

# Tani waa Talo Caafimaad oo Ka Timid CDC

Distributed via Health Alert Network  
April 26, 2009, 11:00 EST (11:00 AM EDT)  
CDCHAN-000282-2009-04-26-ALT-N

## Halista Hargabka Doofaarka (Swine Flu) ee lagu Xidhiidhinayo u Safrida Meelaha uu Saameeyay.

Masuuliyiinta Caafimaad ee Maraykanka iyo dunida oo dhan ayaa waxay hargabka doofaarka ee dilaacay.

Hargabka shimbiruhu waa cudur ku dhaca hab-dhiska neefsashada oo uu keeno nooca A ee fayriska dhaliya hargabka kaas oo badanaa hargab ku keeni jiray doofaarada. Fayraska hargabka doofaarku sida caadiga aad kuma dhaco bani-aadamka; si kastaba ha ahaatee, inuu fayraskan hargabka doofaarku saameeyo aadamaha way dhacdaa. Sarkiisha Caafimaadka ayaa waxay ogaadeen in noocan fayraska hargabka doofaarku yahay mid dadku is qaadsiinayo kaas oo keeni kara xanuun.

Aafada hargabkani way socotaa waxaana la filayaa kiisas cusub. Wixii warar dheeraad ah ee ku sahabsan aafada hargabka doofaarka, fadlan ka fiiri mareegta (website) Xarunta Xakamaynta iyo Ka Hortaga Cudurada (CDC): <http://www.cdc.gov/swineflu/>. Wararka ku sahabsan digniinaha socdaalka iyo la socoshada meelaha uu ka dilaacay, fadlan booqo: [www.cdc.gov/travel](http://www.cdc.gov/travel).

Calaamadaha hargabka doofaarku waxay la mid yihiin calaamadaha hargab gooreedka bani-aadamka waxaana ka mid noqon kara:

- Xumad (ka badan 100°F ama 37.8°C)
- Cunno xanuun
- Qufac
- Cabudhaad iyo
- Qadh-qadhyo
- Jidh xanuun iyo madax xanuun
- Tabcaanimo ama daal

Dadka qaar ayaa waxay sheegeen shuban iyo matag uu leeyahay hargabka doofaarku. Xanuun daran (oof iyo neefsan waa') iyo dhimasho ayaa lagu soo sheegayaa qaar ka mid ah xanuunka hargabka doofaarka ee dadku haleelay. Sida hargab gooreedka, hargabka doofaarku waxaa laga yaabaa inuu keeno xaalad hoos oo caafimaad taas oo in badan jiidanta.

Dadka soo galaya Maraykanka ee isku arka calaamada u eg hargabka doofaarka ee u socdaalay meelo uu saameeyay cudurku (meelaha uu saameeyay ka fiiri <http://www.cdc.gov/swineflu/investigation.htm>), ama u dhawaaday qof qaba cudurka hargabka shimbiraha, 7 maalmood ee u dambeeyay waa inay u soo sheegaan xanuunkooda goobtooda caafimaad isla markaan ku wargeliyaan safarkoodii dhawaa.

Dadku ka tagaya Maraykaynka ee u socda meelaha uu ka dilaacay hargabkani waa inay ogaadaan halista xanuunka hargabka doofaarka oo ay sameeyaan ka hortag.

### Si aad uga hortago hargabka doofaarka:

- **Iska ilaali xidhiidhka** qofka xanuunka qaba
- Throw used tissues in a trash can. Marka aad qufacdo ama aad hindhisto, **ku dabool afkaaga iyo sankaa** marro ama gacanta shaadkaaga (waa haadii aanad haysan marro). Marrooyinka aad isticmaashay ku tuur daasada qashinka.
- Kadib marka aad qufacdo ama hindhisto, **gacmahaaga ku dhaq saabuun iyo biyo**, ama isticmaal jeelta **alkahoolka ka samaysan** ee gacmaha.

- **Hadii aad is leedahay waxaad ku haya xanuunka hargabka doofaarka**, iska ilaali u dhawaansha dadka inta ugu badan ee suurtoogalka ah.
- **Joog gurigaaga ama qolka huteelkaaga. Raadso daryeel caafimaad hadii aad si xun u xanuunsanayso (sida tusaale ahaan hadii neefsigu ku dhibayo). Waxaa jira dawooyinka fayraska iyo ka hortaga hargabka doofaarka oo uu dhakhtar kuu qori karo. Ha tagin shaqada, iskuulka, ama ha safrin marka aad xanuunsanayso.**

**Wixii faahfaahin dheeraad ah:**

- La xidhiidh waaxdaada caafimaadka degmada ama gobolka
- Booqo <http://www.cdc.gov/swineflu/>
- La xidhiidh CDC 24 Saacadood/Maalin walba
- 1-800-CDC-INFO (232-4636)
- TTY: (888) 232-6348
- [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

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Noocyada Digniinaha Caafimaadka:

Digniinaha Caafimaadku waxay sidaan muhiimad aad u saraysa; oo u baahan dareen ama waxqabad degdeg ah.

La talinta Caafimaadka waxay xog muhiim ah ka bixiyaan dhacdo ama xaalad gaar ah; waxaa laga yaabaa inaysan u baahnan waxqabad degdeg ah.

La Socoshada Caafimaadku waxay xogta soo korodha ka bixiyaan dhacdo ama xaalad; aan laga yaabin inay u baahato waxqabad.

**Fariintan waxaa loo qaybiyey Saraakiisha Caafimaadka ee Gobolka iyo Degmada, Sariikiisha Fariimaha Dadwaynaha, Cudur-yaqaanada iyo Isku duwayaasha HAN iyo sidoo kale Kiliinigyada #**

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