

Methicillin Resistant Staphylococcus Aureus (MRSA, Bakteeriyada Iska Caabisa Dawada Antibiyootiga)

Waalidka ama Masuulka Qaaliga ahoow,

Waxaa lagu siinayaa xaashidaan xogeed:

- Sababtoo ah adiga ama cunugaaga ayaa laga yaabaa in aad u bayla noqoteen MRSA.
- Si lagu siiyo macluumaad/xog.

Xogta Guud Ee Ku Saabsan MRSA

Waa maxay MRSA?

- MRSA (bakteeriyada iska caabisa dawada antibiyootiga) kaliya waa hal nooc, ama faraca, bakteeriyada caadiga ah ee loo yaqaano *Staphylococcus* ('staph').
- MRSA si sahlan ayey u kori kartaa waxayna sababi kartaa caabuq.
- Faracan bakteeriyada ah ayaa iska caabiya ku daweynta qaar kamid ah daawooyinka antibiyootiga.
- Waa mid naadir ah, balse mararka qaar caabuqa MRSA wuxuu keeni karaa caabuqyo kale oo halis ah sida burkiitada ama caabuqa dhiigga.

Yuu ku dhici karaa?

- Caabuqan waxa uu ku badan yahay dadka ku nool guryaha xannaanada waayeelka ama dadka isbitaallada la dhigo.
- Dadka caafimaadka qaba ee aan isbitaal la dhigin ama aan soo marin guryaha xannaanada waayeelka ayuu sidoo kale ku dhici karaa caabuqa MRSA. Tani waxaa loo yaqaanaa MRSA-da bulshada ku taxaluqda.

Waa maxay astaamaha cudurada?

- Caabuqa MRSA ee maqaarka wuxuu marka ugu horreysa u ekaan karaa sida qaniinyada kutaanka ama caaro-caarada kadibna wuxuu isu beddelaa nabarro maal-fadhido.
- Nabarrada iyo boogaha badanaa waa kuwo guduudan, qandac ah, xanuun leh, bararsan oo dhexda kuleh bar jaalle ah ama cad oo ay maal fadhido ama dheecaan kale.
- Dadka qaar waxaa laga yaabaa inay dareemaan qarqaryo iyo qandho (American Academy of Pediatrics (Akademiyada Maraykanka ee Dhakhaatiirta Carruurta) waxay qandho ku qeexaan heerkul dhan 100.4°F [38°C] ama ka sarreeyo).

Sidee ayey ku faaftaa?

- Bakteeriyada waxaa laga dhex helaa nabarada ay maal fadhido ee boogta qabto MRSA.
- Haddii qof uu taabto maasha kadibna qofka gacmihiisa oo aan la dhaqin uu ku taabto meel furan oo jirka ka mid ah, bakteeriyadu waxay geli kartaa meesha furan, ku tarantaa, isla markaana sababtaa caabuq.
- Waxay sidoo kale ku faafi kartaa taabashada sagxadaha dushooda ama wadaagista alaabta shakhsi ahaaneed, sida dharka ama shukumaanada, ee soo taabtay maqaarka qofka qaba bakteeriyada.

Sidee Ayaan Ku Ogaanayaa In Canugeygu Qabo Caabuqa MRSA?

Daryeel bixiye caafimaad ayaa ka baari kara MRSA. Haddii canugaaga uu qabo boog yar oo sii waynaanaysa oo aan soo bogsaneynin, u geey dhakhtar si uu u eego. Daryeel bixiyaha caafimaadka wuxuu dib u eegis ku sameyn doonaa calaamadaha waxaana laga yaabaa inuu dheecaan ka qaado boogta oo uu u diro sheybaar si loo baaro.

Haddii aad qabto su'aalo dheeraad ah ama aad ka walaacsan tahay in canugaaga laga yaabo inuu qabo caabuqa MRSA, la xiriir dhakhtarkaaga. Xaashidaan xaqiiqada waxay ku siineysaa macluumaad guud oo keliya.

Kawaran Haddii Canugeygu Uu Qabo Caabuqa MRSA?

Isla markiiba ogeysii bixiyaha xannaanada ee cunuggaaga ama dugsiga barbaarinta carruurta haddii canugaagu qabo caabuqa MRSA.

Sidee loo daaweeyaa?

Daryeel bixiye caafimaad ayaa u qori kara daawo antibiyootig ah oo daaweyneyso caabuqa MRSA.

Sidee ayaan uga hortagi karaa caabuqa MRSA inuu faafo?

- Dadka qaba caabuqa MRSA waa inay caabuqooda ku dadaan faashado nadiif ah oo qalalan.
- Dadka aan qabin caabuqa MRSA waa inay maqaarka dillaacsan (dhaawaca furan) ka dhigaan mid nadiif ah, qallalan oo lagu daboolo faashad. Haddii qof uu dillaacsan yahay maqaarka gacmihiisa, waa inuu xirtaa gacmo gashi/galoofis.
- Iska ilaali taabashada dhaawacyada ama faashadaha dadka kale.
- Ku dhaq gacmaha had iyo jeer saabuun iyo biyo diirran.
- Iska ilaali wadaagista alaabta shakhsi ahaaneed, sida shukumaanada, dharka, iyo bustayaasha.
- Si xooggan u nadiifi boombalada iyo alaabo-alaabeyda kale ee ay carruurta wadaagto 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 la soo gaarsiiyey, ama laga helay, MRSA waa ay sii imaan karaan goobta xannaanada carruurta **marka laga reebo:**

- Haddii nabarrada maashu ay fadhido buqayaan oo aan la dabooli karin.
- 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 (Akademiya Mareykanka ee Dhakhaatiirta Carruurta)

- Managing Infectious Diseases in Child Care and Schools, 6th Edition. Pages 177-178
- Caring for our Children, Chapter 3 Health Promotion and Protection, 3.6 Management of Illness, 3.6.1 Inclusion/Exclusion Due to Illness

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

- Methicillin-resistant *Staphylococcus aureus* (MRSA). <https://www.cdc.gov/mrsa/community/index.html>