MA U MALAYNAYSAA CANUGAAGA INUU QABO JADEECO?

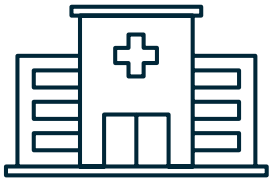
Waxa la sameeyo haddii aad u malaynayso canugaaga inuu qabo jadeeco

Jadeecadu waxay badanaa ku bilaabataa qandho, qufac, biyo ka socdo sanka, iyo indho cas oo horseeda finan. Haddii qof ka mid ah qoyskaaga uu qabo calaamadaha jadeecada:

Ka dheeree xubnaha qoyska ee aan xanuunsanayn.

Qofkasta oo guriga ku nool waa inuu guriga joogaa si uusan jirrada ugu ridin deriska ama dadka ka baxsan gurigaaga.

Wac dhakhtar ama isbitaal isla markiiba si aad ugu sheegto in qof ku nool gurigaaga uu la jirran yahay jadeeco. Waxay ku siin doonaan tilmaamo.



Goorta la aado qolka xaaladaha degdegga ah

Haddii qofka jirran ay si degdeg ah xaaladiisa uga sii darto ama uu qabo mid ka mid ah calaamadaha hoos ku xusan gee qaybta xaaladaha degdegga ah ee isbitaalka isla markiiba.

HA SUGIN.

Ku adkaanta neefsiga
(ama neefsasho ka dhaqso badan sida caadiga ah)

Xanuun qabta marka uu neefsanayo ama qufacayo

Fuuq-bax
(san iyo af qalalan, kaadinta oo yaraata, oohin illin la'aan ah)

Qandho ama madax-xanuun aan joogsanayn

Wareer, feejignaan yar, ama tabar-darri aad u daran

Midab buluug ah afka hareerihiisa, tamar yar, ama quudashada oo ku adkaata
(carruurta yaryar)

Qof soo wac ka hor inta aadan imaan. Isbitaalku haka warqabo in qof jadeeco qabo uu soo socdo.

U DIYAARGAROW JADEECADA
cdc.gov/measles