

Waxaan qabaa jadeeco, hadda maxaan sameeyaa?

Waxaad u baahan tahay inaad go'doon ku sii jirto. Maxay tani ka dhigan tahay?

- Aad baad ugu faafin kartaa dadka kale. Dadka qaba jadeecada ayaa ah kuwo faafin kara xanuunka afar maalmood ka hor intaanay asiibin kasoo bax ilaa shan maalmood ka dib markuu kasoo baxu bilaabmaan.
- Waa inaad guriga joogtaa ilaa maalinta 5-aad ka dib marka ay finan kaa soo baxaan (bilaabashada kasoo baxyadu waa maalinta ebar).
- Haddii ay suurtagal tahay, joog qol ka duwan kuwa kale oo isticmaal musqul gooni ah. Tixgeli xirashada maaskaro haddii aad u dulqaadan karto si aad u yarayso u beylah dhigida dadka kale.
- Daar marawaxadaha musqusha iyo jikada ee bannaanka hawada geeya oo fur dariishadaha ama albaabada si aad hawo cusub ugu soo sii dayso gudaha.
- Si joogta ah u dhaq gacmahaaga oo jeermiska ka dil oogooyinka sagxadaha.
- Gurigaaga haku soo dhaweyn booqdayaal.
- Ha aadin goobta shaqada, dugsiga, xanaanada carruurta, lagu sameeyo hawlaha manhajka ka baxsan, dukaameysi, ama meel kasta oo caamka ah.
- Kaliya guriga uga bax helitaanka daryeel caafimaad oo horena u sii wac, haddii ay suurtagal tahay, xafiiska dhakhtarka si loo sameeyo qabanqaabo si looga fogaado u beylah dhigida dadka kale.
- Haddii aad u baahan tahay inaad u tagto dhakhtarka, ha isticmaalin gaadiidka dadweynaha.
- Haddii aad u baahan tahay raashin ama daawooyin, qabanqaabi soo gaadhsiin aan la sameeneynin xidhiidh jireed.
- Ka dib marka aad bogsato, haddii aan hore lagu tallaalin tallaalka MMR (jadeecada, qaamo-qashiirta iyo jadeecada rubella-ga), weli waa fikrad wanaagsan in aad is-tallaasho. Waxay ka ilaalin doontaa mustaqbalka caabuqyada suurtagalka ah ee qaamo-qashiir ama rubella-ga.

Ka warran calaamadaha?

- Ma jiraan daawooyin lagu daweeyo jadeecada. Mararka qaarkood daawooyin ayaa la isticmaali doonaa haddii caabuqyo kale ay soo baxaan.
- Xaqiiji inaad cabto dareere badan si aad u fuuqbaxdo.
- Haddii aad qandho leedahay, waxaad isticmaali kartaa acetaminophen ama ibuprofen si ay kaaga caawiso xakamaynta.
- Jadeecadu waa cudur halis ah, xaaladaaduna si degdeg ah ayey isu bedeli kartaa.
- Si dhow ula soco calaamadaha ka sii dara oo la xiriir dhakhtarkaaga si aad u habayso daryeel caafimaad haddii:

- Ay dhib kugu tahay neefsashada, leedahay qandho > 103°F, leedahay madax xanuun daran, ama isku aragto wareer.
- Ilmahaagu uu qabo jadeeco oo ay dhibeyso neefsashada, uusan awoodin in uu cabbo dareeraha, ay adagtahay in uu tooso marka uu hurdo, ama uu leeyahay qaybo badan oo shuban ah.
- Aad qabto astaamo kale oo walaac leh ama su'aalo.
- Wac 911 ama tag qolka xaaladaha degdega ah haddii aad u baahan tahay daryeel degdeg ah.

Haddii aad qabto su'aalo, kala xidhiidh North Dakota Department of Health & Human Services lambarka 701-328-2378.

Ilaha: Children's Hospital of Philadelphia iyo Johns Hopkins Bloomberg School of Public Health
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