



PUBLIC HEALTH/NURSING

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Kaysaska jadeecadu way kusoo badanayaann Mareykanka!

Jadeecada waa cudur halis ah. Waxay keeni kartaa in qofka isbtaal la seexiyo ama uu udhinto.

Is tallaal si aad iskaga difaacdo jadeecada

- Hubso in adiga iyo carruurtaadaba aad iska tallaasheen jadeecada, qaamo-qashiirta, iyo rubella, tallaalkaasina waxaa lagu magacaabaa MMR.
- Haddii cunugaagu da'diisa tahay 1 sano ama ka weyn oo walina lagu tallaalin talaalka MMR, waa in hadda la tallaalaa.
- Tallaalka jadeecada waa mid amni leh oo si fiicanna u shaqeeya.

U fiirso calaamadaha jadeecada

- Jadeecada waxay ku bilaabataa qandho, quffac, san dareer, iyo indho ilmayn. Kadibna, firiiric ayaa madaxa illaa jirka intiisa kale ku faafa. Waxaad cudurka ku daaran kartaa dadka kale marka ay calaamadaha ay bilowdaan iyo illaa inta firiiraca uu ka baaba'yo.
- Dadka qaba calaamadaha jadeecada dhib ayeey dareemaan.

Wac dhakhtarkaaga ama rugtaada caafimaadeed durbadiiba haaddii aad aragto calaamadahaas

- Dhakhtarkaaga ama rugtaada caadimaadeed ayaa kuu sheegaya haddii aad u baahan tahay in aad soo booqasho rugta.
- Jadeecada aad ayay u faaftaa mana aad doonaysid inaad ku daarato qof qolka lagu sugo dadka jooga. Marka, soo wac rugta caafimaaded si tilmaamo lagu siiyo inta aadan imaan ka hor.
- Guriga iska joog oo dadna yaysan ku soo booqan haddii adiga ama cunugaagu uu xanuunsan yahay, ama haddii aan lagu tallaalin.

Waxaan doonaynaa in aan ku caawinno si aad u caafimaad qabto!

- Dhamaan daryeel caafimaad bixiyaasha ee Kawntiga Rice waxay hayyaan tallaalka MMR waxayna doonayaan in ay caawiyaan dadka si loo tallaalo
- Wac dhakhtarkaaga ama rugtaada caafimaadeed haddii aad qabto wax su'aalo ah ama aad u baahan tahay in lagu tallaalo.
- Haddii aadan lahayn dhakhtar ama caymis caafimaadeed, waxaad aadi kartaa Caafimaadka Dadweynaha ee Kawntiga Rice si aad u heshid tallaalka MMR. Wixii macluumaad dheeraad ah, wac 507-332-6111.