



**Xeerarka Loogu Talagalay Guri Ku Haynta Ardayda Jiran**

Si dhammaan ardayda iyo shaqaalaha loogu soo bandhigo jawi dugsi uu caafimaad ka jiro, hab-raacan soo socda ayaa la diyaariyay si ay kaaga caawiyaan go'aanada la xiriira caafimaadka iyo imaanshaha dugsiga ee ardaygaaga. Xeerarkaan waa kuwa guud. Waxaa laga yaabaa inay kal-kaaliyaasha caafimaadka isticmaalaan go'aan caafimaad si loo go'aamiyo in la reebo arday iyo in kale.

- ❖ Hadii uu cunugaaga dareemaynin si fiican iyo aad ka shakisan tahay inaad u dirto dugsiga mid ka mid ah maalmaha, waxaa ugu wanaagsan inaad guriga ku hayso ardaygaaga oo aad ka eegto calaamadaha ka sii daraya.
- ❖ Jirada COVID-19: Hadii uu ardaygaaga leeyahay calaamado cusub oo COVID-19 ah oo aan loo nisbayn karin xaalad joogta ah, fadlan ka baar COVID-19. Hadii la isbaaro oo la waayo COVID-19, ardaygaaga wuu ku soo laaban karaa dugsiga marki ay fiicnaadaan calaamadahaan, xitaa hadii aysan si dhammaystiran u xalimsin.

Fadlan dugsiga ha usoo dirin arday leh calaamadaha soo socda:

<b>Hargab / Hargabka Loo Yaqaano Flu)</b>	Hadii uu sankooda aad u dareeraayo, aad u qufacayaan, neefsashada ku adag tahay, u eg yihiin/u dhaqmayaan inay jiran yihiin.
<b>Cold Sores (nabarada afka kasoo baxo)</b>	Hadii ay dhareeraan ama geliyaan afkooda alaabaha lagu ciyaaro (toys) marki uu afka kasoo baxo nabro.
<b>Waxaa Laga Helay COVID-19</b>	Ardayga wuu kusoo laaban karaa ka dib hadii uu dareemaayo si fiican, ay fiicnaadeen calaamadahiisa iyo ay ka maqnaato qandhada 24 saacadood.
<b>Qufac / Neefsashada Oo Ku Yar / Neefsashada Oo Ku Adag</b>	Hadii ay jirto neefsasho adkaatay (murqaha xabadka oo kor u kacaayo mar kasta oo la neefsado), neefsasho degdeg ah iyadoo la nasanaayo, maqaarka jirka oo midab buluug ah noqday, ama hinraag (hadii aan hore loo baarin ama daaweyn). Wuu imaan karaa dugsiga ardayga hadii ay calaamdaha qayb ka yihiin xaalad hoose oo la baaray.
<b>Shuban</b>	Hadii ay shubmaan labo mar ama ka badan maalintii. Wuu soo laaban karaa ardayga mar hadii la xakameyn karo shubanka, xitaa hadii aan si buuxda loo xalin.
<b>Cabuuqa Indhaha</b>	Hadii ay indhahooda guduud la yihiin wax kasoo dareeraayo ama indhaha oo ilmaynaayo.
<b>Qandho / Qarqar</b>	Hadii uu qabo heerkul oo ah ama ka badan 100.0°F. Wuu kusoo laaban karaa dugsiga ardayga markii uu qandho la'aan ahaado (<100.0°F) isagoo aan qaadanin daawo dejinayso qandhada ugu yaraan 24 saacadood. Hadii aadan haysanin heer-kulbeega (thermometer), fadlan ha soo dirin ardaygaaga hadii uu haayo qarqar.
<b>Madax Xanuun</b>	Hadii uu yahay madax xanuun daran oo la socdo matag ama qoorta oo adag. Fadlan la xiriir dhakhtarka daryeelka caafimaadka guud ee cunugaaga si loogu baaro si dheeraad ah.
<b>Firiiri Aan La Aqoonsanin</b>	Waa inuu xirfadle caafimaad ka baaro ardayda firiiriga. Hadii ardayga la baaro oo laga helo impetigo, infekshinka loo yaqaano scabies, ama gooryaan, wey kusoo laaban karaan dugsiga marki loo bilaabo daawada.
<b>Dhuun Xanuun</b>	Hadii aysan wax liqi karin, uu ka socdo dhareer badan, ay neefsashada oo ku adag tahay, hayso qandho ama uu jiro isbedel hab-dhaqan.
<b>Calool Xanuun</b>	Hadii uu xanuunka daran uu sababaayo labanlaab, oohin, qaylo, dhaawac caloosha ah, shuban, matag, inuu u muuqdo ama u dhaqmo si qof jiran.
<b>Matag / Lalabo</b>	Hadii ay matageen labo mar ama ka badan intii lagu jirey 24 saacadood ee la soo dhaafay. Fadlan u sheeg dugsiga hadii uu cunuga matagay dugsiga ka hor.

**Dawooyinka Dila Jeermiska (Antibiotics)**

Ardayda antibiyootikada u qaato impetigo, strep throat (xanuun cunaha), iyo dhowr nooc jeemisyada aan isha qaban karin oo kale waa inay wataan 24 saacadood oo buuxa (5 maalmood hadii ay tahay Pertussis/Whooping Cough [qufac qiix-dheer]) ka hor intay kus laabanin dugsiga. Hadii aadan hubin, weydii kal-kaaliyaha caafimaadka ee dugsigaaga ama bixiyaha daryeelka caafimaadka guud ee cunugaaga.