

## Hargabka (flu-ga)

Waalidka ama masuulka qaaliga ahow,

Waxa lagu siinayaa xaashidan xaqiiqda:

- Sababtoo ah adiga ama ilmahaaga waxaa laga yaabaa inaad qaadeen Flu-ga, ama hargab.
- Ujeedooyin macluumaad oo keliya.

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### Macluumaadka Guud oo Ku Saabsan Hargabka

#### Waa maxay hargabku?

- Hargabku waa xanuun ku dhaca neef-mareenka, ama neefsashada, ayna keenaan fayrasyada hargabka.
- Si fudud ayuu faafi karaa.
- Wuu ka duwan yahay durayga (cold).
- Wuxuu aad u badan yahay waqtiga dayrta iyo jiilaalka (xilliyada qaboobaha).
- Inkasto dadka badankiisu ay ku soo kabtaan guriga, dadka qaarkood (oo ay ku jiraan dhallaanka iyo dadka waaweyn) hargabku wuxuu noqon karaa mid halis ah.

#### Yuu ku dhici kara?

- Qof kasta wuu qaadi karaa hargabka, xitaa haddii uu horey ugu dhacay.
- Dadka qaar ayaa halis sare ugu jira inay aad u jiradaan ama ay ku dhacaan dhibaatooyin caafimaad, oo ay ku jiraan:
  - Dhallaanka iyo carruurta ka yar 5 sano
  - Dadka ka weyn 50 sano
  - Haweenka uurka leh
  - Dadka qaba dhibaatooyin caafimaad oo daba-dheeraada (jirrooyinka karoona ah)
- **Dadka ku jira kooxda khatarta sare leh (eeg kor) waa inay la xiriiraan bixiyehooda daryeelka caafimaad (dhaqtarka) haddii ay u maleynayaan inay qaadeen, ama ay qabaan, hargab.**

#### Waa maxay calaamaduhu?

- Qandho (Akadamiyadda Maraykanka ee Dhakhaatiirta Carruurta waxay ku qeexdaa qandhada heerkul dhan 100.4°F [38°C] ama ka sareeya)
- Madax xanuun
- Daal aan caadi ahayn, heerka dhaqdhaqaaqa oo hooseeya
- Qufac qallalan
- Cune xanuun
- Diif ama sanko oo xirma
- Murqo xanuun
- Lallabbo ama matag

#### Sidee buu u faafaa?

- Fayraska waxaa laga helaa dhibco ka yimaada qufaca, hindhisada, calyada, iyo diifka sanko.

- Fayrasku wuxuu fidi karaa marka qofka hargabka qaba uu qufaco ama hindhiso oo qof kale uu ku neefsado dhibcaha.
- Waxa kale oo ay ku faafi kartaa:
  - taabashada shay ama meel dusha sare ku leh fayraska hargabka ka dibna la taabto afka, indhaha, ama sanko.
  - wadaagista maacuunta ama koobabka qof hargab qaba.

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## Sideen Ku Ogaan Karaa In Canugaygu Qabo Hargabka (flu-ga)?

- Bixiyaha daryeelka caafimaadku wuxuu caadi ahaan baari karaa hargabka iyadoo lagu salaynayo calaamadaha qofka.
- Waxaa jira baaritaanno la heli karo si loo ogaado hargabka. Kala hadal dhakhtarkaaga wixii macluumaad dheeraad ah.

**Haddii aad qabto su'aalo dheeraad ah ama aad aaminsan tahay in ilmahaagu qabo hargab, la xidhiidh bixiyaha daryeelka caafimaadkaaga. Xaashidaan xaqiiqda waxay ku siinaysaa macluumaad guud oo keliya.**

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## Ka Waran Haddii Ilmahaygu Hargab Qabo?

**Isla markaaba ogeysii bixiyaha xannaanada cunuggaaga ama dugsiga barbaarinta haddii ilmahaagu qabo hargab.**

### Sidee loola dhaqmaa?

- Daawooyinka ka hortagga fayraska ayaa laga yaabaa in loo qoro si looga daweeyo hargabka, gaar ahaan dadka aadka u xanuunsan ama khatarta sare ugu jira inay ku dhacaan dhibaatooyin caafimaad. La xidhiidh bixiyaha daryeelka caafimaadkaaga haddii aad u malaynayso in qof qoyskaaga ka tirsan uu hayo hargab.
- Ka dhig ilmaha kuwo degan, u ogolow inay nastaan, iska hubi inay cabbaan dareere badan si ay fuuq-baxa uga hortagaan, marar badanna fiiri xaaladdooda.
- Dhallaanka 3 bilood ama ka yar ee leh xummad 100.4°F (38°C) ama ka badan waa in uu arko adeeg bixiyahooda daryeelka caafimaadka.
- Kala hadal bixiyaha daryeelka caafimaadka ilmahaaga haddii aad wax walaac ah ka qabto calaamadaha ilmahaaga. **Haddii ilmahaaga ay ka muuqdaan calaamadaha fuuq-baxa (xafaayadaha qoyan ama kaadida ka yar sidii caadiga ahayd, daal ka badan inta caadiga ah, dawakhaad, carrabka ama faruuryaha qallalan, ilmo yar), si degdeg ah u neefsanaya, neefsashada oo dhib ah, ama uu leeyahay madax-xanuun daran, waxay u baahan yihiin in uu arko bixiyaha daryeelka caafimaadka isla markaaba.**

### Sideen uga hortagi karaa inuu hargabku fafo?

- Qaado tallaalka hargabka sannad kasta. Tallaalka hargabka ayaa lagula taliyaa qof kasta oo jira 6 bilood iyo ka weyn.
- Guriga joog markaad jirran tahay.
- Dhaq gacmaha marar badan, gaar ahaan hindhisada, qufaca, ama taabashada sanko ka dib.
- Dabool sankoaga iyo afkaaga markaad qufacayso ama hindhisayso.
- Iska ilaali taabashada indhahaaga, afkaaga, ama sankoaga.

- Ka fogow in aad la wadaagto koobabka, weelka wax lagu cuno, cuntada, iyo cabitaanka qof kasta oo hargab qaba.
- Si fiican ugu nadiifi saabuun iyo biyo alaabta lagu ciyaaro iyo walxaha kale ee ay carruurto afka galiyaan.
- Nadiifi oo jeermiska ka dil sagxadaha guriga.

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## Ilmahaygu Ma u Baahan yahay inuu Guriga ka Joogo Xannaanada Ilmaha?

**Ilmahaagu waa inuusan tagin xannaanada cunugga haddii mid ka mid ah Calaamadaha soo socda lagu arko:**

- Waxay leeyihiin qandho (heerkulka 100.4°F [38°C] ama ka sareeya) oo ay la socdaan calaamadaha kale ee hargabka.
- Ma dareemaan fayooobi ku filan si ay uga qayb qaataan hawlaha fasalka (tusaale: daal aan caadi ahayn, qallafsanaan ama xanaaq, ama oohin ka badan sida caadiga ah).

**Fadlan raac nidaamka jirada ee barnaamijka xanaanada cunuggaaga.**

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### 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, Chapter 7 Infectious Diseases, 7.3 Respiratory Tract Infections, 7.3.3 Influenza, 7.3.3.2: Influenza Control*
- *Managing Infectious Diseases in Child Care and Schools, 5th Edition. Pages 113-114*

Centers for Disease Control & Prevention

- *Influenza (flu). <https://www.cdc.gov/flu/>*

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*