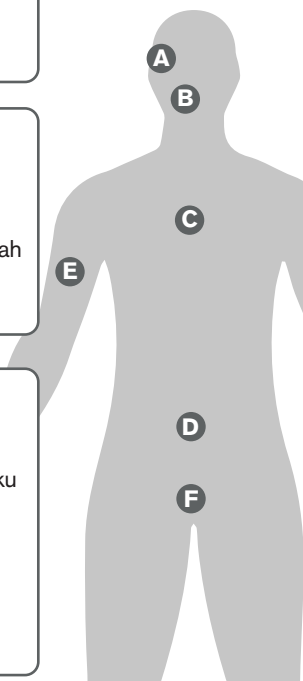


Sideen u qiyaasi karaa caabuqeyga caadiga ah?

Ugu yaraan dadka weyn oo jira 16 sano ama ka weyn

1. Waa maxay astaamaha caabuqa caadiga ah?



A Indhaha

- Indho isku dhegdhegaya

B Dhegaha, sanka iyo cunaha

- Xanuun ama danqasho
- Sanka Oo duuf leh
- Qumanka oo bararsan

C Laabta

- Qufac
- Neefsashada oo yaraata
- Xab cagaaran ama jaalle ah

D Caloosha

- Mantag
- Shuban

E Maqaarka

- Finanka oo caabuq leh
- Guduudasho ama barar ku wareegsan nabar
- Lugta oo caabuq qaada (finan cuncunaya oo u dhexeeya suulasha)

F Xubinta taranka iyo kaadi mareenka

- Xanuun marka la kaadinayo
- In la kaadiyo in ka badan sida caadiga ah
- Kaadi daruur u eg
- Dheecaan
- Caloosha hoose oo ku xannuunta

2. Maxaa dhacaya haddii aan u malaynayo inaan qabo cudurka coronavirus (Covid-19)?

Calaamadaha caadiga ah ee Covid-19 ee loo baahan yahay in loo fiirsado waa:

- luminta, ama isbeddelka, dareenka caadiga ah ee dhadhanka ama urta
- qandho sareysa, iyo
- qufac joogta ah oo cusub.

Wixii talo dheeraad ah ee ku saabsan Covid-19 booqo [govwww.gov.uk](https://www.gov.uk) / **coronavirus** ama wac khadka caawinta caafimaadka ee gobolkaaga (fiiri warqadda dhabarkeeda).

3. Sideen u daaweyn karaa caabuqa caadiga ah?



In badan naso ilaa aad ka ladnaaneyso



Qaado xanuun yareeye haddii aad u baahato (hubi inaad raacdo tilmaamaha)



Cab cabitaanno fara badan (6 ilaa 8 cabitaan, ama 2 litir) si aad si joogto ah ugu kaadiso kaadi aan midab laheyn.



Qufacyada, iskuday malab iyo daawooyinka qufaca. Xanuunka **cunaha**, isku day dawooyinka lozenges iyo xanuun yareeya.



Ku deji **caabuqa indhaha** biyo diiran oo nadiif ah ama flannel qoyan.



Cudurka **caabuqa dhegaha dibadooda**, mari waxyaalo kulul (sida flannel diiran).

4. Intee in le'eg ayuu caabuqeyga socon karaa?

Qufac

Xanuunka cunaha
ama xanuunka
dhegaha

Hargabka
Caadiga ah

Norovirus-ka
(mantaga jiilaal-ka)

Caabuqa Sinus-ka



21 maalmood



7 ilaa 8 maalmood



14 maalmood



2 ilaa 3 maalmood



14 ilaa 21
maalmood

La xiriir GP-gaaga haddii ay astaamahaaga ka sii darayaan ama haddii aadan ka soo ladnaaneynin marka la gaaro mudada lagu xusey kor.

5. Cabuqeyga miyuu u baahanayaa in aan antibiyootik qaato si aan u ladnaado?

- Jirkaaga **ayaa caadi ahaan la dagaalami kara** keligiis caabuqyada caadiga ah.
- Caadi ahaan uma baahnid qaadashada antibiyootikada, aan ka aheyn in astaamaha caabuqa **bacteeriya** (sida caabuqa kaadida) ay aad u daran yihiin - xirfadle daryeel caafimaad ayaa arintan kaala talin kara.
- Qaadashada antibiyootikada marka aadan u baahneyn waxay adiga iyo qoyskaagaba gelisaa halis
- Raac **talobixinta xirfadlahaaga daryeelka caafimaad waxii ku saabsan antibiyootikada.**



Ka hel macluumaad dhaaraad ah oo ku saabsan antibiyootikada www.antibioticguardian.com

6. Sideen u joojin karaa in caabuqeyga uu sii faafo?

Haddii aad u baahato in aad qufacdo ama aad hindhisto:

qabo



adigoo tiishuu isticmaalaya (ama xusulkaaga dhexdiisa)

qashinkana ku tuur



tuur tiishuuyada la isticmaaley

dil



adigoo gacmahaaga nadiifinaya

Gacmaha dhaqo ugu yaraan 20 ilbiriqsi adigoo isticmaalaya saabuun iyo biyo ama gacmo nadiifiye:

- ka hor inta aadan diyaarin aadna cunin cuntada
- ka dib taabashada xayawaanka guri-joog-tada ah
- ka dib adeegsiga musqusha
- marka aad ka tageysid ama aad imaanaysid guriga



Ka fogow ku taabashada indhahaaga, sankaaaga ama afkaaga gacmo aan nadiif aheyn.

Haddey suurtagal tahay, **ka fogaanshahaaga dadaka kale joogtee** (2 mitir ama 6 feet), gaar ahaan dadka nugul ee qoyskaaga ah.



Ha la wadaagin alaabo xiriir la sameeyey afkaaga, sida maacuunta wax lagu cuno iyo cadayada.



Ka yeel adiga iyo qoyskaaga **in ay tallaaladooda dhameystiran yihiin. Mar walba qaado tallaalada xilliga jiilaalka** (sida ifilada) haddii aad xaq u leedahay.

Booqo ama wac **farmashiye wixii talobixin dheeraad ah** oo ku saabsan caabuqyada caadiga ah

7. Waa maxay astaamaha jirada halista ah ee aan u baahanahay in aan iska eego?



Madax xanuun iyo mantag daran



Qandho **ama qabow socda** (heerkulka oo ka sareeya 38°C ama ka hooseeya 36°C)



Dhibaatooyinka **liqitaanka**
Midabka buluuga ah oo noqdey
agagaarka afka



Qufac **dhiig leh**



Neefsiga si dhakhso badan ama ka gaabinaya sidii caadiga aheyd



Xanuunka kelyaha oo aad ka dareento dhabarkaaga dhanka feeraha hoostooda ah



Xanuunka laabta ama ciriiri
Wadno garaaca **aad dhakhso u ah**
ama gaabis noqda oo cusub



Dhiig muuqda oo **ku jira** kaadidaada
Xanuun daran marka la kaadinayo,
ama kaadi ka badan sidii hore oo
habeenkii ah
Kaadi daruur u eg oo an ka soo
fiicnaaneyn 1 ilaa 2 maalmood oo
cabitaan la cabey

Haddii aad leedahay astaamaha kor ku yaala, si degdeg ah ula xiriir GP-gaaga ama adeegyada soo socda ee gobolkaaga isticmaal.

NHS-TA England



Marka ay ka yar tahay degdegsiinayaha 999

www.111.nhs.uk

NHS-TA Direct Wales



www.111.wales.nhs.uk

NHS-TA Scotland



www.nhs24.scot

Northern Ireland



Project supported by the PHA

La xiriir xaruntaada GP-ga

Adeegyadan ayaa bixin kara turjubaan si sir ah haddii aad mid u baahan tahay.

8. Maxaa dhacaya haddii aan ka shakiyo calaamadaha sepsis-ka?

Sepsis-ka waa ka-falcelin caabuqa ah oo nolosha khatar gelin kara. Calaamadaha macquulka ah waa:

- **h**adalka oo yabqan noqda, jahawareer ama hurdeysnaan
- **g**ariirid xad-dhaaf ah
- **k**aadi la'aanta maalin dhan
- **n**eefsasho la'aan xad-dhaaf ah
- **w**axay la dareen tahay in aad geeriyooneyso oo kale
- **j**irka oo xoqoqma midabkana iska bedelo.

Wac 999 isla markiiba haddii adiga ama dadka kale ay qabaan calaamadaha sepsis-ka