

Cudurka Shubanka Cryptosporidiosis (*Cryptosporidium*)

Waa maxay *Cryptosporidium*?

Cryptosporidium waa ku dul noole sababa cudurka shubanka loo yaqaano cryptosporidiosis (ku dul noolaha iyo cudurka had iyo jeer waxa la yidhaa “Crypto”). Crypto waa cudur guud oo biyaha ka dhasha laguna kala qaado oo waana ka ugu badan ee sababa xanuunnada biyaha lagu ciyaaro ee gudaha Maraykanka.

Sidee buu ku fidaa?

Crypto waxuu soo dhex maraa saxarada qofka ama xayawaanka buka. Ku dul nooluhu waxaa ilaalinaya qafas sare taasoo usaamaxaysa inuu ku badbaado dusha sare jidhka muddo dheer, waana mid aad iskaga caabbiya koolariinta.

Crypto waxa lays kugu gudbin karaa:

- Liqista biyo wasakhaysan markaad dabbaalanayso ama cabbayso.
- Inaad wax xidhiidh ah la samayso xayawaanada, gaar ahaan weylaha iyo riyaha, iyo deegaankoodaba.
- Xidhiidh inaad la yeelato dadka buka ee qaba Crypto, gaar ahaan daryeelayaasha carruurta.
- Liqista walxaha Crypto oocysts ee aad kasoo qaadday oogo sare oo wasakhaysan, sida miis beddelasha, handaraabyada albaabka, iyo qalabka carruurta ku ciyaarto.
- Cabbista caano aan karkarsanayn ama khalka.
- Cunnista cunno wasakhaysan oo leh Crypto.

- In lala kulmo saxarada inta lagu guda jiro hawsha galmada.

Waa maxay calaamadahaas?

Calaamadaha Crypto waxaa ka mid ah:

- Shuban biyo ah
- Calool xanuun
- Cunno xumo
- Miisan dhimis
- Qandho yar
- Matag

Calaamaduhu had iyo jeer waxay ka bilowdaan 1 asbuuc (muddo udhaxaysa, 2 cisho-2 asbuuc) kadib marka loo feydsamo ku dul noolaha.

Muddo intee le’eg buu sii jiraa?

Dadka caafimaadka qaba, calaamaduhu waxay sii joogaan ilaa 2 asbuuc. Calaamaduhu waxay mari karaan dhowr waddo taasoo u egg inay kasoo wanagsanaanayso maalmo kadib, haddana kasii darayso xaaladdu, ka hor intaanu xanuunku dhammaan. Inta ugu badan dadka caafimaadka qabaa uma baahna dawayn khaasa oo ayagaa iska ladnaada. Shubanka waa in lagu xakameeyaa cabbitaan fara badan si looga hor tago fuuq-bax.

Maxaan ku yarayn karaa khatarta qaadista cudurka Crypto?

Waxaad ku yarayn kartaa inaad qaaddo khatarta Crypto adigoo raaca talooyinkan:

- Gacmahaaga had iyo jeer ku maydh saabuun iyo biyo. Waxaha caafimaad ee alkahoolta leh maaha kuwo wax tar leh marka la eego Crypto.
- Ha liqin biyaha marka aad dabbaalanayso.
- Gacmahaaga dhaq kadib markaad la dhaqanto xayawaanka beerta, xayawaanka carbiska ah, saxarada xayawaanka, iyo deegaanka xayawaanka.
- Ha cabbin biyaha aan nadiifta ahayn ee laga keeno harooyinka, webiyada, ilaha, balliyada iyo durdurrada.
- Ha cabbin caanaha aan karsanayn ama khalka.
- Taxaddar lahow markaad u socdaalayso waddamada kale ee leh ugu yaraan biyo dawaysan iyo habka nadaafadda adigoo iska ilaalinaya biyaha qasabadda, cabbista ilaha biyaha, barafka, iyo cunnada qaydhiin.
- Yaraynta u feydsanka afka-saxarada inta lagu guda jiro galmada iskana ilaali inaad la galmooto qof uu hayo shubanka ama isla markaa ka bogsaday Crypto 2 dii asbuuc ee u danbeeyey.

Maxaan sameeyaa haddii aan qabo calaamadaha?

La xidhiidh bixiyahaaga daryeelka caafimaadka haddii aad ka qabto wax welwel ah oo ku saabsan caafimaadkaaga. Waxaa laga yaaba inay ku weyddiistaan inaad soo gudbiso saxaro (xaar) si loogu baadho xanuunka.

Dadka qaba xanuunka Crypto saxaradooda ayey soo raacdaa ku dul nooluhu marka ay yeeshaan calaamadaha iyo kadib markay joogsaman calaamadaha ilaa 2 asbuuc. Dadka qaba calaamadaha Crypto waxay hoos

u dhigi karaan khataraha ah inay xanuunkooda ku faafiyaan dadka kale iyaga oo raacaya talooyinkan:

- Gacmahaaga si taxaddir leh udhaq had iyo jeerna ku dhaq sabuun iyo biyo.
- Iska ilaali harada biyaha, goobaha biyaha lagu ciyaaro, iyo meelaha biyaha leh markaad xanuun sanaysid. Haddii laga helo Crypto, ha dabbaalan ugu yaraan 2 asbuuc ka dib markuu shubanku joogsado.
- Hala maydhan dadka kale markaad xanuunsanayso illaa 2 asbuuc kadib intuu shubanku joogsaday.
- Ha tagin hana ka qayb galin shaqada daryeelka ilmaha ama xanaannada dugsiga ka hor illaa 24 saacadood ka dib markuu shubanku ka joogsado.
- Sug galmada illaa ay calaamaduhu iska tagayaan.

Si aad uga warbixiso cudurka biyaha ama cunnada ee aad ka shakisan tahay, wac Waaxda Caafimaadka Minnesota telefoonkooda 1-877-366-3455 (ama 651-201-5655 kana socota magaalooyinka Mataanaha) ama iimayl health.foodill@state.mn.us.

Waterborne Diseases Unit
Minnesota Department of Health
PO Box 64975
St. Paul, MN 55164
651-201-5414 or 1-877-676-5414
www.health.state.mn.us

12/2019

Si aad u hesho macluumaad qaab ka duwan kan, wac: 651-201-5414. Lagu daabacay warqad dib-loo-farsameeyay.