

Sidee ayaan u maareyn karaa caabuqeyga guud?

Warqad xog xambaarsan oo loogu talagalay dadka qaangaarka ah oo ay da'aaddoodu tahay 16 iyo ka weyn

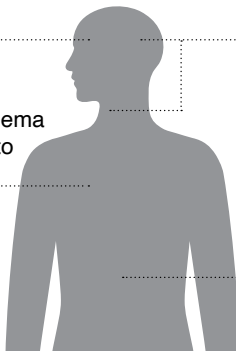
1 Waa maxay astaamaha caabuqa caamka ah?

Indhaha

- Indho guduudan
- Indho dhegdheg leh
- Indhaha oo belbela ama dareema qaruurax ama ciid in ay ku jirto

Xabadka

- Qufac
- Neefsashada oo dhib kugu ah
- Qufacidda xab cagaaran ama jaalle ah



Dhegaha, sanka iyo cunaha

- Xanuun ama dikaan
- Sanka oo ku xiran ama duuf ka socda
- Quman bararsan

Caloosha-yarada

- Lallabo
- Matag
- Shuban

2 Sidee ayuu u badan yahay caabuqeyga?

Sanad walba Boqortooyada Midowdey ee Ingiriiska (UK)...

dadka qaangaarka ah waxaa ku dhaca 2 ilaa 3 hargab, celcelis ahaan

(wuxuunna aad ugu badan yahay carruurta)



1 ilaa 5 qof ayuu ku dhacaa caabuqa caloool-yarada



1 ilaa 10 qof ayuu ku dhacaa caabuqa sanboorka



3 Sidee ayaan isaga dabiibi karaa caabuqa caamka ah?



Nasasho badan qaado ilaa aad ka roonaato.



Qaado xanuun baabi'ye haddii aad u baahan tahay (hubso in aad tilmaamaha raacdo).



Cab dareere kugu filan (6 ilaa 8 koob ama galaas) si aad uga fogaato fuuq-bax, oo hubso in aad si joogto ah u kaadiso.



Qufacyada, iskuday malab iyo daawooyinka qufaca. **Cune xanuunka**, isku-day macmacaanka daaweysan (lozenges) iyo xanuun baabi'ye.



Deji **caabuqyada indhaha adiga** oo indhaha hareerahooda si tartiib ah ugu qabanaya maro nadiif ah, oo lagu qooyay biyo la karkariyay ka-dibna la qaboojiyay.



Caabuqa ku dhaca dhegta-bannaankeeda, tixgeli in aad ku dhibciso goojooyinka dhegaha ee aan u baahnayn in dhakhtar uu kuu soo qoro.

4 Muddo intee le'eg ayuu caabuqeygu sii jiri karaa?

Qufac



3 ilaa 4
toddobaad

Cune xanuun
ama dheg
xanuun



7 ilaa 8
maalmood

Hargab



14
maalmood

Norovirus
(matagga
jiilaalka)



2 ilaa 3
maalmood

Caabuqa
sanboorka



3 ilaa 4
toddobaad

Caabuqa
indhaha



7 ilaa 14
maalmood

La xiriir dhakhtarkaaga guud (GP) haddii astaamuhu ay ka sii darayaan ama haddii aadan wanaagsaneyn waqtiyada kore.

Booqo www.nhs.uk si aad u hesho talada is-daryeelka ee ku saabsan caabuqyada caamka ah

5 Caabuqeygu ma u baahan yahay antibiyootig si uu u fiicnaado?

- Jirkaaga wuxuu caadi ahaan iskiisa ula dagaalami karaa caabuqyada caamka ah.
- Caadi ahaan uma baahnid antibiyootig haddii astaamaha caabuqa bakteeriyada ah ay ka sii daraan mooyaane – raac talada xirfadlahaaga daryeelka caafimaadka ee arrintan ku saabsan.
- Qaadashada antibiyootig marka aadan u baahnayn waxay halis-gelin kartaa adiga iyo qoyskaaga.
- Raac talada xirfadlahaaga daryeelka caafimaadka ee ku saabsan antibiyootiga.
- Waxaad xog dheeraad ah oo ku saabsan antibiyootiga ka heli kartaa www.antibioticguardian.com.

6 Sideen u joojin karaa faafitaanka caabuqeyga?

Haddii aad u baahan tahay in aad qufacdo ama hindhisto:



Ku qabo
warqad (ama gudaha
suxulkaaga)



Iska tuur
warqada la
adeegsaday



Dil adiga oo
nadiifinaya
gacmahaaga

Gacmahaaga ku nadiifi ugu yaraan 20 ilbiriqsi saabuun iyo biyo ama jeermis-dilaha gacmaha lagu nadiifiyo:

- ka hor inta aadan cuntada diyaarin oo aadan cunin
- ka-dib isticmaalka musqusha
- ka-dib taabashada xayawaannada
- rabbaayadda ah ama xayawaannada kale
- guriga marka aad ka baxayso iyo marka aad imaanayso



Ka fogaaw in aad gacmahaaga oo aan nadiif ahayn ku taabato indhahaaga, sankaaaga ama afkaaga. Haddii ay suuragal tahay, u jirso ugu yaraan 2 mitir (6 cagood) dadka kale, gaar ahaan dadka nugal ee reerkaaga.



Dad hala wadaagin walxaha gaara afkaaga, sida maacuunta wax lagu cuno iyo burushyada lagu cadeysto.



Cusboonaysii tallaaladaada iyo kuwa qoyskaaga. Mar walba qaado tallaalada jiilaalka (sida tallaalka ifilada) haddii aad xaq u leedahay.

Booq ama wac farmashiye si aad u hesho talo dheeraad ah oo ku saabsan caabuqyada caamka ah

7 Waa maxay astaamaha jirrada ee halista ah ee ay tahay in aad iska eego?



Madax-xanuun iyo matag daran



Qandho ama qarqaryo
joogto ah (heerkul ka sarreeya 38°C ama ka yar 36°C)



Dhibaatooyin liqid



Qufacidda dhiig



Neefsasho ka degdeg badan ama ka yar sida caadiga ah, **xabad xanuun** ama giigsanaan



Kalli xanuun dhabarkaaga ah ee meel ka hooseysa feerahaaga



Wadne garaac tartiib ah ama aad iyo aad degdeg u ah oo cusub



Maqaar aad u qabow

Haddii aad isku aragto astaamaha kor ku xusan, si degdeg ah ula xiriir dhakhtarkaaga guud (GP) ama isticmaal adeegyadan soo socda ee gobolkaaga loogu talagalay.

NHS England



NHS 111 Wales



NHS Scotland



Northern Ireland

Contact your GP practice



Adeegyada waxaa ay bixin karaan tarjumaan sirta ilaaliya haddii aad mid u baahan tahay.

8 Ka waran haddii aan tuhumo astaamaha xaaladda ka falcelinta caabuqa ee aadka ah ee jirka (sepsis)?

Sepsis waa ka falcelinta caabuqa oo nafta halis-gelinaysa.

Astaamaha suuragalka ah waa:

- hadal aan la garan karin, jahwareer ama dawakhaad ama dareen hurdo-hurdo maalintii ah
- jarayn xad-dhaaf ah
- kaadi la'aan maalin gudaheeda ah
- neefsasho la'aan daran
- in ay u egtahay in aad dhiman doonto, iyo
- maqaar haaro/baro leh ama midab rogmey.

Haddii aad tuhunto xaalad sepsis ah, isla-markiiba wac 999