

Digniinta Cudurka Jadeecada

Waa maxay Jadeecada, sideese u faaftaa?

- Jadeecada waa cudur aad u faafa oo ay keento fayras. Waxay kuu horseedi kartaa in isbitaal dhigista.
- Jadeecada waxay ku faafta hawada marka qof qabo neefsado, qofaco ama indisoodo.
- Jadeeco waxaad ku qaadi kartaa adigo isla qol kula jira qofka cudurka qaba.

Waa maxay khatarta aan ugu jirno inaay nago dhacdo jadeeco?

- Hadii aadan waliga cudurka qabin ama aadan qaadanin tallalka jadeecada, qaamo'qashiirka waxaad halis ugu jirtaa inaay jadeeco ku dhacdo.
- Kuwa uurka leh ama difaaca jirrkoodu hooseeyo waxaay halis ugu jiraan inay xanuun qaadaan haadii ay jadeecada qaadaan.

Maxaan sameeya?

Hubi heerka tallaalkaaga

- Tallalka MMR aad ayuu ugu fiicanyahay ka hortaga jadeecada waana habka ugu wanaagsan ee aad naftaada uga illalin kartid jadeecada.
- Hadii aadan hubin innad qaadatay tallalka jadeecada la xiriir Dhakhtarkaaga ama rugtaada. Waxaad sidoo kale ka heli kartaa ama codsan kartaa diwaankaaga tallaalka adigoo booganaya bogga diwaanka tallalka Find My Immunization Record (www.health.state.mn.us/people/immunize/miic/records.html).



Iska ilaali calaamadaha

- Qandho, Finan, Qufac, San-dareer, iyo Indho guduudan.
- Haddii aad isku aragto calaamadhahan wac dhaktarkaaga isla markaaba.
- Waxaan aragnaa koror kiisaska jadeecada ee Minnesota, Mareykanka, iyo waddamo kale.
- U fiirso calaamadaha jadeecada marka aad safraysid, gaar ahaan haddii aan lagaa talaalin ama aadan lahayn difaaca jadeecada.

For more information visit our website at Measles (Rubeola) Basics (www.health.state.mn.us/diseases/measles/basics.html)

