



# INFEKSHANKA NEEF-MAREENKA

Hagaha tallaabo-tallaabada ah ee ku saabsan sida loo maareeyo infekshanka.



## TALLAABOYINKA ISKAA ISKU DARYEELIDA AH

1. Sida naftaada u wanaajin kartid
2. Hubi mudada ay qaadan karaan astaamahaaga
3. Ka feejignow astaamaha halista ah
4. Meesha caawimaad laga helo

La sameeyey iyadoo lala kaashanaayo hay'adaha caafimaadka ee xirfadleyda ah.  
Nooca 2, October 2018. Taariikhda naqtiiminta: Noveember 2020.

## 1. SIDA NAFTAADA U WANAAJIN KARTID

Wax kasta oo infekshankaagu ahaado, waxaad sameyn kartaa waxyaabahan soo socda si aad iskaga caawiso.



Isticmaal parastamol si aad iskaga yareeyso qandhada; had iyo jeerba waxaad raacdaa tilmaamaha



Weydii farmashiistahaaga wixii talo ah ee ku saabsan qaabka loo yareeyo astaamaha



In badan naso ilaa aad ka roonaato



Cab cabitaan badan si aad uga hortagto dareemida haraad.



Isticmaal maryo/af-tire marka aad hindhisto si aad u joojiso faafi dda infekshanka



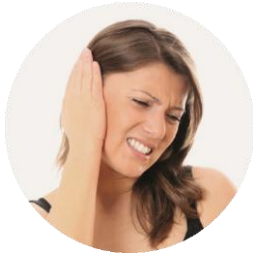
Iska dhaq gacmahaaga si aad u joojisid faafi taanka infekshanka

Wixii macluumaad dheeraad ah, booqo bogga internetka NHS:

[www.nhs.uk](http://www.nhs.uk)

Cudurada infekshanka badankood waxay roonaadaan iyadoon la isticmaalin antibiyootiko. Baro sida aad uga faa'iideysan kartid isticmaalka antibiyootikada adiga oo booqanaya: [www.antibioticguardian.com](http://www.antibioticguardian.com)

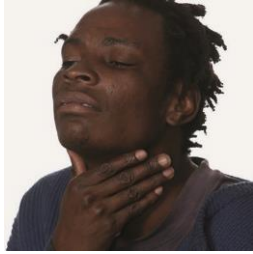
## 2. HUBI MUDADA AY QAADAN KARAAN ASTAAMAHAAGA



### Dhego xanuun

Inta badan waxay ku roonaadaan 8 maalmood

Isniin	Talaado	Arbaco	Khamiis	Jimco	Sabti	Axad
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



### Dhuun xanuun

Inta badan waxay ku roonaadaan 7-8 maalmood

Isniin	Talaado	Arbaco	Khamiis	Jimco	Sabti	Axad
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



### Hargab

Inta badan waxay ku roonaadaan 14 maalmood

Isniin	Talaado	Arbaco	Khamiis	Jimco	Sabti	Axad
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



**Qufac** Inta badan waxay ku roonaadaan 21 maalmood

Isniin	Talaado	Arbaco	Khamiis	Jimco	Sabti	Axad
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Haddii aadan bilaabin inaad

wax yer xitaa ku roonaanin wakhtiyada kor ku xusan, talo ka raadso dhaqtarkaaga guud (GP-gaaga).

Haddii aad dareento inaad ka sii dareyso, taleefan u dir **[NHS] 111**, **NHS qadka tooska ah Wales ama NHS 24** (fi iri talaabada 4)

### 3. KA FEEJIGNOW ASTAAMAHA HALISTA AH

Haddii aad qabto infekshin oo aad yeelatid mid ka mid ah astaamaha hoos ku xusan, waa inaad si dhaqsi ah ku **aragtaa dhakhtar. Wac dhakhtarkaaga guud** ama **wac NHS 111, NHS Direct Wales** ama **NHS 24**.



**Madax xanuun daran**



**Maqaarka oo aad u qabow**



**Neefsashada oo dhib noqota**



**Dareemidda jahwareer**



**Laab xanuun**



**Dhibaatooyinka liqitaanka**



**Qufac dhiig leh**



**Dareemida xaalada oo kasii darta**

### 4. MEESHA CAAWIMAAD LAGA HELO

**NHS INGIRIISKA**

CALL  
**111**  
when it's less  
urgent than 999

**NHS DIRECT WALES**

**NHS Direct Wales**  
**0845 4647**  
Galw **IECHYD** Cymru

**NHS SCOTLAND**

**NHS**  
**24**  
CALL 111

**NORTHERN IRELAND**  
La xiriir dhaqtarkaaga guud

**HSC** Public Health  
Agency  
Project supported by the PHA

**Haddii ay xaaladu tahay MID DEGDEG AH, wac 999 si dhaqsi ah.**