

Fifth Disease

Gacaliye Waalid/daryeele:

Arrin is-qabadiin fayrus ayaa lagu tilmaamay lagana daweeey cunugaaga fasalkiisa. Arrimaha sida wanaagsan loo daweeyo ma laha waxa is-qabadiin ah. Si kastaba arrintu ha ahaatee, waxaan doonaynaa inaad idinla socodsiino inaad ogaataan waxyaabaha soo socda:

Sababata (Cause)	Cudurkani waa firiiric uuna sababo fayrus.
Astaamha (Symptoms)	<p>Cunugaaga ayaa dhuun ama xummad qandac ah qabi kara.</p> <p>Firiircaha ayaa sababiya dhabannada oo casaada (“camanka oo la moodo in la dharbaaxay) (a "slapped cheek" look)caruurta . Firiirica ayaa inta badan ka bilawdo dhabannada, una gudba gacmaha, oogada qaybta sare, baridha iyo lugaha. Firiirica ayaa la moodaa inuu wacan yahay, dhibco iyo midab basali ah. Badanaaba waxay ku dhadaan 3 ilaa 7 beri. Si kastaba arrintu ha ahaatee, firiirica ayaa imaan kara iska tegi kara intii asbuucyo ah, markii cunugaagu qorraxda ama meel kulul joogo.</p> <p>Hadii cunugaaga la qabadsiiyo, waxay ku qaadanaysaa 4 ilaa 21 maalmood inay astaamuhu bilawdaan.</p>
Faafidda (Spread)	<p>Qyfaci iyo hindhisada.</p> <p>Adigoo taabanaya gacmo fadaraysan, meelaha dushooda iyo shayaba.</p>
Xilliga la Is-qaadsiin karo Contagious Period	Ilaa inta uu ka soo muuqanayo firiiricu.
Wac Daryeel-caafimaad Bixiyahaaga Call your Healthcare Provider	<p>Haddii uu daciifo hanaanka tallaalka cunugaaga, nidaam darro isir-dhiigeedka (sickle cell anemia), ama uu qabadsiiyey qof qaba fayraska la is-qabadsiiyo.</p> <p>Hadii aad tahay haween uur uur leh ee uu ku dhacay farayska is-qabadsiiinta, takhtarkaaga ayaa ka baaraan degaya hadii aad u baahan tahay in dhiigaaga la hubiyo.</p>
Ka reebid (Exclusion)	<p>Ma loo baahan yahay inuu guriga joogo?</p> <p>Maya, hadii firiirica jirrada sababiyey ay meesha ka saaraan daryeel caafimaad bixiyuhu.</p>
Ka hortagga (Prevention)	<ul style="list-style-type: none">• Dabool sanki iyo afka marka aad hindhisaysa ama qofacayso. Isticmaal istaraasho ama shaarkaaga gacmihiisa. Tuurna istaraashada la isticmaalay.• Maydh gacmahaaga kaddib marka aad wax taababto, taasoo ay waxyeelayn karto waxyaabaha sanki ama afka ka yimid. Cunugaaga ayaa u baahan kara in laga caawiyo gacmo dhaqashada.• Nadiifi oo jeermiska ka tirtir shay kasta oo ay ku qarsoomi karaan waxyaabo sanki ama afka ka yimid. Isticmaalka waxyaabaha dila jeermiga.

Arrimaha la soo socodsii xafiiska caafimaadka dugsiga. Wixii macluumaad ah , ka wac Waaxda Cudurrada
Faafa ee Degmada Hennepin lam. (612) 543-5230.

