

# Hel' Xaqiiqooyinka ama Xogta Caabuqa Daanyeerka

## Aasaaska

- Caabuqa Daanyeerka (mpox) waa cudur fayris ah oo naadir ah.
- Qof kastaa wuu qaadi karaa mpox, iyadoon loo eegayn dookh-galmoodka ama aqoonsiga jinsiga.
- Tan iyo bartamihii May 2022, kiisaska mpox ah ayaa laga aqoonsaday gudaha Mareykanka, halkaas oo aysan kiisas caadiyan ka dhicin.

## Siyaabaha uu ku faafo

Mpox waxa uu ku faafi karaa qof kasta oo u dhawaada ama istaabtaan maqaarka, oo ay ku jiraan:

- Dhibcaha neefta ama dareeraha qof qaba Mpox.
- Toos u taabashada finanka, nabarrada, ama qolofa.
- Isu-dhawaansho dareen sida dhunkashada, habsiinta, ama galmada.
- Taabashada dharka, gogosha, iyo walxaha kale ee uu isticmaalay qofka mpox qaba.

## Ka hortagga

- Xaddid tirada lammaanahaaga galmo.
- Iska ilaali taabashada maqaarka Qofka aad ku aragto finanka u eeg mpox.
- Ha taaban gogosha, tuwaalada, ama dharka qofka mpox qaba.
- Ku dhaq gacmahaaga marwalba saabuun iyo biyo, ama nadiifiyaha gacmaha ee aalkulada.
- Waxaa jira tallaalko kooban oo ay heli karaan dadka qaar. Wax badan ka ogow [Tallaalka Furuqa Daanyeerka ee Minnesota \(www.health.state.mn.us/diseases/mpox/vaccine.html\)](https://www.health.state.mn.us/diseases/mpox/vaccine.html).

## Astaamaha

Furuuruc u ekaan kara finan ama nabaro oo ka soo baxa wajiga, afka gudihisa, iyo qaybaha kale ee jirka, sida gacmaha, cagaha, Xabadka, xubnaha taranka, ama dabada.

Astaamaha kale ee Caabuqa daanyeerka waxaa ka mid noqon kara:

- Qandho ama qarqaryo
- Qanjidhada oo barara
- Madax xanuun
- Daal
- Jir xanuun (ay ku jiraan murqaha iyo dhabarka)

Dadka qaar ayaa laga yaabaa inay yeeshaan hal nabar, barar, ama finan. Tani waxay u ekaan kartaa mid ka duwan sawirada aad intarneetka ku aragto.

## Haddii aad leedahay finan, nabro, ama calaamado kale oo cusub

- Ka fogow ka agdhowaanshaha dadka kale ilaa aad booqato bixiye/Kaaliye, daryeel caafimaad.
- Kala hadal bixiyaha daryeel caafimaadkaaga, rugta caafimaadka deegaankaaga, ama goobta baaritaanka STI wixii ku saabsan sida laysooga baadho [Mpox: GetTested \(https://gettested.cdc.gov/\)](https://gettested.cdc.gov/).
- Si lagaaga baaro mpox, adeeg bixiyaha ayaa dhacaan ka qaadi doono finankaaga ama nabaradaada kugu yaala.
- Xusuusi kaaliyahaaga caafimaadka in Caabuqani ku dhex wareegayo bulshada ama wadamadii aad dhawaan booqatay.

## Hadii lagaa helo

- Raac talooyinka bixiyaha daryeelka caafimaad.
- Ka fogow ka agdhowaanshaha dadka kale ilaa dhammaan nabaradaadu ay ka bogsanayaan ama ka bogsoonayaan oo lakab/Dub' cusub oo maqaar ahi kuu samaysmo ama kuu soo baxayo. Tani waxay qaadan kartaa 3-4 toddobaad ama isbuuc.

Wixii macluumaad dheeraad ah, booqo [Mpox \(www.health.state.mn.us/diseases/mpox\)](https://www.health.state.mn.us/diseases/mpox).

Minnesota Department of Health  
[www.health.state.mn.us](https://www.health.state.mn.us)

7/28/22 (Somali)

Si aad xogtaan ugu hesho qaabab kale, wac: 651-201-5414.