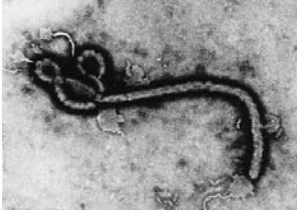


Viral Hemorrhagic Fevers (VHFs)

Waa maxay cudurada la xiriira qandhooyinka dhiig-baxa ee keena Feyral-ka (Viral)?

Cudurada la xiriira qandhooyinka dhiig-baxa ee



Feruuska cudurka dhiig dureerka ee loo yaqaano Ebola

keena feyral-ka waxa weye koox cuduro oo keena feyruus badan oo kala duwan. Cuduradan waxay

ku dhacayaan qaababka xubnaha kala duwan ee jirka isla hal waqti. Waxay

waxyeeelo u geystaan mariinada dhiiga, iyo carqaladeynayaan awooda hab u socodka jirka.

Qaar ka mid ah cudurka VHF waxa ay yihiin kuwo baaba'a, laakiin kuwo kale waxay noqon karaan kuwo raga. Badanaaba waxay dhaliyaan dhiig-bax, iyo waxyaabo kale oo lagu garto. Dhiig-baxa aad buu u yaryahay in uu sababo dhimasho.

Waxa jiraa tiro feyruuska VHF kuwas oo loo isticmaali karo hub ahaan. Waxaana ka mid ah

- Cudurka dhiig dureerka ee loo yaqaano Ebola
- Marburg
- Lassa
- New World arena viruses
- Machupo (Qandhada loo yaqaano Bolivian hemorrhagic fever)
- Junin (Qandhada loo yaqaano Argentine hemorrhagic fever)

- Guanarito (Qandhada loo yaqaano Venezuelan hemorrhagic fever)
- Sabia (Qandhada loo yaqaano Brazilian hemorrhagic fever)
- Rift Valley Fever
- Indho Caseeye (Yellow Fever)
- Kyasanur Forest disease virus
- Omsk hemorrhagic fever

Sidee aad ku qaadi karta cuduradan?

Sida caadada ah, dadka waxay cudurka VHF ka qaadaan shillinta, kanecada ama jirka. Dadka waxa cudurka qaadi karaan marka ay soo gaaraan kaadida, saxarada iyo waxyaabo kale ee ka yimaada jirka cudurka qaba. Dadku waxay kale oo ay ka qaadi karaan cudurka VHF qaniinyada kanecada ama boodada, ama burburinta shillinta. Mararka qaarkooda, ma cada sida dadka ay cudurka u qaadaan.

Ma ka qaadi karta cuduradaan dad kale?

Qaar ka mid ah feyruusyada cudurka VHF – oo ay ka jiraan Ebola, Marburg iyo Lassa – waxay ku faafin karaan cudurka qof ilaa ka qof. Ayaga waxay ku faafiyaan dadka la leh xiriirka dhow dadka qaba cudurka ama dheecaanka jirkooda. Dadka waxay kale oo ay ka qaadi karaan waxyaabaha soo gaara cudurka sida irbidaha ama siliingo.

Viral Hemorrhagic Fevers (VHFs) – Pog 2

Maxaa loogu tixgeliyey cudurka in uu yahay suura-gal hub ahaaneed?

Qaar ka mid ah feyruusyada cudurka VHF – oo ay ku jiraan Ebola, Marburg, Lassa, Indho caseeye iyo qaar ka mid ah feyruusyada Dunida Cusub – waxa laga diyaarin kara wax dareera ah. Ka dib ayaga ayaa lagu sii deyn kara hawada waxaana aloo isticmaalaya in dadka la qaadsiiyo. Cudurka VHF ee kale – oo uu ku jiro cudurka qandhada loo yaqaano Rift Valley fever – wuxu ku dhaca dadka marka lagu sii daayo hawada shaybaarka.

Midowgii hore ee Sofiyeetiga waxay horumariyeen feyrusska Marburg in loo isticmaalo hub ahaan, waxayna baaris ku samayeen feyruusyada Ebola, Lassa, Rift Valley fever, indho caseeyaha iyo feyruusyada Dunida Ku Cusub. Maraykanka waxa baaritaan ku sameeyey dhamaan feyruusyadan, Marburg iyo Ebola mooyaane. Waqooyiga Kuuriya waxa la rumeysan yahay in uu u hormarinayo feyruuska indho caseeyaha hub ahaan.

Ma la daweyn kara cudurka VHF?

Dawooyinka ka hor-taga waxa loo isticmaali kara in lagu daweyo qaar ka mid ah cudurka VHF. Daryeelka taageeridda iyo daweynta calaamadaha waxay u muhiim u yihiin dhamaan cuduradan.

Ma laga hor-tagi kara cuduradan?

Tallalada ayaa loo helaya qaar ka mid ah cudurka VHF, waxa ku jira cudurka indho caseeyaha. Baaritaanka tallaalka waxa lagu sameeyey feyruusyada kale ee VHF. Meelaha laga helay cudurka ee dabiiciga ah, dadaalka lagula dagaalamo kanecada iyo shillinta waxay caawin karan ka hor-taga qaar ka mid ah noocyada cudurka VHF.

Maxaan sameynaya haddii aan u maleeyo in cudurka VHF aan qaaday?

Haddii aad qaadi lahayd cudurka VHF, ma noqon karto in aad ogaan lahayd cudurka. Hase yeeshee, haddii aad ka wel-weshay cudurka dhakhtarkaaga si dhaqso leh ula xiriir. Haddii aad aragtid xaalado kasta laga shakiyo ama hawlo ku aragtid xaafadaada – oo ay ku jiraan suuro-gal loo isticmaalayo jeermiska cudurka hub ahaan – feejignaan geli hay'adda fulinta sharciga ee xaafadaada.