



Tilmaamaha Isticmaalka Antibayootiga Si Xikmad Leh

(Guide to Wise Use
of Antibiotics)

Xakamaynta Qufaca, Durayga, Hindhisada & Jeermiska
(Managing Coughs, Colds, Sneezes & Germs)

**JEERMISKU
MA DAAWO
AYAY UBAAHAN
YIHIIN?**

Ilahan waxa kale oo lagu heli karaa luqadaha soo socda:

- Blackfoot
- Cree
- Dēnesųłné
- Stoney

- Carabiga
- Bengali
- Shiinees
- Faransiis
- Hindi
- Kuuriyaan
- Malayalam
- Oromo
- Pashto
- Faris
- Punjabi
- Soomaali
- Isbaanish
- Sawaaxili
- Tagalog
- Tigrinya
- Yukreeniyaan
- Urduu
- Vietnamese

Jeermisku Ma Daawo Ayay Ubaahan Yihiin?, Communicable Disease Control, Alberta Health Services.
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Iska Caabinta Antibayootiga

(Antibiotic Resistance)

Waa maxay iska caabinta Antibayootigu?

(What is antibiotic resistance?)

- **Isticmaalka Antibayootig kasta**, hadii ay tahay sababta saxda ah ama sabab khaldan, waxay keeni kartaa in qofka aanay waxba u tarin Antibayootigu. Si hoos aad ugu dhigto inayna waxba kuu tarin Antibayootiga, **Antibayootiga kaliya waa in la isticmaalaa marka si dhab ah loogu baahdo.**
- Inay qofka wax u tari waayaan Antibayootigi waa qaab ay baakteeriyadu ay iskaga difaacdo taas oo u sahasha inay badbaadaan oo ay tarmaan, xataa iyada oo nidaamka jidhka qofka uu ku jiro antibayootig. Baakteeriyada ayna antibayootigu waxba ka qaadin waxaa loo yaqaan mararka qaar **“superbugs”**.
- Marka ayna antibayootigu waxba ka qaadin baakteeriyada, antibayootiga markii hore uu qofku ku ladnaan jiray iminka waxba uma taraan.
- Caabuqyada ay keentay baakteeriyada antibayootigu waxba ka taraynini way adag tahay waxayna mararka qaar way adkaan kartaa in la daweeyaayi. Tani waxay keeni kartaa inay daba dheeraato xanuunku oo waxaa macquul ah inay keento dhimasho.
- Xasuusnaw, baakteeriyadu waxbay iska caabisaa — **ADIGA MAAHA!** Xataa dadka caafimaadka qaba ee qaatay oo aan weligood qaadan antibayootiga ayay asiibi kartaa baakteeriyada antibayootiga waxba yeelin kuwaas oo ay kaga timid ilo kale.

Antibayootiga kaa caawin maayaan wixii caabuqa fayruska ah, sida durayga, hargabka iyo qufaca (ka laabta xanuujiya). Isticmaal antibayootiga si loo daweeyo caabuga fayruska wixii caabuqyada keeni kara inaad adkaysi u yeelato antibayootiga.

Maxaad samayn kartaa? (What should you do?)

- **Ha filanin** in lagu siiyo antibayootiga marka aad adiga ama ilmahaaga uu ku dhaco hargab ama duray. Badanaa caabuqyadani waxa keenay fayrasyo oo antibayootiga waxba kama qaban karo.
- Kala hadal dhakhtarkaaga hadii aad qabto fayras ama baakteeriya iyo hadii aad u baahan tahay antibayootiga.
- U samir marka adiga (ama ilmahaagu) uu qabo calaamadaha durayga, hargabka, ama cunuhu bararo. Badi xanuunada waawyan waxay qaataan ilaa 4-5 maalmood kahor inta aan laga ladnaanin iyo ilaa 3 todobaad si si wanaagsan looga ladnaado.
- Inta lagu jiro xiliga durayga ama hargabka, waxaad gacmaha iskaga maydhaa si wanaagsan si aanad u xanuunsan. Raac tilmaamahaayaga faahfaahsan ee talooyinka gacmo maydhka ee boga xiga.

iska ilaalin

**CAYAYAANKA AADKA U
ADKAYSIGA BADAN.**

***Si xigmad ku jirto u isticmaal
antibayootiga!***



Gacmo Maydh (Handwashing)

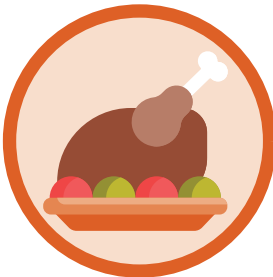
Gacmaha in la maydhaa waa qaabka ugu wanaagsan ee loo joojin karo faafitaanka caabuqyada.

80% caabuqyada ugu caansan waxay ku faafaan gacmaha.

Goorta aad gacmahaaga maydhayso

(When to wash your hands):

- Kahor cuntada
- Kahor, inta lagu guda jiro, iyo kadib diyaarinta cuntada
- Kahor inta aan naasnuujinta la samaynin
- Kadib marka aad isticmaasho suuliga ama aad ka caawiso ilmaha isticmaalka suuliga
- Kahor iyo kadib marka aad ka badasho xafaayada ama waxyaabaha nafaadaha dumarka
- Kadib marka aad duufka iska bi'iso ama aad ka bi'iso sanko
- Kadib marka aad ku shaqayso agabka la wadaago
- Kahor inta aanad gelin ama ka saarin leensiga indhaha
- Ka hor iyo kadib aad daryeesho qof xanuunsanaya
- Kadib marka aad taabato ama wax siiso xayawaan, ama aad qaado saxarada xayawaanka
- Kahor iyo kadib marka aad ilkaha cadayato



Sida loo maydhoo gacmaha

(How to wash hands):

1. Isticmaal biyo iyo saabun. Inaad gacmaha ku maydhato biyo iyo saabuun si aad jeermiska iskaga takhalusto.
2. Gamcaha in la qooyo.
3. Ku maydh saabuunta cad. **Ha isticmaalin saabuunta antibayootiga.**
4. Gacmaha isku jijibi ugu yaraan 20 ilbidhiqsi (ama wakhtiga ay qaadato in lagu heesho *Twinkle, Twinkle, Little Star*). Gacantaada dhinac kasta ka jijibi oo ku dar baabacooyinka, faraha dhaxdooda, suulasha, xaga danbe, dhudhunka, faraha caaradooda, iyo cidiyaha.
5. Gacmahaaga dari ilaa 10 ilbidhiqsi.
6. Si wanaagsan gacmahaaga ugu qalaji tuwaal nadiif ah.



Waxa ay tahay inaad samayso

(What you should do):

- Ka filo in dhakhaatiirta, dhakhaatiirka ilkaha, kaaliyaha caafimaadka, iyo dhakhtarka cilmi nafsigu inuu gacmaha maydho kahor inta aanu adiga ama ilkahaaga baadhin.
- Waxaad xaqiijisaa in biyo iyo saabuun kuu yaalaan suuliga dugsiga ilmahaaga iyo goobta shaqada.
- Xaqiiji inaad goobta daryeelka ilmuhu ee dadka waawayn iyo caruurta ay leeyihiin gacmo maydh.
- **Isticmaalka saabuunta cad.** Saabuunta cad waxay u shaqaysaa si lamid ah saabuunta antibayootiga. Saabuunta antibayootiga laguma taliyo maadaama ay horseedi karto in baakteeriyadu iska caabiso waxbana ma dhaanto saabuunta cad.
- Bariista tusaalahayga.

Baakteeriyada & Fayruska

(Bacteria & Viruses)

Fayruska iyo baakteeriyadu labaduba waxay keenaan caabuq, laakiin antibayootiga kaliya waxa uu wax ka qabtaa baakteeriyada

Caabuqyada Fayruska

(Viral infections)

- Waxaa kamid ah hargabka, caabuqa, xanuunka laabta (qufaca laabta xanuujiya), iyo badi cune xanuunka.
- Caadiyan caabuqyada fayruska waxa uu faafis og yahay Caabuqyada baakteeriyada. Hadii wax ka badan hal qof oo qoyska ahi ay qabaan xanuun isku mid ah, waxay u badan tahay inuu yahay fayrus.
- Ma u xanuunsan kartaa si lamid ah Caabuqyada baakteeriyada.
- Waxaad caadiyan ku ladnaanaysaa ilaa 4-5 maalmood waxayna qadataa in gebi ahaanba laga bogsado ilaa sadex todobaad.

✗ Antibayootiga waxba kama qabto Caabuqyada fayruska

Caabuqyada baakteeriyada

(Bacterial infections)

- Waxay ka yar yihiin marka la barbar dhigo Caabuqyada fayruska.
 - Si fudud oo lamid ah jeermiska dadku iskuma gudbiyaan.
 - Tusaalayaasha ugu caamsan waxaa kamid ah cuno xanuun iyo qaab kamid ah noocyada dhaxanta.
- ✓ Antibayootiga waxa uu si wanagsan wax ugu qabtaa baacuqa baakteeriyada, laakiin mar kafta daruuri maaha**

Xumad (Fever)

Xumad ayuu yeeshaa jidhku kordhaysa, badanaa maadaama oo ay jiraan xanuun. Maqaar casaan noqda, kululaada oo qalalan, xataa gacmaha hoostooda, taas oo calaamado xumad ah.

Heerkulkaa ama heerkulka ilmahaagu waxay ku xidhan yahay halka laga eegey.

Maaraynta (Management):

- Xumadu waa qaab difaac jidhka ah oo kula dagaalamo caabuqa. Xumadu waxay ka timaadaa caabuqayada fayraska iyo baakteeriyada.
- Ka fikir inaad isticmaasho acetaminophen ama ibuprofen (sida ay dhigayso tilmaamaha bushqadu) hadii qofka raaxada leh aanu lahayn raaxo.
- Xidho ama u xidh ilmahaaga dhar fudud si aad u qaboobi karto laakiin yaanad qandhoonin, maadaama oo qandhada badani ay kordhiso kulaylka. Ku hay heerkulka qoflka oo ah ilaa 20° C ama qabaw wanaagsan.
- Cab biyo badan oo kugu filan. Sii sharaab la kariyay ama sharaabka soodhaha leh ilmahaaga saacad kasta marka uu soo jeedo.



Wixii liiska calaamadaha ah ee ay tahay inuu qiimeeyo xirfadle caafimaad, qabo boga 20. Wixii liiska calaamadaha ah ee khatar ah iyo kuwa u baahan in dhakhsa looga jawaabo, qabo boga 22.

Xumad (Fever):

- Jidhkaaga ka caawi inuu la dagaalamo caabuqa
- Waxay ka timaadaa caabuqayada fayruska iyo baakteeriyada.

Hadii qofka da' kasta oo uu yahay uu leeyahay xumad oo uu ay tahay aaga jadeecada ku wareegayaan, la xidhiidh Health Link (garaac 811 Alberta) si aad u hesho talo talaabada munaasabka ah ee aad qaadayso.

Duray & San Duuf leh

(Colds & Runny Nose)



Qandhada waxaa keena fayruska. Waxaa jira ilaa 200 oo fayrus oo kala duwan oo keeni kara qandhada. Caruurta waxa uu ku dhacaa duraygu 8-10 jeer sanadkii. Dadka waawayn duraygu kuma badna maadaama uu difaacooda jidhku la qabsaday jeermiska. Antibayootiga waxba kama qabtaan durayga fayrusku keeney.



Wixii liiska calaamadaha ah ee ay tahay inuu qiimeeyo xirfadle caafimaad, qabo boga 20. Wixii liiska calaamadaha ah ee khatar ah iyo kuwa u baahan in dhakhso looga jawaabo, qabo boga 22.

Calaamahada (Symptoms):

- Biloowga, madax xanuun, xumad, indhaha oo ilmo yeesha, waxaa daba socda sanko oo duuf yeesha, cunaha oo xanuuna, hindhiso, iyo qufac.
- Duufka ka socda sanku wuu cad yahay taas oo marka hore adag oo huruud ah ama cagaar ah.

Maaraynta (Management):

- Cab biyo kugu filan, taas oo ah heerka ugu qabaw ee adiga kugu munaasbaka ah.



Kahortaga (Prevention):

- Gacmahaaga maydh si aad uga hortagto fayruska keena durayga.
- Bar caruurtaada inay maydhaan gacmaha.

- Waxaad eegtaa inaad isticmaasho acetaminophen ama ibuprofen (adoo u isticmaalaaya sida ku qoran boshqada) hadii qofko hargabka qaba dareemaynin si wanaagsan.
- Hadii aad qabto duray ama aad daryeeleyso qof duray qaba, gacmahaaga maydh badanaa si aad uga hor tagto caabuq.
- Sharoobado calool xanuunka ama qufaca waxay kaa caawinaysa calaamadaha laakiin ma yaranayso mudada durayga aad qabayso.

FIIRO GAAR AH: Hasiinin dawada ilmo yar oo sabi ah ama caruurta ka ay ka yar tahay da' doodu lix sano jirka.

FIIRO GAAR AH: Sharoobada calool xanuunka iyo qufacu waxay sidoo kale yeelan karaan dawada xumada dhinta. U akhri calaamada si taxadir leh oo waydii farmasigaaga ama dhakhtarkaaga si aad uga hortagto inaanad dawada tan dhaafin inteedii.

Isticmaal biyo cusbo leh (saline) sanko aad ku shubto si aad sanko ku xidhan ugu dawayso, gaar ahaan caruurta sabiga ah iyo kuwa socod baradka ah. Isticmaal biyaha cusbada leh ee dhibcaha ah ee la iibiyo ama ku buufi ama **samayso kuwa kuu gaar ah.**

Dhibcaha Biyaha Cusbada Leh ee Guriga Lagu Samaysto (Homemade Salt Water Drops)

Biyo Ku Dar:

- 1 koob (240 mL) biyo la nafiidiyay ah (hadii ay yihiin biyaha qasabada, kari ilaa hal daqiiqo si ay wax kastaa uga dhintaan kadibna yara qabooji ilaa fardiiris noqonayaan)
- ½ tsp (2.5 g) cusbo
- ½ tsp (2.5 g) baking soda

Ku shub daawada aad iskuqastay quruurad nadiif ah taas oo dhib dhibco yeelan karta, ama caag la tuujin karo (kaas oo laga heli karo farmasiga). Waxaa sidoo kale isticmaali kartaa saliingada daawada lagu dhuuqo. Sidoo kale mid cusub samayso 3 maalmoodba mar.

Locisticmaalayo:

- Fadhiiso oo waxoogaa dib u u qaad madaxaaga. Ha jiifsan. Caarada dawada dhibcaha ah sanko geli, saliingada daawada lagu dhuuqo, ama quraadada waxoogaa ku tuuji hal dalool oo sanko ah. Si aayar ah ugu dhibci ama tuuji sanko. Daloolka kale ee sankoagana ku celi. Ku masax dhibcaha aad ku shubtay maro yar oo dafiin ah ama soofti mar kasta oo aad isticmaasho.

Hargabka (Influenza)

Hargabka (ama duraygu) waxa keena fayrus. Dadka waawyan ee qaba hargabku waxay faafin karaan fayruska oo dadka kale ayay qaadsiiin karaan marka calaamaduh uku bilaabmaan 3-5 maalmood kadib. Caruurta qabta hargabku waxay u gudbin karaan kuwa kale ilaa 7 maalmood.



Wixii liiska calaamadaha ah ee ay tahay inuu qiimeeyo xirfadle caafimaad, qabo boga 20. Wixii liiska calaamadaha ah ee khatar ah iyo kuwa u baahan in dhakhso looga jawaabo, qabo boga 22.

Calaamahada (Symptoms):

- Xumad/qandho
- Madax xanuun
- Murqo ama jidh xanuun
- Tabcaanimo
- Cune xanuun
- Duuf ama xidhnaan sankah/hindhiso
- Qufac



Kahortaga (Prevention):

- Qaado talaalka hargabka.
- Gacmahaaga maydh, gaar ahaan marka aad la kulanto qof xanuunsanaya. Ilmahaaga bar sida gacmaha loo maydho.
- Sankaaga iyo afkaaga wax saar marka aad hindhisayso ama qufacayso.
- Ilmahaaga bar sida loo isticmaalo waxyaabaha neefsiga.

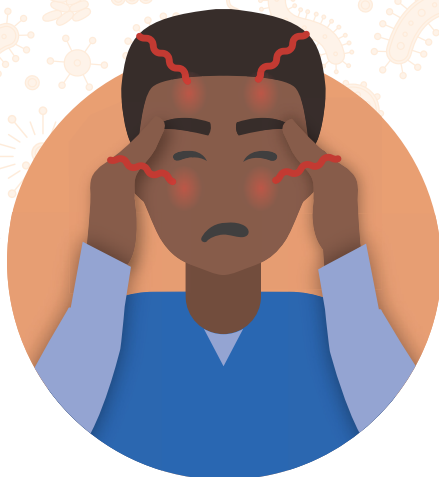
Maaraynta (Management):

- Cab cabitaan badan sida biyaha
- Si wanaagsan u naso ama u ogolow ilmahaaga inuu si wanaagsan u nasto. Guriga joog ama guriga ilmahaaga kuhay dhawrka maalmood ee ugu horeeya ee xanuunka si uu u nasto oo loogana hortago in dadka kale uu u gudbiyo.
- Waxaad eegtaa inaad isticmaasho acetaminophen ama ibuprofen (sida ay dhigayso tilmaamaha boshqadu) xumad, madax xanuun, iyo jidh xanuun.

Xiliga hargabku waxa uu bilaabmaa Nofeember ama Diseember sanad kasta waxaanu dhamaadaa Abriil ama Maajo. Mararka qaar, hargabku waxa uu horseedi karaa lafo garaac.

Caabuqa sanboorka

(Sinus Infection)



Sanboorku waa meel hawo ka buuxsanto oo sanko iyo indhaha ah. Sanboorku waxa uu yimaadaa marka dheecaan ku samaysmo sanqaroorka.

Sanboorku badanaa waxa uu yimaadaa marka uu qofka ku dhaco hargab laakiin badanaa hargabku ma keeno sanboorka baakteeriyada. Calaamadaha sanboorka aad ayay u daran yihiin waxayna qaataan in laga bogsado wakhti ka badan hargabka.

FIIRO GAAR AH: Hadii calaamadaha ay la socdaan cune xanuun iyo/ama qufac, eeg Hargabka iyo/ama Durayga.



Wixii liiska calaamadaha ah ee ay tahay inuu qiimeeyo xirfadle caafimaad, qabo boga 20. Wixii liiska calaamadaha ah ee khatar ah iyo kuwa u baahan in dhakhso looga jawaabo, qabo boga 22.

Calaamahada (Symptoms):

- Xanuunka wajiga ama cadaadis, madax xanuun, ilke xanuun, dareemis daal, qufac, xumad.
- Sanko xidhan ee uu ka socdo duuf huruud ama cagaar ahi kuwaas oo socda wax ka badan 10 maalmood waxay calaamad u tahay inaad u baahan tahay antibayootig.

Maaraynta (Management):

- Waxaad eegtaa inaad isticmaasho acetaminophen ama ibuprofen (sida ay dhigayso tilmaamaha bushqadu) xanuun iyo xumad.
- Caruurta, isticmaal biyo cusbo leh oo dhibco ah ama ku shub si aad sanku ugu furto (eeg waxyaabaha laga sameeyay dawada Hargabka/Sanku Duufka leh ee Boga 9): dadka waawayn, waxaa aad u wanaagsan saline ku shubida.
- Xidhnaanshaha way furi kartaa laakiin ma gaabinayso mudada xanuunka.

FIIRO GAAR AH: Hasiinin dawada ilmo yar oo sabi ah ama caruurta ka ay ka yar tahay da'daadu lix sano jirka.

FIIRO GAAR AH: Sharoobada calool xanuunka waxay sidoo kale yeelan karaan dawada xumada dhinta. U akhri calaamada si taxadir leh oo waydii farmasigaaga ama dhakhtarkaaga si aad uga hortagto inaanad dawada tan dhaafin inteedii.

Labada baakteeriyada iyo fayruskuba waxay keenaan sanboorka (fayrusku waxa uu ka badan yahay 200 jeer).

Cune xanuun (Sore Throat)

Cune xanuun waxa uu badanaa la socdaa hargabka. Badanaa waxa keena cune xanuun fayruska. Antibayootiga waxba kama qabtaan cune xanuunka faarus maidaama uu keeno.



Cune xanuun uu keeney Streptococcus ee baakteeriyada. Hadii cune xanuunka uu la socdaan san duuf leh, qufac, sanko oo xidhan, indhaha oo casaada, ama shuban, waxay u badan tahay inay keentay fayrusku oo MAAHA in cunaha la taabto.

Dhakhtarkaagu kuuma sheegi karo hadii cune xanuunka uu strep throat cunaha kaliya inta uu eego.

- Hadii cune xanuunku uu kamid yahay durayga, waxay u badan tahay inuu keeney fayrus loomana baahna markaa in sii loo baaro cunaha.
- Hadii aanad qabin wax calaamad ah oo duray ah, dhakhtarkaaga ayaa cunaha kuu sufayn kara si uu u eego hadii ay keentay fayrus ama bakteeriyo. Natiijada shaybaadhku caadiyan waxay qadataa ilaa 48 saacadood.



Wixii liiska calaamadaha ah ee ay tahay inuu qiimeeyo xirfadle caafimaad, qabo boga 20. Wixii liiska calaamadaha ah ee khatar ah iyo kuwa u baahan in dhakhso looga jawaabo, qabo boga 22.

- Hadii natiijada shaybaadhka waxba laga waayo, antibayootigu waxba uga qaban maayo cune xanuunka maadaama ay u badan tahay inuu keeney fayrus.
- Hadii natiijada soo baxday ay tahay boosatif, dhakhtarkaaga ayaa go'aamin doona inuu kuu qoro antibayootig.
- Xubnaha qoyska ee kale looma baahna in la baadhi hadii ay xanuunsan.

Maaraynta (Management):

- Cab cabitaan badan sida biyaha
- Waad isticmaali kartaa acetaminophen ama ibuprofen (sida ay dhigayaan tilmaamaha bushaqadu) ee xanuunka cunaha iyo xumadu.
- Wixii caruur ah ee kayar lix sano jir iyo dadka waawyan, lozenges-ka kaar jabiyaha ah ayaa ka dawayn kara xanuunka.

FIIRO GAAR AH: Caruurta yaryar waa in aan la siinin lozenges maadaama ay jirto khatar ay ku joogsan kartaayi.

- Caruurta waawayn iyo dadka waawayn, inay ku luq luqdaan biyo diiran oo cusbo leh ayaa ka dawayn kara. Isku dar ½ malqaacadood oo milix ah iyo 1 koob (250 ml) oo biyo diiran ah. Ku luq luqo ilaa 10 ilbidhiqsi. Waxaa la samayn karaa 4-5 jeer maalintii.
- Adiga iyo ilmahaaguba waxaad ku noqon kartaan hawlihii caadiga ahaa marka aad ladnaataan.

Dhego Xanuun (Ear Ache)

Xuunbada Eustachian waxay ku xidhan tahay dhagta dhexe iyo cunaha xagisa danbe. Maadaama oo ay tuunbada caruurta ay dhuuban tahay, way xidhmi kartaa, gaar ahaan marka aad qabto durayga. Xidhitaankaasi waxa uu horseedi karaa caabuq.

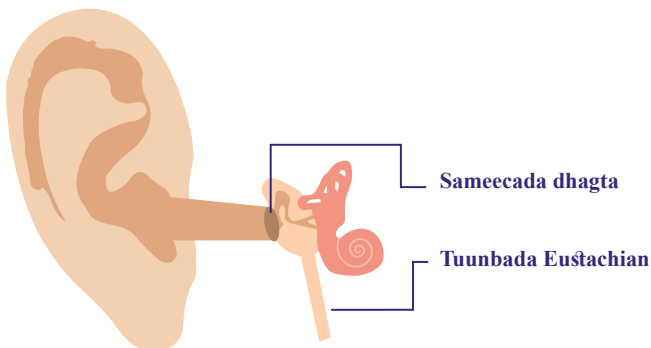
Waxaa muhiim ah inaad ogaato 70-80% caruurta qaba caabuqa dhaguhu inay ku bogsadaan antibayootiga. Caabuqyada dhagaha qaar waxaa keena fayrus kuwo kalena waxaa keena baakteeriya. In laga taxadiro ayaa ah qaabka ugu wnaaagsan ee dhakhtarku ku talin karo.

Calaamahada (Symptoms):

- Xumad
- Dhago xanuun
- Cuncun



Wixii liiska calaamadaha ah ee ay tahay inuu qiimeeyo xirfadle caafimaad, qabo boga 20. Wixii liiska calaamadaha ah ee khatar ah iyo kuwa u baahan in dhakhsa looga jawaabo, qabo boga 22.



Maaraynta (Management):

- Waxaad eegtaa inaad isticmaali kartaa acetaminophen ama ibuprofen (sida ay dhigayso tilmaamaha bushqadu) xanuun iyo xumad.
- Maro diiran dhagta dusha ka saar.
- Antihistamines iyo decongestants waxnba kama taraan caabuqa.
- Xaalada qaar dhakhtarkaaga ayaa kuu qoraya antibayootiga kadib marka uu baadho dhagta ilmahaaga.
- Maadaama oo ay jirto khatar inaanay waxba u qaban antibayootiga, wixii intaa ka danbeeya laguma taliyo in lasiiyo antibayootiga hadii ay mudada caabuqu dheeraato.



Kahortaga (Prevention):

- Gacmahaaga maydh si joogto ah oo bar ilmahaaga inuu gacmaha maydho maadaama oo badanaa caabuqa dhaguhu ay yimaadaan marka uu ilmaha uu ku dahco duray.
- Ilmahaaga ka ilaali in agtiisa sigaar lagu cabo.
- Ilmahaaga hasiin in masaasada si uu u cabo isaga oo jiifa.

Qufac (Cough)

Badanaa qufaca dadka waawayn iyo caruurta waxaa keena caabuq jeermis oo ku dhaca nidaamka neefsiga (eeg shaxda hoose).

Antibayootiga waa in loo isticmaalo kaliya qufaca hadii bukaanku uu qabo xiiqdheer taas oo ka timid baakteeriya ama shaybaadhka laga heley xiig dheer (xiiq dheere qufac).



Calaamahada (Symptoms):

- Xumad, qufac, iyo xanuunka laabta.
- Xabka la qufaca waxa uu noqon karaa huruud iyo cagaar. Taasi macnaheedu maaha inay tahay caabuq baakteeriya.
- Qufaca dheer ayaa iman kara.

FIIRO GAAR AH: Hadii uu yahay fayrus, 45% dadku way qufacaan xataa 2 todobaad kadib. 25% oo dadku waxay qufacaan xataa 3 todobaad kadib.

Wixii liiska calaamadaha ah ee ay tahay inuu qiimeeyo xirfadle caafimaad, qabo boga 20. Wixii liiska calaamadaha ah ee khatar ah iyo kuwa u baahan in dhakhso looga jawaabo, qabo boga 22.

Xanuunka (Illness)	Goobta (Site)	Kooxda Da'da (Age Group)	Waxa Keeney (Cause)
Laryngitis	Vocal cords	Caruurta Yara Waawayn / Dadka Waawayn	Fayrus
Croup	Vocal cords iyo windpipe	Caruur yaryar	Fayrus
Bronchitis*	Tuunbada neefsiga (wayn)	Caruurta Yara Waawayn / Dadka Waawayn	Fayrus
Bronchiolitis	Tuunbada neefsiga (yar)	Sabiga	Fayrus
Hargabka	Dhago xanuun	Dhamaan da'da	Baakteeriya ama fayrus
Qufaca dheer	Cod sababka ah	Da' kašta	Baakteeriya

*Bukaanka qaba xanuunada xun ee mudada dheer ee sanabka mararka qaar waxay qaadaan beekteeriya marka uu qofku ku dhaco bronchitis.

Maaraynta (Management):

- Cab cabitaan badan sida biyaha
- Soo qufucidaasi waxay wax u tari kartaa caruurta yara waawayn iyo dadka waawayn.

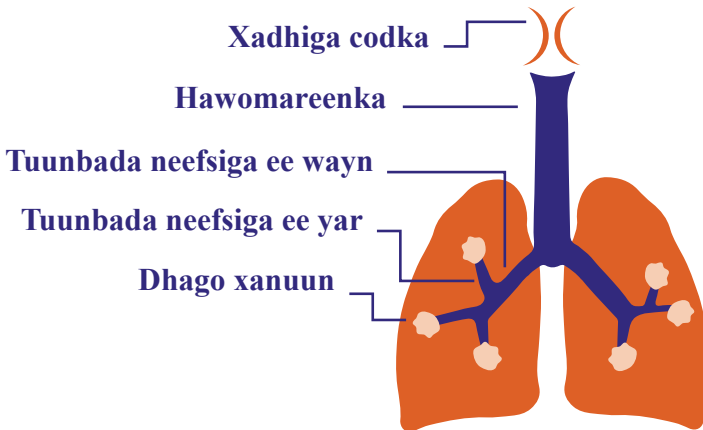
FIIRO GAAR AH: Hasiinin dawada ilmo yar oo sabi ah ama caruurta ka ay ka yar tahay da'doodu lix sano jirka.

FIIRO GAAR AH: Sharoobada qufaca sidoo kale waxaa dhici karta inay la socoto dawo hoose u dhiga xumada. U akhri calaamada si taxadir leh oo waydii farmasigaaga ama dhakhtarkaaga si aad uga hortagto inaanad dawada tan dhaafin inteedii.

- Dhibcaha xanuunka qufaca ama lozenges ayaa wax u tari kara caruurta iyo dadka waawayn. Iska ilaali dawada dhibcaha ee antibayootiga maadaama ay keeni karto in ay qofka waxba u tari waydo antibayootigu.

FIIRO GAAR AH: Dawada dhibcaha ee qufaca waa inaan la siinin caruurta kayar lix sano jirka maadaama uu ku mirgan karo.

- Raajiga laabta ayaa lagu taliyaa si loo baadho durayga bakteeriyadu keento. Marka shaybaadhka la sameeyo, antibayootiga ayaa caadiyan la qoraa.



Calaamada Xun ee Ay Tahay inuu Eego Xirfadlaha Caafimaadku

(Serious Symptoms That Should be Seen by a Medical Professional)

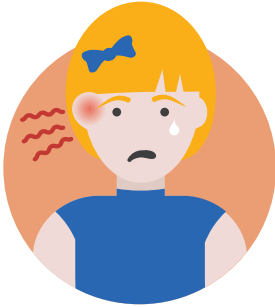
Xanuunadani waxay u baahan yihiin in dhakhtar ama xirfadle kaaliya caafimaad eego.



Xumad (Fever):

- Hadii uu ilmuhu kayar yahay 3 bilood oo uu qabo xumad, waa in markaba la eego.
- Hadii ilmaha da' kaŕta ha ahaadee uu leeyahay xumad oo uu u muuqdo mid xanuunsanayo, waa in markoba dhakhtar loo geeyo.
- Hadii ilmo da' kaŕta ha haatee uu qabo xumad mudo ka badan 3 maalmood, waa uu dhakhtar arko 24 saacadood gudahood.

Xanuunada Daran ee Ay Tahay Inuu arko Xirfadle Caafimaad (Serious Symptoms That Should be Seen by a Medical Professional Continued):



Xanuun dhagaha *Dhakhtar waa inuu eegaa ilmaha hadii uu qabo dhago xanuun iyo:*

- Waxa ay sidoo kale qabaan xumad sare; ama
- Waxa uu u muuqdaa mid aan caafimaad qabin; ama
- Ay dhagta dabadeedu casaatay ama bararsan tahay; ama
- Ay dhagtu hore usoo baxday; ama
- Uu aad ugasii daro dhago xanuunku mudo ka badan 24 saacadood in kasta oo la siiyay acetaminophen/ibuprofen.

Dadka waawayn ee qaba xumada ama xanuunada kale waa in mar kasta ka fikirtaa inaad kala tashato dhakhtarkaaga ama kaaliye caafimaad oo xirfadle ah hadii calaamaduhu kasii daraan ama ay sidii lagu yaqaanay kasii xumaadaan.

Alberta, waxaad la hadli kartaa Health Link (oo aad kala hadlaysaa 811) hadii aad u baahan tahay talaabada aad qaadayso taladeeda.

Wixii talooyinka talaabada xalka rasmiga ah ee caruurta, booqo [ahs.ca/heal](https://www.ahs.ca/heal), kaas oo ay ku jiraan macluumaadka uu geliyay Stollery Children's Hospital.

Calaamadaha Xaalada Caafimaad ee Gurmadka Degdeg ah (Signs of Health Emergencies)



Hadii adiga ama qof aad garanaysaayi uu muujiyo wax kamid ah calaamadan, fadlan sida ugu dhakhsaha badan ugu doon daryeelka caafimaadka.



Xumad

Doono daryeel caafimaad oo dhakhso ah hadii aad:

- Qofka da'da kasta ah waxa uu qabaa xumad taas oo aad u daran ama (ay ku adkaato inuu soo tooso ama uu soo jeedo), uu si isdaba joog ah u hunqaacayo, oo ay dhici karto inay qoortu adkaatay ama finan aad u badan kuwaas oo aan ku baabi'in marka aad meesha tujiso (kuwaas oo u eekaan kara xanuuno yaryar).

Neefsiga

Doono daryeel caafimaad oo dhakhso ah hadii aad:

- Qofka xanuunsanaya ee da' kasta ah ee ay ku adkaato neefsiga (taas oo ayna keenin sanko xidhmay).
- Qofka xanuunsanayaa waxa uu u neefsanayaa si degdeg ah oo sidii caadiga ahayd aad a hayn, ama waxa ay dabnihiisu isku badaleen buluug, gacmihisa ama lugihisu.

Caalamada Xaalada Caafimaad ee Gurmada Degdega ah (Signs of Health Emergencies Continued):



Xaaladaha Guud

Doono daryeel caafimaad oo dhakhso ah hadii aad:

- Haddii qof xanuunsanayo oo da'da uu doono ha noqdee uu soo toosi kari waayo ama uu soo jeedi kari waayo ama garashadiisu ay yaraato, xanaaq bato, ama uu ka xanaaq dhawaado sidii caadiga ahayd, uu qabo madax xanuun aad uxun kaas oo aan ka baabi'in, qoortu adkaato, uu maqaarku isbadalo ama aad u cadaado ama uu u muuqdo mid aad u qabaw marka la taabto.
- Qofka xanuunsanayaa uu qabo calaamado shuban taas oo ay kamid yihiin maqaarka oo qalalan, afka oo qalala, meel jilicsan oo hoos u godata (fontanelle) ilmaha, ama ay kaadidu ku yaraato.

Sababo kale oo loo doonan karo daryeel caafimaad oo degdeg ah waxaa kamid ah:

- Haddii qof xanuunsanaya ay dhibaato ka haysato liqida ama uu ka socdo dhareer xad dhaaf ah.
- Haddii qofka xanuunsanaya ee da'da uu doono ha noqdee uu dhutinayo, aanu awoodin inuu dhaqaaqo ama uu suuxo.

Macluumaadka waxaa loo bixiyay tixraac ahaan kaliya. Mar kasta, waa inaad isticmaashaa aqoontaada iyo aragtidaada hadi aad u baahan tahay inaad la hadasho dhakhtar, kaaliye caafimaad ama kaaliya caafimaad oo xirfad leh.

Alberta, waxaad la hadli kartaa Health Link (kala hadal 811) hadi aad u baahan tahay talo ama aad ka shakido talaabada ugu wanaagsan ee aad qaadayso.

Maad og tahay?

(Did you know?)

1. Gacmaha in la maydhaa waa qaabka ugu wanaagsan ee loo joojin karo faafitaanka Caabuqyada.
2. Baakteeriyada iyo fayrusku way kala duwan yihiin. Labaduna waxay keenaan caabuqyo laakiin antibayootigu kaliya waxaa uu wax ka qabtaa Caabuqyada baakteeriyada.
3. U isticmaal antibayootiga si xikmad ay ku jirto si loo xadido wax ka qabad la'aanta antibayootiga.



**JEERMISKU
MA DAAWO
AYAY UBAAHAN
YIHIIN?**



Jeermisku Ma Daawo Ayay Ubaahan Yihiin? waa barnaamij Adeegyada
Caa imaadka Alberta ah iyo Xarunta British Columbia ee Xakamaynta Xanuunada