

Cudurka Rosiyoola "Roseola"

Waalidka ama Masuulka Qaaliga ahoow,

Waxaa laguu siinayaa xaashidaan xogeed:

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

Xogta Guud Ee Ku Saabsan Rosiyoola

Waa maxay rosiyoola?

- Rosiyoola waa jirro fudud oo ku dhacda carruurta oo uu sababo human herpes virus 6 (HHV-6, fayraska harbiska ee aadanaha ku dhaca) ama herpes HHV-7 (HHV-7, fayraska harbiska ee aadanaha ku dhaca).
- Waa cudur caam ah. Inta badan carruurta waxaa ku dhaca cudurka rosiyoola kahorba intaan la gaarin waqtiga ay galayaan dugsiga barbaarinta carruurta.

Yuu ku dhici karaa?

- Qof kastaa wuu qaadi karaa cudurka rosiyoola, laakiin wuxuu ku badan yahay carruurta da'doodu u dhaxayso 6 ilaa 24 bilood.

Waa maxay astaamaha cudurada?

- Qandho sareeysa (heerkul gaaraya 103°F [39.4°C] ama ka sareeya) oo soconaysa 3 ilaa 7 maalmood.
- Finan bararsan oo casaan ah oo soo baxa kadib marka qandhadu baaba'ado. Finanka ayaa ka soo bilaabma dhabarka iyo laabta/xabadka kadibna ku faafa wejiga, gacmaha, iyo lugaha. Finanka waxay sii jiri karaan saacado ilaa maalamo.
- Carruur badan ee qaba cudurka rosiyoola ma yeelan doonaan wax astaamo ah.

Sidee ayey ku faaftaa?

- Fayraska sababa rosiyoola waxaa laga heli karaa dhibco ka yimaada qufaca, hindhisada, candhuufta (dhareerka), iyo sanko dareera.
- Waxa uu faafi karaa marka qofka qaba cudurka rosiyoola uu qufaco ama hindhiso oo qof kalana uu neefsado dhibcahaas.
- Waxaa sidoo kale faafin kara:
 - taabashada indhaha, sanko, ama afka iyadoo gacmaha aan dhaqnayn kadib markii aad soo taabatey shey ama sagxad uu dulsaaran yahay fayraska.
 - maacuun ama koobab la wadaagista qof qaba cudurka rosiyoola.
- Marka uu qofka ku dhaco cudurka rosiyoola, fayrasku wuxuu ku jirayaa jirkooda inta ka harsan noolashooda. Waxaa badanaa carruurta u gudbiya dadka waaweyn ee astaamaha cudurka aan qabin, iyagoo ugu gudbinaya candhuuftooda.

Sidee Ayaan Ku Ogaanayaa In Canugeygu Qabo Cudurka Rosiyoola?

- Daryeel bixiye caafimaad ayaa caadi ahaan cudurka rosiyool ku ogaan kara finanka.
- 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

Dukumiintigani waxaa marki ugu danbeysay dib u eegis ku sameeyey Barnaamijka Caafimaadka Xannaanada Carruurta
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rosiyoola, la xiriir daryeel-bixiyahaaga caafimaadka. Xaashidaan xaqiiqada waxay ku siineysaa macluumaad guud oo keliya.

Kawaran Haddii Canugeygu Uu Qabo Cudurka Rosiyoola?

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

Sidee loo daaweeyaa?

- Rosiyoola inta badan waa jirro fudud oo iskeed u baaba'ada.
- 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 rosiyoola inuu faaf?

- 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 rosiyoola.
- 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 rosiyoola 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
- Managing Infectious Diseases in Child Care and Schools, 6th Edition. Pages 163-164