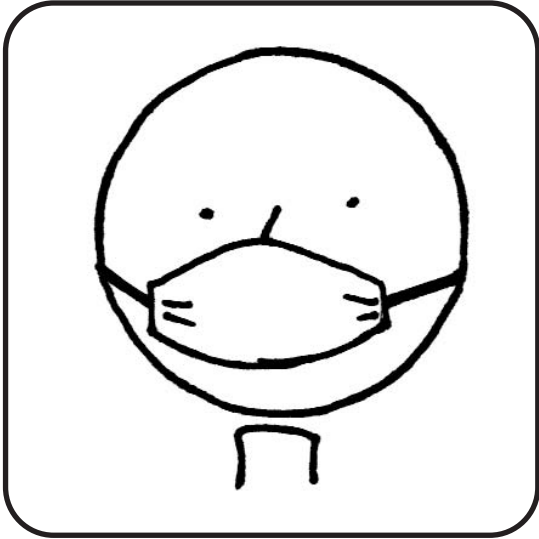


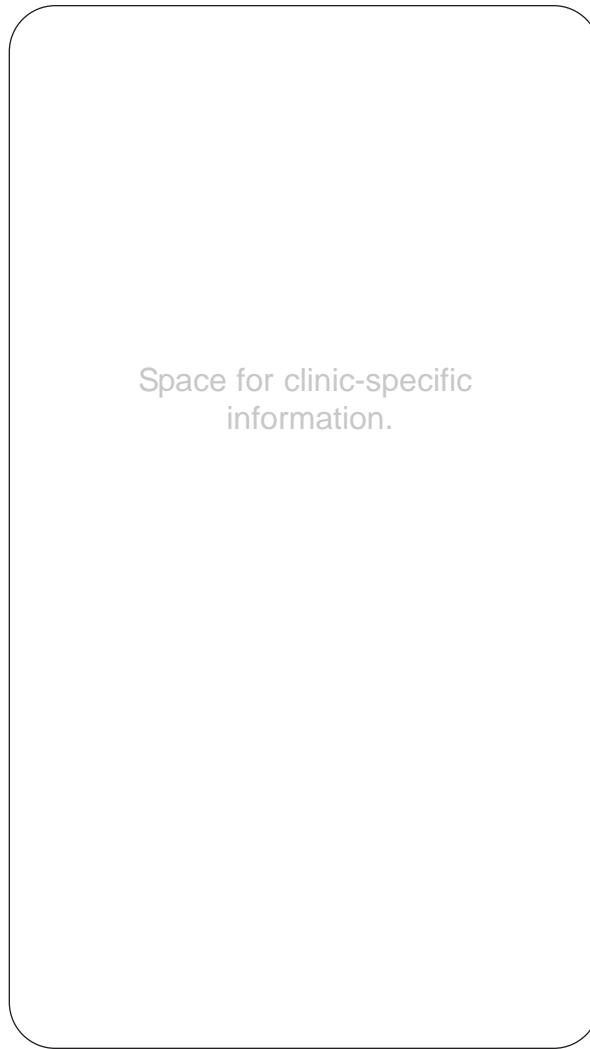
Marka aad joogtid kliinikada ama isbitaalka:

- Warqadda fasaletiga ku dabool qufacaada ama hindhisada kaddibna warqadda aad isticmaashay ku tuur dambiisha qashinka.
- Saabuun iyo biyo ama nadiifiyaha gacmaha ee ka sameysan alkolada ku nadiifi gacmahaada.



- Waxaa kaloo dhici karto in lagu weydiiyo in aad qaadatid daboolka afka (masgaro) si loo badbaadiyo dadka kale.

* Ha walwalin haddii aad aragtid shaqaalaha iyo dadka kale oo dabooshay afka (masgaro). Waxay ka hortagayaan faafidda jeermiska.



Space for clinic-specific
information.

APIC

ASSOCIATION FOR PROFESSIONALS IN
INFECTION CONTROL AND EPIDEMIOLOGY, INC.



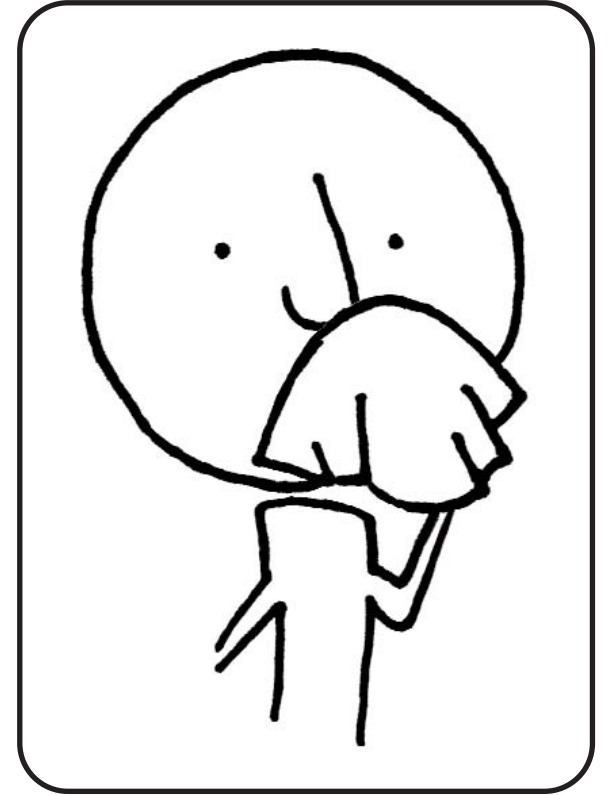
Minnesota
Antibiotic
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Minnesota Department of Health
625 N Robert Street, PO Box 64975
St. Paul, MN 55164-0975
651-201-5414 or 1-877-676-5414
www.health.state.mn.us

Jooji faafidda jermiga adiga iyo dadka
kale oo u keeno cudurka!

Dabool Afkaaga marka aad Qufaceyso

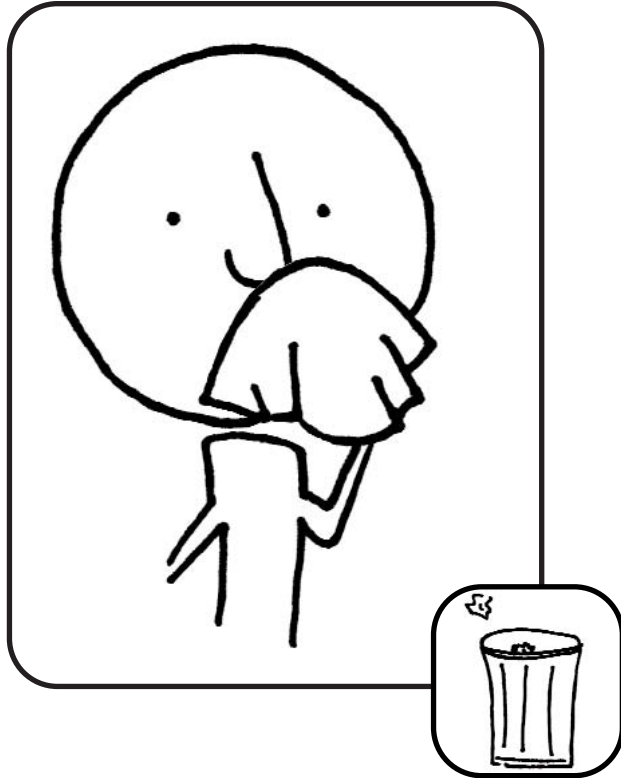


Naseexooyinka ka hortagga jirada ee laga helo Waaxda Caafimaadka Minnesota, Ururka Xirfadleyda Kontaroolka Jeermiska Cudurka Dhaliya, iyo Wadashaqeynta Iska Caabiga Antibiotikada Minnesota

Somali

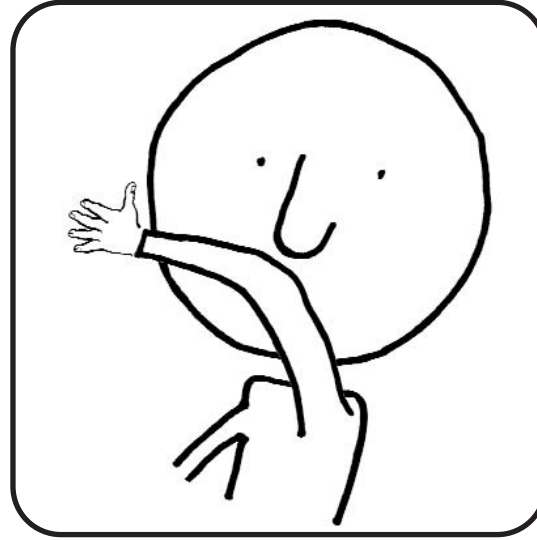
Maxaan u daboolayaa afka marka aan qufacayo?

- Cudurada neefsiga ee culus sida influenzada, neefsiga loo yaqaan fiiruska syncytial (RSV), xiiqdheyrtu iyo Cudurka Calaamadaha Neefsiga Daran ee loo yaqaan (SARS) waxaa faafiyo:
 - Qufaca ama hindhisada
 - Gacmo aan nadiif ahayn
- Cuduradaan waxay si sahlan ugu faafaan meelaha dadka ku badan yahiin halkaas oo ay dadka isu dhaw yahiin.



Sidee ayaan u joojin karaa faafidda jeermiga haddii aan jiranahay?

- Sankaada iyo afkaada ku dabool warqadda fasaletiga mar kasta ee aad qufacdid ama hindhistid. Warqaddaas aad isticmaashay ku tuur dambiisha qashinka.
- Haddii aadan haysanin warqad, ku qufac ama ku hindhis adigoo shaatigaada gacmahiisa afka ku daboolaya.



- Kaddib marka aad qufacdid ama hindhistid, mar kasta gacmahaada ku nadiifi saabuun iyo biyo ama nadiifiyaha gacanta ee ka sameysan aalkolada.
- Joog guriga marka aad jiran tahay.
- Ha la wadaagin dadka maacuunta wax lagu cunno, koobabka lagu cabbo, shukumaanada ama waxyaabaha kale ee shaqsiga.

Sidee ayaan ku ahaan karaa caafimaad?

- Saabuun iyo biyo ama nadiifiyaha gacmaha ee ka sameysan alkolada ku nadiifi gacmahaada in badan.
- Iska ilaali in aad taabatid indhahaada, sanka ama afka.
- Iska ilaali in aad ku dhawaatid dadka jiran, haddii ay suurogal tahay.
- Is-tilaal! Tilaalka influenzada (flu) iyo pneumococcal (numoniyada) waxay kaa badbaadin karaan qaar ka mid ah cudurada culus ee la xariira neefsiga.

