

JEERMISYADU WAXEY KU NOOLAAN KARAANN GUDAHA DHIIGA



Baro wax ku saabsan cudur-sidayaasha ka dhasha dhiiga.

Khatarta

Shaqaalaha daryeelka caafimaadku waxeey sameeyaan hawlo ku lug leh dhiiga:

- Daawo ku bixinta faleenbadas
- Qaliinka
- Daryeelka dhaawaca
- Dhiig qaadida
- Duritaanada

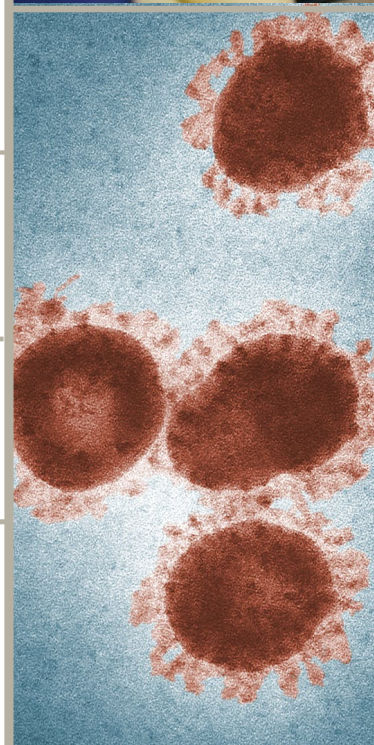
Dhiigu wuxuu yaali karaa oogooyinka iyo dusha dharka.



Jeermiska

Fayrastada laga dhex heli karo gudaha dhiiga

- Cagaarshowga B (Hep B)
 - Cagaarshowga C (Hep C)
 - Fayraska daciifisa difaaca jidhka aadanaha (HIV)



Xaqiiqooyinka

Cagaarshowga B

- Wuxuu ku sii ahaadaa mid sii faafa oogooyinka dhulka/bey'ada ugu yaraan 7 maalmood.
- Waxa uu leeyahay tallaal waxtar leh. Istallaal!

Cagaarshowga C

- Malahan wax tallaal ah.
- Faafida waxay la xiriirtaa dhaqamada ka hortagga caabuqa oo aan filneyn.

Fayraska daciifisa difaaca jidhka aadanaha (HIV)

- Waxa uu sababaa cillada daciifida difaaca jirka (AIDS).
- Wuxuu ku faafaa galmada, iyo u beylah noqoshada dhiigga uu cudurku asiibay.
- Ma laha daawo.

Tallaabooyinka aad qadi karto:

- Nadiifi gacmahaaga.
- Ku dhaqista maqaarka saabuun iyo biyo marka aad taabato dhiig iyo dareeraha jidhka.
- Nadiifi oo jeermis dil oogooyinka bey'ada.
- Ku tababar qaado badbaadada ku bixinta daawada durmada.
- Isticmaal PPE (gacmo-gashiyo, maaskarooyin, ookiyaalayaasha ilaalinta indhaha, dharka dhakhaatiirta).



Tallaabooyinka Xakameynta Caabuqa