



Curdarka keena  
bakteriyada ma u  
baahantahay Daawo?

**Tusmaha waalidka ee  
isticmaalka wanaagsan  
ee daawooyiinka  
antibiotiga**

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## Ulajeedada Buugga [The Purpose of the Book]

Waa in uu kacaawiyo waalidiinta sida ay wax uga qaban lahaayeen cudurada ama infekshinada caruurta kudhahaca sida qabowga(cold) ,hergabka, cuna xanuunka , dhaga xanuunka iyo cudurada ama infekshinada ku dhaca dhuumaha dheef-sashada (respiratory tract).

## Xusuusnoow [Remember]

- Gacmo iska dhaqida in ay tahay habka oo ugu wanaagsan ee lagu joojin kara faafida cudurada kudhaca sambabada iyo hunguri cadka.
- Viruska iyo bacteriyadaba waxay keenaan cudura la xiriira sambabada iyo hunguri cadkaba laakin dawooyiinka antibiotiga waxaa loo isticmaali karaa cudurada ay keeneen bacteriyada. Antibiotiga looma isticmaali karo cudurada uu Firuska sababay.
- U isticmaal dawooyiinka antibiotiga si wanaagsan si uusan jirkaaga oola qabsan daawada markaasna antibiotiga uu wax kaqaban kari waayo bacteriyada.



# Iska dhaqida Gacmaha

## [Handwashing]

### Goorta gacmaha la iska dhaqo:

[When to wash your hands]

- Cuntada kahor
- Naas nuujinta kahor
- Kadib marka aad isticmaashid musqusha ama cunugaaga musqusha geysid.
- Kadib marka aad caruurta kabadashid neebka [diapers]
- Marka aad duufsatiid ama cunugaaga ka dhuufsiid.
- Kadib marka cunuga uu kuciyaaro boombale( toys) ama uu la isticmaalo boombale caruurta kale.

*Iska dhaqida Gacmaha ayaa ah habka oogu wanaagsan ee looga hortagi kara faafitaanka cudurada kudhaca sambabada iyo hunguri cadka. 80% ee cudurada ama infekshinada badankood waxaa ay ku faafaan gacmaha.*

### Qaabka gacmaha la iskaga dhaqo: [How to wash hands]

- Istimaal saabuun iyo biyo. Biyo kaligooda waxba kama taraan jeermiska
- Gacmahaaga qooy.
- Mari saabuun. *Ha isticmaalin saabuunta nooca ah antibacterial.*
- Gacmahaaga isku xoq ilaa 20 ilbirdhiqsi ama inta ay kugu qaadato heesta ah "twinkle, twinkle little star".
- Biyo iskaga raaci gacmaha ilaa 10 ilbidhigsi.
- Gacmaha ku qallaji tawaal nadiif ah.

### Waxa la doonayo in aad samaysid: [What you should do]

- Waxaad ogaataa in ay dhakhaatiirta guud, kuwa ilkaha, kalkaalisada iyo baarayaasha caafimaad in ay gacmaha mayrtaan inta aysan kubaarin ama aysan baarin cunugaaga.
- Waa in aad habsataa in ay saabuun taalo musqusha iskoolka ee cunugaaga iyo tan halka aad kashaqaysaba.
- Waa in aad habsataa in meelaha caruurta lagu xanaaneeyo ay leeyihiin meela ay dadka waaween iyo caruurta ku dhaqdaan gacmaha.
- Istimaal saabuunta caadiga ah. Saabuunta antibacterialka ah waxay sababta in ay bacteriyada laqabsato saabuuntaasi.
- Waxaad kuwax bartaa caruurta adiga oo siinayo tusaale.



# Noolaha keena cudurada isku si looma abuurin

[Not All Bugs Are Created Equal]

*Viruska iyo bakteeriyada waxay keenaan cudurada laakiin daawooyiinka loo yaqaano antibiotiga waxay wax ka qaban karaan oo kaliya bakteriyada.*

## Cudurada Viruska uu Dhaliy [Viral Infections]

- Cudurada viruska uu sababo waxaa kamid ah Qabowga, Hergebka xabadka oo dadka xanuunan, boronkiitada iyo badanaa cuna xanuunka.
- Cudurada viruska sababo way ka faafitaan badanyihiin kuwa bakteeriyada sababto. Haddii hal qof kabadan uu kudhaco cuduradan sida hergebka oo kale badanaa reerka oo dhan wuu kuwada dhacaa.
- Cudurada viruska uu keeno waxaa loola jiran karaa sida kuwa bakteeriyada ay sababtay oo kale.
- Sida qaalibka ah cuduradan waxaa laga fayooabaadaa mudo sadex iyo afar beri ah balse waa laga yaabaa in ay qaadata ilaa sadex asbuuc in si fiican aad ooga bogsootid.

*Antibiotiga waxba kama qabtaan cudurada uu viruska sabab u yahay.*

## Cudurada Bakteeriyada ay dhaliso [Bacterial Infections]

- Badana dadka kuma badna cuduradan sida kuwa uu viruska dhaliyo.
- Uma faafaan si fudud sida kuwas viruska uu dhaliyo.
- Waxay dhalisaa cuduro sida liimooniyada iyo gowracatada

*Daawooyiinka antibiotiga badanaa waxay wax kaqabtaan cudurada ay bakteeriyada sababtay.*

## Maxay tahay bakteriyada oo laqabsada antibiotiga?

[What is antibiotic resistance?]

- Isticmaalka daawooyiinka antibiotiga ayada oo aan loo baahneyn (sida marka hergeb kuhayo) waxay sababtaa in jirka uu laqabsado antibiotiga
- Bacteeiyada haddii ay daawooyinka wax kaqaban waayaan, waxay u badantahay in bacteriyada la qabsatay antibiyotiga.
- Waxaaad ogaataa daawada antibiyootiga waxa la qabsade in ay tahay bakteriyada. MA AHAN ADIGA. Xitaa dadka caafimaad qaba oo aan isticmaalin antibiotiga ayaa waxa dhici karta in daawada antibiotiga ay wax u tari waydo.



# Si Wanaagsan u isticmaal Antibiotiga

[Use antibiotics wisely]

## Waxa la doonayo in aad samaysid: [What you should do]

- Ha filanin in aad u isticmaashid antibiotig cudur walba oo saameeyo sambabada (respiratory). Badanaa cuduradan waxa keena viruska oo antiotiga waxba kaqaban Karin.
- Dhaqtarkaaga hakuu go'aamiyo in aad u baahantahay antibiotiga iyo nooca antibiotiga ee kuu haboon.
- U yara sug marka adiga ama cunugaaga isku aragtid astaamaha qabowga, ama qufaca ama cuna xanuunka, waayo badanaa cuduradan waxay kaaga baxaan mudo gaaban oo ilaa 4-5 maalmood ah ama ugu badnaan ilaa 3 asbuuc.
- Marka kastaba gacmaha iska dhaq kadib marka aad booqoto qof xanuunsan. Xasuusi dadka kalena in ay gacmaha iska dhaqaan.

*Iska ilaali in aad dagaal la gashid waxyaabaha cudurada keena ee SIDA XOOGA AH ISAGA CAABIYA antibiotiga. Si wanaagsan u isticmaal antibiotiga.*



## Qandho [Fever]

### Waa maxay qandho? [What is fever?]

Heer kulka cunugaaga waxay kuxirantahay hadba meesha laga qaado cabirka.

Qaabka loo qaado heer kulka	Heer kulka waxay uu la eg yahay ama kabanyahay
Kilkisha	37.3° C
Afka	37.5° C
Dhagta	38.0° C
Dabada	38.0° C



### Qandho: [Fever]

- Waxay jirka ka caawisaa ladagaalanka cudurada.
- Waxay badanaa la timaadaa cudurada kudhaca sambaba iyo hunguri cadka.
- Qandhadu waxaa keeni kara cudurada kuwa ay bakteeriyada iyo viruskuba keenaan.

### Daaweyn: [Treatment]

- Waxaad siisaa cunuga acetaminophen (Actimol<sup>®</sup>, Panadol<sup>®</sup>, Tempra<sup>®</sup>, Tylenol<sup>®</sup> or generic brands).
- Ha siinin ASA (Aspirin<sup>®</sup>).
- Cunugaaga jirkiisa qabooji balse yuusan qarqarin.
- Cunugaaga oogu labis dhar qafiif ah qolka gudhiisana heer kulku ha ahaado 20° C.
- Cunugaaga waxaad siisaa cabitaan ama jalaato mar walba uu soo kaco.

**Ogow:** Marka caruurta ay kajabiso qandhada katimaada cudurada viruska, markiiba way bogsoodaan. Caruurta ay kajabise qandhada bakteeriyada katimaada waxay noqdaan kuwa tabar daran xitaa marka ay qandhada ka qaado

### Arag dhakhtarkada hadii cunugaaga ay qandho hayso oo:

[See your doctor if your child has fever and]

- Da'diisa ay kayartahay lix bilood.
- Qandhada ay kagajabin waydo 48 saac gudahooda amaba hoos u dhici waydo marka lasiiyo xanuun baabi'iyaha Acetaminophen.
- Qandhada ay hayso cunuga in kabadan 3 beri.
- Jirka uu kasoo baxo (rash).
- Uu Qabo shuban iyo matag.



**WAA MUHIM IN DAWOYINKANI LAGU QUFULO MEEL AYSAN CARURTA KALA SOO BIXI KARIN**

Quwada daawada	Qiyaasta daawada loo isticmaalo cunuga culayskiisa ama miizaankiisa.				
	3.0 – 3.9 kg (6 – 8.5 lbs)	4.0 – 5.4 kg (8.5 – 11 lbs)	5.5 – 7.9 kg (12 - 17 lbs)	8.0 – 10.9 kg (17.5–24 lbs)	11 – 15.9 kg (24 – 35 lbs)
Daawada lagu dhibciyo caruurta (80 mg in 1ml)	0.5 ml	0.75 ml	1 ml	1.5 ml	2.0 ml
Sharoobada caadiga ah (80 mg in 1 qaado)	½ qaado	¾ qaado	1 qaado	1½ qaado	2 qaado
Sharoobada quwada badan (160 mg in 1 qaado)	uma haboona	uma haboona	½ qaado	¾ qaado	1 qaado
Kiniiniga caruurta (80 mg kiniini)	Uma haboona	Uma haboona	1 kiniini	1½ kiniini	2 kiniini
Kiniiniga caruurta quwada badan (160 mg kiniini)	Uma haboona	Uma haboona	Uma haboona	Uma haboona	1 kiniini
<i>Caruurta culayskooda kabadanyahay 15.9 kg (35 lbs) waxaad daawada usiisaa sida lagu qoray dhalada daawada.</i>					

Acetaminophen (Actimol<sup>®</sup>, Panadol<sup>®</sup>, Tempra<sup>®</sup>, Tylenol<sup>®</sup> or generic brands) wuxuu u roonyahay qandhada iyo xanuunka caruurta. Caruurta hasiinin dawada aspirinka ah (acetylsalicylic acid, ASA, Aspirin<sup>®</sup>) waayo waxay sababaan xanuun loo yaqaano Reye's Syndrome, oo ah cudur aad u daran oo waxyeleeyo beerka iyo maskaxda.

### ARKAAD WALBAHAARTO [WHEN TO WORRY]



Cunuga sida ay tahay xaaladiisa guud ayaa muhiim ka ah qandhada marka aad ay tahay in la ogaado goorta cunuga laga walbahaaro.

Waxaad gaysaa cunuga qaybta (emergency) hadii uu cunugaaga qandho hayso uuna tusiyo calaamadahan soo socda mid kamid ah.

- Hadii ay neefsashada dhibayso taas oon oogu wacnayn sanko oo cubma.
- Bishimaha oo buluug noqda.
- Hadii uu dhutinayo ama uu dhaqaaqi waayo.
- Haduu ay ku adkaato in uu hurdada ka kaco ama uu aamuso ama dhaqaaqi waayo.
- Qoorta oo dhaq dhaqaaqi waydo
- Uu u eqyahay in uu wareersanyahay



## Hargabka [Cold / Runny Nose]

Hergabka waxaa sababa virus. Waxaa jira in kabadan 200 nooc oo virus ah oo sababa hergebka. Caruurta ilaa 8-10 nooc oo hergeb ah ayaa sanadkiiba ay qaadi karaan. Dadka waaweyn hergebka badanaa kuma dhaco waayo difaaca jirkooda ayaa ka adkaaday noocya badan oo kamid ah viruska hergebka dhaliya. Daawooyinka ah antibiotikis ah waxba kama qabaan karaan hergebka



### Ka hortag: [Prevention]

- Gacmahaaga dhaq si aad ooga hortagtid viruska.
- Bar caruurtaada in ay gacmaha iska dhaqaan.
- Dhaq boombalayaasha (toys) ay kuwa kale la wadaagaan.

### Astaamaha:[Symptoms]

- Sanka oo dhoof kaqulqula, cuna xanuun, hindhiso, qufac iyo marka uu bilaabayo oo uu wato madax xanuun, xumad iyo indhaha oo ilimo kasocda.
- Sanka marka hore oo biyo cad kayimaada kadib duuf jaale ah isku badala. isbadalkani matusayo in ay tahay bakteeriya.
- Caruurta waxaa laga yaabaa in ay qufacaan oo waliba sii daran habeenkii.
- Hergabka badanaa 4-7 beri ayuu kudhamaadaa balse waxaa laga yaabaa muda dhan sadex asbuuc in uu si fiican uga bogsodo.



### Dawayn: [Treatment]

- Cunuga waxaad siisaa cabitaan badan sida biyaha ama juuska. Cabitaanka yara diiran waxa uu ka caawiyaa in uu duufka kaqalajiyo sanko.
- Waxaad siisa cunuga daawada (acetaminophen) marka ay qandhada hayso..
- Cunuga nasiimo badan waa in aad siisaa.
- Isticmaal biyo cusbo leh si aad kudaawaysid cubmashada sanko iyo qufaca khaas ahaan caruurta markaa dhahshay iyo kuwa talaabo baradka ahba. Biyaha cusbada leh waa soo gadan kartaa amaba waxaad ku diyaarin kartaa guriga..
- Sharoobada qufaca way kacaawin kartaa cunuga in uu qufaca joojiyo balse hergebka mabogsiin karto. Sharoobooyiinka noocaasi ah waxay kujira Acetaminophen. Waa in aad aqrisa waxaa kuqoran sharoobada si taxadar leh oo aadna kala tashataa ninka farmashiyaha jooga.
- Si aadan dadka kale u saamaynin waa in marwalba gacmaha uu dhaqdaa qofka cunuga xanaanaynayo.

### Kudhibcinta biyo cusbo leh [Salt Water Drops]

125 ml (4 oz or ½ cup) biyo diirran.  
¼ qaado cusba ah.

- U qas si wanagsan.
- Maalin walba kuwa hor leh diyaari
- Cunuga u seexi si madaxiisa uu hoos u yara noqdo.
- Isticmaal waxa aad u isticmaali kartid dhhibcinta biyaha diirran. Sandul walba 1-2 kudhibci biyaha cusbada leh.
- Kucelceli 4 ilaa shan mar maalin walba.

### U tag Dhakhtarka hadii ... [See your doctor if ...]

- Qandhada soo laabato ama xanuunka kasii daro 5-10 maalmood kadib markii uu cunuga xanuunsade.
- Duufka sanko kasocda oo jaalaha ah ama cagaarka ah uu sii wado cunuga in kabadan 10 beri.

## Haragab [Flu]

Hargabka ama influenza waxaa keenaa virus. Dadka wawayn oo hargabka qaba waxay ku fidin karan dadka kale ilaa iyo 3-5 maalmood kadib markuu astaamaha biloowmaan. Caruurta qabta hargabka waxay ku fidin karaan ilaa iyo 7 maalmood kadib markay astaamaha biloowmaan. Xiliga hargabka wuxuu had iyo jeer biloodaa Nofembar ama Disembar uuna dhamaadaa Abril ama May. Mararka qaar hargabka waxaa laga yaaba in uu noqdo brunkiito.

### Ka hortag: [Prevention]

- Raadso talaalka hargabka (flu vaccination).



- Dhaq gacmahada, siiba markaad booqato ruux xanuusan. Bar caruurtaada sida gacmaha loo dhaqdo.
- Bar caruurtaada in ay ku qufacaan istarasho. Tuur istarashada isla markaba.

### Astaamaha: [Symptoms]

- Qandho/xumad
- Madax xanuun
- Daal / jir xanuun
- Qanjiro barar.
- Duuf ama san xiran
- Qufac / hindhiso

### Daawayn: [Treatment]

- Sii sharaab badan sida biyaha iyo cabitaanka. Cabitaanka diiran (warm) sida maraqa waxay caawisaa caburka uuna fududeyaa neefta
- U ogolooow canugaag nasasho badan. Ku hay canuggaag guriga maalmaha u hore ee xanuunka si uu u nasto uuna ilaaliyo ku fidinta daka kale.
- Sii kaniinka acetaminophen qandhada, madax xanuunka iyo jir xanuunka

### Arag dhakhtarkaada hadii ... [See your doctor if ...]

- Qandhada ay raagto mudo ka badan 3 bari.
- Canuga qandhado iyo ka soo bax (Rash).
- Canuga haduu qufaco wax cagaraan ama jaale ah mudo ka badan 10 bari

### MARKA LA WALBAHAARO [WHEN TO WORRY]



#### Aad qaybta emergensiga haduu canugaaga leeyahay astamahan soo socada:

- Neefda oo ku dhagta taaso ka imaanin cabur.
- Bishimaha oo blug noqda.
- Jiisa ama aan dhaqaaqi karin.
- Hadii ku adkaato in uu ka kaco hurdada, amusnaa.
- Luqunta oo adkaada.
- Haduu u ekgahay inuu isku dhex yaacsan yahay.
- Suuxdin ama qalal (seizure)



## Cuna Xanuun [Sore Throat]

Cuna xanuunka wuxuu had iyo jeer la imaada hargarb .Cuna xanuunka waxaa keena virus. Antibayootig waxba kama taro cuna xanuunka keena viruska.

Cuna xanuunka qaar waxa keena bacterial la dhaho Streptococcus. Cuna xanuunka nooca Strepka loo yaqaano wuxuu had iyo jeer ku dhacaa xiliga xagaaga (fall ) iyo xiliga qabowga (winter) caruurta da'dooda u dhexeysa 5 iyo 12.

*Dakhtarkaaga kuma sheegi karot fiiro kaliya in cuna xanuunku yahay mid ay bagteriya keentay ama virus. Baaritaan cuna xanuun ayaa tusin kara in cuna xanuunku uu yahay mid virus ama bagteriya kayimid.*

- Hadii uu cuna xanuunku yaha mid hergeb keenay, waxay u badantahay in virus uu sabab u yahay baaritaan cuna xanuun markaasi looma baahno.
- Dakhtarkaaga waxaa laga yaabaa in uu baaritaan cuna xanuun kaa qaado si uu u ogaado in uu yahay cuna xanuun bagteeriya keentay ama virus. Badanaa natiijada mudo 48 saacdoood kadib ah ayaa lagu ogaadaa.
- Hadii ay jaawabtu maya noqoto, cuna xanuunka waxay u badantahay in uu virus keenya. Antibiyotiga waxba kama qaban karaan.
- Hadii jawaabtu noqoto haa, dhakhtarka ayaa daawo antibiyotiga ah kuu qoraya.
- Reerka intiisa kale uma baahna in la baaro hadii aysan xanuunsanayn.



## Astaamaha: [Symptoms]

- Dhuunta oo xanuunta, xanuun marka wax aad laqeeyso.
- Qandho
- Qanjiro barar

## Daweeyn: [Treatment]

- Sii sharaab badan sida biyaha iyo cabitaanka. Sharabka qandaca ah sida maraqa way u fiicantahay dhuunta
- Ku daawe kaniinka acetaminophen xanuunka iyo qandhada (arag "qandho).
- Caruurta jira lix sano iyo ka badan iyo dadka waaweyn *throat lozenges* wuxuu ka yareeyaa astaamaha. Caruurta yar yar waa in la siinin LOZENGES sababtoo ah waa halis in ay ku margadaan.
- Caruurta iyo dadka waaweyn ku luqluqashada biyo qandac oo cusbo leh way u fiicantahay dhuunta. Isku qas ½ qaado oo cusbo ah iyo 250 ml (8 oz amah hal koob) oo ah biyo qandac. Ku luqluqo ilaa 10 sekend. Tuf biyaha cusbada leh kuna celi. samee ilaa iyo 4-5 jeer maalintii
- Canugaada waa ku noqon karaa howlihisa caadiga ah markuu roonaado

## Arag dakhtarkaada hadii ...[See your doctor if ...]

- Hadii cunna xanuunka socdo ilaa iyo 2 – 3 maalmood oosan laheen wax astaamaha hargabka sida ilmeyn, hindhiso, iyo duuf.

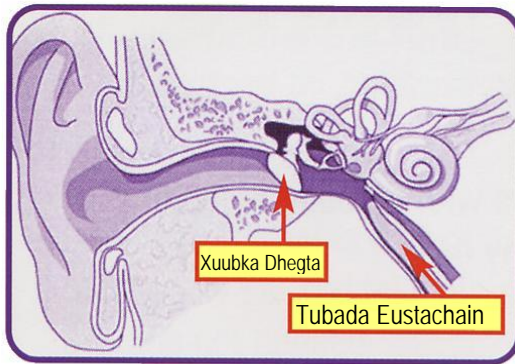
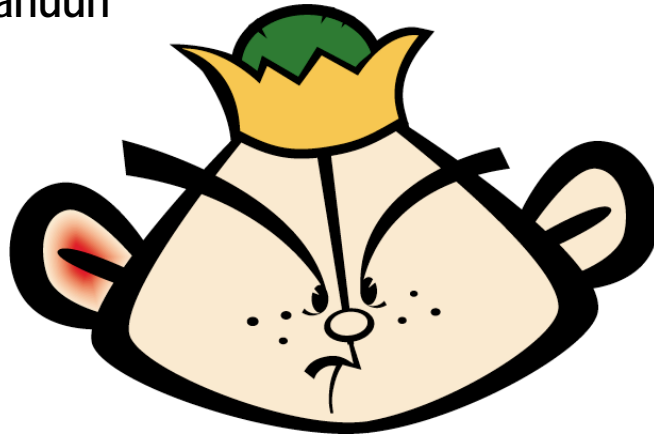
### MARKA LA WALBAHAARO (WHEN TO WORRY)



Aad qaybta amergensiga (emergency) haduu canugaag leeyahay astaamahan soo socda:

- Neeftoo ku dhagto taaso ka imaanin cabur
- Bishimaha oo bluum noqda
- Waxba laqi Karin

## Dhag xanuun (Ear Ache)



Tuubo la yiraahdo “Eustachian tube” ayaa isku xirtaa dhagta dhexe iyo dhuunta gadaasheeda. Tuubadaas way u dhuubantahay caruurta, marka way xirmi karta qaasatan marku canuga qaboow qabo. Xirmada waxay keeni kartaa cudur ay bacteriyada sababto. Antibayootig ayaa la loo qori karaa infekshinka dhagta gala, lakiin 70%-80% caruurta oo qaba infekshinka dhagaha way buskoon karaan antibiyotig la’aan.

### Ka hortag: [Prevention]

- Dhaq gacmahaada marwalba bar caruurtada sida loo dhaqdo gacmaha ileen infekshinka dhaga waxuu kudhacaa caruurta qaboowga kadib.
- Ka ilaali canugaaga qiiqa sigaarka.
- Caruurta alerrjiga qaba ka ilaali, waxyaaba leh cuncunkaa.
- Haku siinin masaasad (bottle) canugaaga asagoo jifa.

### Astaamaha: [Symptoms]

- Qandho
- Dhagaha oo xanuuna
- cunuga oo iska caraysan marwalba

### Daweyn: [Treatment]

- Ku daawe kaniinka acetaminophen xanuunka iyo qandhada (arag "qandho").
- Saar maro qandac ah dhagta korkeeda.
- "Antihistamines" iyo "decongestants" waxba kuma taraan infekshinka dhagta.
- Dhakhtarkaaga ayaa kuu qori karaa antibiyotig kadib markuu baaro dhaga cannugaaga
- Haduu cannugaaga kudhaco infekshinka dhagaha waqtiyo gaagaaban oo isku dhow, dhaktar wuxuu u qori karaa qalniin oo dhagta la galiyo tuubo ka soo daadiso wasaqda.
- Ayada oo ay oogu wacantahay in bacteriyada ay laqabsatay dawada antibiyotiga, uma haboona in caruurta in badan lasiiyo dawada antibiotiga waayo dhaga xanuun ayeey arinkaasi keenaysaa.

### Arag dhaktar kaaga hadii ... [See your doctor if...]

- Cannugaaga ka yar yahay da'da 6 bilood
- Cannugaag u dhexeeyo da'da 6 ilaa 24 bilood uuna biskoonaynin 24 saac kadib.
- Cannugaag ka wayn yahay da'da 2 sano uuna biskoonaynin 3 maalmood kadib. Oo socodka ka dhadhacayo
- Dhagta gaduudato kana bararto gadaal.

### MARKAAD WALBAHAARTO [WHEN TO WORRY]



Aad qayba amergensiga (emergency) hadii uu cannugaaga leeyahay astaamahan soo socda:

- Neefta oo ku xiranta taaso ka imaanin sanko oo xirma.
- Bishimaha oo buluug noqda
- Jiisa ama aan socon Karin.
- Hadii uu cunuga kakici waayo ama uu yahay mid iska yaalyaal ah
- Luqunta oo adkaata
- Haduu u egyahay in uu isku dhex yaacsanyahay.
- Suuxdin

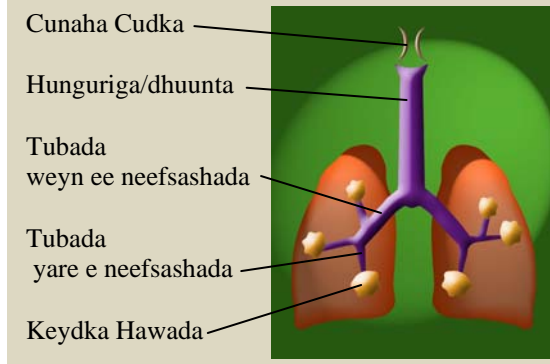
## Qufac [Cough]

Qufaca badanaa kudhaca caruurta iyo dadka waaweynba waxaa sababa infekshin uu keenay virus oo kudhaca daloolyada hawada siiya jirka sida sambabada. Daloolyada siiya jirka hawada ( sambabada iyo qunguri cadka) ayaa marka la fiirsho waxay u egyihiin geed la daba gedyay.

Cudurada saameeya qaybaha hawada gaarsiya gudaha jirka

ayaa loomagacaabi hadba meesha ay saameeyaan

Dawooyiinka antibiyootiga waxba kama qabtaan qufacyada ay sababaan viruska. Mar mar waxaa laga yaabaa in uu qufaco yahay mid kayimid liimoniya. Markaasi waxaa lasiin karaa antibiyotiga.



Jirada	Halka ay kudhacdo	Dada ay kudhacdo	Waxa sababa
Riiraxyo	cunaha	Caruurta yara roon iyo dadka waweyn	Virus
Feera xanuun	Cunaha iyo feeraha	Caruurta yaryar	Virus
Wareento*	Tuyuubka weyn ee naafta qaada	Caruurta yara roon iyo dadka waweyn	Virus
Wareento yar	Tuyuubada yaryar ee neefta qaada	Caruurta markaa dhashe	Virus
numooniya	sambabada	Dhamaan da'	Bacteriya ama virus

\*waxaa loola jeedaa qof sambabadiisu ay yihiin kuwa caafimaad qaba

### Astaamaha: [Symptoms]

- Qandho, qufac iyo xabad/feero xanuun.
- Xaako cagaaran ama jaale ah oo la qufaco. Tani mincnaheeda mahan inuu yahay infekshon baktirya.
- Caruurta qaar waxaa dhacda in ay hawa qaadashada kudhacdo

### Waxaad ogaataa:

Marka ay kudhacdo wareentada uu viruska keenya 45% dadka ilaa 2 wiig kadib ayeey sii qufacaan 25% dadka wali waxay sii qufacaan ilaa 3 wiig.



### Daawayn: [Treatment]

- Sii sharaab badan sida biyaha iyo cabitaanka. Sharaabka qandaca ah sida maraqa waxay cawinaysa in ay fududaysa neefta.
- U ogolow cannugaaga in uu nasiino badan helo.
- Isticmaal marwaxad qolka uumisa ama hawo biyo leh kufurta
- Qufac joojiyaha iyo cabur bi'iyaha waxay caawisaa caruurta waaweyn iyo dadka waawayn lakiin waa in loogu isticmaala si taxadar leh caruurta yar yar. Waydii farmashiyahada/dhakhtarkaada daawada saxda ah.
- Daawada quface oo afka lagu dhibciyo wax u roontahay carruta waaweyn iyo dadka waaweyn. Daawada qufac ooafka lagu dhibciyo waa in la siinin caruurta da'dooda ka yartahay lix sano sabaabtoo ah waxay keeni kartaa in ay ku saxdan.
- Burunkitada/wareentada raajo xabadka/feeraha iyo antibayootig ayaa loo qoraa.



### Arag dhakhtarkaaga hadii ... [See your doctor if ...]

- Qandhada raagto mudo ka badan 3 maalmood.
- Qufaca matag la socdo.
- Cannugaaga aad u xanuunsantahay (siiba 2-3 maalmood kadib) uusan waxba cunaynin ama cabaynin.

### MARKAAD WALBAHAARTO [WHEN TO WORRY]



Aad qaybta mar dagdag ah haduu cannugaaga leeyahay astaamahan soo socda:

- Neefto dhibta taasoo ka imaanin caburka sanko.
- Bishimaha oo buluug noqda.
- Jiisa ama aan dhaqaaqi Karin.
- Hadii uu cunuga hurdada kakici waayo ama uu yahay mid kala daadsan
- Luqunta oo adkaada.
- Haduu u eegayhay in uu isku dhex yaacsanyahay.
- Suuxdin.



# Jirada sanko iyo Indhaha

## [Sinus Infection (Sinusitis)]

Siinaas waxa weeyaan meela yaryar oo hawo kujirto oo ku yaalo gudaha jirka waliba sanko iyo indhaha agtooda. Cudurka kudhaca meelahani waxa sababa marka dareere uu galo meekahaasi. Virus iyo bagteeriyadaba waa ay keeni karaan cudurkani balse badanaa waa sababa viruska oo ilaa 200 oo mar kabadanyahay kan kayimaada bagteeriyada. Cudurkani badanaa waxa uu kudhacaa dadka marka hergebka kugu dhaco kadib balse hergebka ay bagteeriyada keentay badaanaa cudurkani madhaliyo. Calaamadaha cudurkani ayaa waxay yihiin kuwa kadaran kuwa hergebka muda badana wuu daba dheeradaa.

### Astaamaha: [Symptoms]

- Waji xanuun ama madaxa uu ku buuxa, madax xanuun, ilko xanuun, daal, qufac, qandho.
- Sanko oo ku xirma duuf cagaran ama jaale ah oo ku raago mudo ka badan 10 maalmood.

### Daaweeyn: [Treatment]

- Sii kaniinka acetaminophen markuu qandhaddo ama xanuunsado (arag "qandho").
- Ku dhibci biyo cusbo leh ama ku buufi si ay u fududaato duufka (arag Qaboow).
- Dawooyinka neefsashada fura ayaa kaa caawin kara sanko oo kucuban balse masoo gaabiyaan mudada uu qofka hayso jiradaasi.
- Isticmaal marwaxad qolka uumisa ama hawo biyo leh kufurta

### Arag dhakhtarkaaga hadii ... [See your doctor if ... ]

- Qandhada soo noqoto, 5-7 maalmood kadib markuu qabooga bilaabmay.
- Astamaha qaboowga oo kadara, 5-7 maalmood kadib markuu qaboowga biloobmay.
- Duuf cagaar ama jaale ah oo raago mudo ka badan 10 maalmood.
- Waji xanuun joogta ah.

**Waxaad ogaataa:** astaamaha Qaboowga way soo noqnoqdaan, waxaana la socdo duuf cad oo cadeynaayo in uu qaboowga cusub yahay uusan ahayn jirada daloolada indhaca. Dhakhtar aadistiisa looma baahna – raac daaweeynta qaboowga.



## MARKAAD WALBAHAARTO [WHEN TO WORRY]



Aad qaybta (emergency) ah haduu kannugaaga leeyahay astaamahan soo socda:

- Qandho iyo barar agagaarka iyo isha korkeeda
- Neefta oo dhibta taasoo ka imaanin caburka sanko
- Bishimaha oo buluug noqda.
- Jiisa ama aan dhaqaaqi karin.
- Hadii uu cunuga hurdada kakici waayo ama uu yahay mid kala daadsan.
- Luqunta oo adkaata.
- Haduu u egayahay in uu isku dhex yaacsanyahay.
- suuxdin

*TRANSLATION AND CULTURAL VALIDATION*



**Multicultural  
Health  
Brokers Co-op**

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*FOR MORE INFORMATION*

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