

Furuqa daanyeerka: Sideen uga hortaggi karaa?



Haddii aad u malaynayso in cudurku ku gaadhay, ama haddii aad leedahay astamaaha furuqa daanyeerka; iska ilaali kuwa kale (ay ku jiraan xawayaanka rabaayada ah) oo la xidhiidh adeeg bixiyahaaga daryeelka caafimaadka isla markaaba wixii ah qiimaynta iyo baadhitaanka.

Qof kastaa waa inuu qaadaa tallaabooyinka si looga hortaggo furuqa daanyeerka:

- La hadal xidhiidhada dhow ee jidhka ama galmada ee ku saabsan caafimaadkooda guud, sida finanka dhow ama boogaha, ka hor inta aanad kala qayb qaadan wax xidhiidh ama taabasho dhow.
- Iska ilaali inaad taabato dadka dhawaan lagu aqoonsaday fayraska ama kuwan cudurka qaaday.
- Iska ilaali xidhiidhka dhow, taabashada maqaar ilaa maqaarka ah ee qaba finanka furuqa daanyeerka ama boogaha.
- Is tallaal haddii aad u qalanto. In kastoo helida hal garoojo oo tallaalka ah ah yarayn doonto khatarta ccudurka daran, weli waxaad khatar ugu jirtaa caabuqa ilaa aad ka hesho labbada tallaal. Isticmaal farsamooyinka ka hortagga.
- Iska ilaali sheeyo kasta (sida go'yaasha) ee xidhiidhka la lahayd qofka caabuqu gaadhay.
- Ku dhaq gacmahaaga saabuun iyo biyo ama isticmaal nadiifiyaha gacmaha leh alkoolada ka dib marka aad taabato xawayaanka cudurka qaba ama aadamaha.
- Isticmaal qalabka ilaalinta gaarka ah (PPE) marka la daryelayo qofka jiran, ay ku jiraan qalabka neefsashada.

Qaababka dheeraadka ah ee lagu yaraynayo khatartaada furuqa daanyeerka:

- Yaree tirada galmada iyo lamaanayaasha xidhiidhka galmada.
- Iska ilaali tegida meelaha sida guriga xamaamka ama goobaha kale ee galmada ee dad waynaha.
- Iska ilaali isku imaadka, kooxaha, ama naadiyada halka dadku ay xidhaan dhar yar iyo halka ay jiraan taabashada tooska ah, kalgacal, maqaar ilaa maqaarka ah. Kuwan yimaada xafladaha ama goobaha, yaree taabashada maqaar ilaa maqaar markay suuragal tahay. Sidoo kale, ka feejignow hawlaha sida dhunkashada oo faafin karta furuqa daanyeerka.

Khatartka gudbinta furuqa daanyeerka hawl ahaan:

UGU KHATAR BADAN	<ul style="list-style-type: none">• Taabashada dhow ee finanka caabuqa leh, finanka caabuqa leh, ama dheecaanka jidhka• Xidhiidhka galmada ama kalgacalka (kondhomyada ma dhici karto inay ka hortagto furuqa daanyeerka)
AAD U KHATAR BADAN	<ul style="list-style-type: none">• Dhunkashada• Isku dhegida• La ciyaarida koox badan <u>gudaha</u> oo dadku aanay si buuxda dharka u xidhnayn
SUURAGAL AH	<ul style="list-style-type: none">• Wadaagida cabitaanada, sigaarka korontada ah, ama sigaarka• Sariirta la wadaagay, tuwaalada, alaabta musqusha gaarka ah, ama boonbolooyinka galmada• La ciyaarida koox badan <u>gudaha</u> oo dadku si buuxda dharka u xidhan yihiin
AANAY DHICI KARIN	<ul style="list-style-type: none">• Kula ciyaarida koox <u>dibada</u> iyaddoo dadka badankoodu dhar xidhan yihiin• Ku dhaafida qof gudaha dukaanka booshariga• Isku dayga dharka xaga dukaanka• Taabashada handaraabka ama qalabka kale ee ay wadaageen kuwa kale (sida jiiimka, dukaanka bunka, iwm.)• Gudaha berkada dabaasha, xamaamka qubayska kulul, ama qayb biyo ah• Isku gudbinta qof shaqaale ah oo la shaqeeyo ilaa qof shaqaale ah oo lala shaqeeyo oo kale• Ku duulida diyaarad ama isticmaalka gaadiidka dad waynaha• Isticmaalida xamaamyada dad waynaha

Waxaanu sidoo kale ku talinaynaa caadi qaabasahda baadhitaanka caabuqyada galmada la isugu gubiyo (STIs). Badanka xaaladaha hadda jire ee furuqa daanyeerka gudaha Michigan sidoo kale waxay qabaan STIs. Xabadka iyo fayrasyada maqaarka ku dhaco oo aadka looga yaqaano si aan ahayn furuqa daanyeerka - waxay u muuqdaan isku mid oo waa in loo daweeeyaa sidaas.

Wax badan ka baro bogga hd.ingham.org/DepartmentalDirectory/CommunicableDisease/Monkeypox

Macluumaadka dheeraadka ah ee ku saabsan dilaaca, booqo CDC.gov/Monkeypox ama Michigan.gov/MPV.

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