhan 100.4°F [38°C] ama ka kore)
- Nabarro afka oo keeni kara xanuun marka wax la liqo.
- Finan yar yar oo ka bilaabma dhibco guduudan oo inta badan isu beddela finan dareere ka buuxo.
 - Finanka ayaa inta badan ka soo baxa calaacalaha gacmaha, faraha, iyo qaybta hoose ee cagaha.
 - Finanka ayaa ka soo bixi kara qaybaha kale ee jirka.
- Astaamaha badankood waxay ku dhamaadaan 7 ilaa 10 maalmood.
- Dadka qaar ayaa laga yaabaa in aanay wax calaamado ah muujin, laakiin wali waxay u gudbin karaan fayraska dadka kale.

Siduu u faafaa?

- Fayraska waxaa laga helaa:
 - Dhibcaha ka yimaada qufaca, hindhisada, iyo duufka sanko
 - Dareeraha ka yimaada finanka ama qolofyada
 - Dheecaanka ama dhareerka ka yimaada nabarrada afka

- Saxarada
- Fayrasku waxa uu faafi karaa marka qofka HFMD qaba uu qufaco ama hindhisoodo oo qof kale uu neefsasho ku qaato dhibcaha.
- Wuxuu sidoo kale ku faafi karaa:
 - taabashada shay uu fayrasku saaran yahay ka dibna la taabto afka, indhaha, ama sanko.
 - In lala waadago weelasha iyo koobabaka qof qaba HFMD.
- Xayawaannada ma qaadi karaan mana faafin karaan HFMD.
- Qofku wuxuu faafin karaa HFMD toddobaadyo, xitaa ka dib marka astaamuhu baaba'an.

Sideen Ku Ogaan Karaa In Canugaygu Qabo HFMD?

- Bixiyaha daryeelka caafimaad wuxuu badanaa ka xaqiijin karaa HFMD astaamaha qofka.
- Bixiyaha daryeelka caafimaad waxa uu ku baadhi karaa HFMD baadhitaanka cunaha ama saxarada. Maadama ay qaadan karto 2 ilaa 4 toddobaad si loo helo natiijada baaritaanka, baaritaankan badanaa lama sameeyo.

Haddii aad qabto su'aalo dheeraad ah ama aad aaminsan tahay in ilmahaagu qabo HFMD, la xidhiidh bixiyahaaga dayeelka caafimaad. Waraaqadan macluumaadka waxay ku siinaysaa macluumaad guud oo keliya.

Maxaa Dhacaya Haddii Ilmahaygu Uu Qabo HFMD?

Ogeysii Isla markiiba bixiyaha xanaanada cunugga ama dugsiaga haddii ilmahaagu qabo HFMD.

Sidee loo daaweeyaa?

- Ma jirto daawo gaar ah oo loogu talagalay HFMD, laakiin waxaad daweyn kartaa qaar ka mid ah calaamadaha si aad ilmahaaga uga khafiifiso xanuunka. Kala hadal dhakhtarkaaga wixii ku saabsan xulashooyinka daawaynta.
- Dhallaanka jira 3 bilood ama ka yar ee leh qandho gaaraysa 100.4°F (38°C) ama ka badan waa in loo geeyo adeeg bixiyaha daryeelka caafimaad.
- Maadama nabarrada afka ay xanuun badan yihiin, waxaa laga yaabaa in carruurta aysan rabin inay wax cunaan oo cabbaan. Waa muhiim in carruurta ay helaan dareere ku filan si looga hortago fuuq-baxa.
- La hadal dhakhtarka ilmahaaga haddii aad wax walaac ah ka qabto astaamaha ilmahaaga. **Haddii ilmahaagu ay ka muuqdaan calaamadaha fuuq-baxa (qoyaanka xafaayadaha oo yaraada ama kaadi ka yar sidii caadiga ahayd, daal ka badan inta caadiga ah, dawakhaad, carrabka ama faruuryaha qallalan, ilmeynta oo yaraata), ama uu leeyahay madax-xanuun daran ama qoorta oo adkaata, wuxuu u baahan yahay in loo geeyo dhakhtar isla markiiba.**

Sideen uga caawin karaa ka hortagga faafitaanka HFMD?

- Si fudud ayaa fayraska loogu saaraa saabuun iyo biyo.
- Gacmaha dhaq marar badan, gaar ahaan marka aad xafaayadda beddesho, ka dib isticmaalka musqusha, hindhisada, qufaca, ama taabashada sanko.

- Dabool sankaa ga iyo afkaaga markaad qufacayso ama hindhisayso.
- Iska ilaali taabashada indhahaaga, sankaa ga, iyo afkaaga.
- Iska ilaali la wadaaga koobabka, weelasha wax lagu cuno, cuntada, iyo cabitaanada qof kasta oo qaba HFMD.
- Si fiican ugu nadiifi saabuun iyo biyo alaabta lagu ciyaaro iyo walxaha kale ee ay carruurta afka galiyaan.
- Nadiifi oo jeermiska ka dil sagxadaha guriga.

Ilmahaygu Ma U Baahan Yahay Inuu Ka Joogo Dugsiga?

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

- Nabaro afka ah oo calyo la socoto.
- Qandho (heerkulka 100.4°F [38°C] ama ka sareeya) oo ay la socdaan calaamadaha kale ee HFMD.
- Finan dareere ka buuxaan oo dareeraya.
- Hadii uusan dareemayn fayooobi ku filan si uu uga qayb qaato hawlaha fasalka (tusaale: daal aan caadi ahayn, qallafsanaan ama xanaaq, ama oohin in ka badan sida caadiga ah).

Fadlan raac xeerarka jirrooyinka ee dugsiga cunuggaaga.

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*
- *Managing Infectious Diseases in Child Care and Schools, 5th Edition. Pages 101-102*

Centers for Disease Control & Prevention

- *Hand, Foot, and Mouth Disease (HFMD).* <https://www.cdc.gov/hand-foot-mouth/>

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

U.S. Department of Agriculture (USDA)

- *Foot and Mouth Disease website*
<https://www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/fmd/index>