

## Bus-bus (Chickenpox)

Gacaliye Waalid/daryeele:

Arrin la xiriirta bus-bus ayaa lagu arkay fasalka cunugaagu dhigto. Waxaan doonaynaa inaan idinku wargalinayo waxyaabaha soo socda:

<b>Sababta (Cause)</b>	Bus-buska waxaa sababa fayras ku dhaca dadka (varicella-zoster).
<b>Astaamaha (Symptoms)</b>	<p>Cunugaaga ayaa qabaya firiiric ama nabarro yar yar oo ku bilawda finan cas cas, lagana yaabo inay qandho u wheliso.</p> <p>Haddii cunugaaga la qabadsiiyo, waxay ku qaadanaysaa 10- 22 beri inay astaamuhu ku bilawdaan.</p>
<b>Faafid (Spread)</b>	Adigoo taabanaya boogta dheecaanka leh ama dheecaanka ka imaanaya sanko ama afka. Adigoo qufacaya ama hindhisa.
<b>Xilliga Fidista (Contagious Period)</b>	Hal ilaa 2 maalmood inta aanu firiiricu bilawdo ilaa inta boogaha dheecaanku ay xinjiro qalalan ka noqonayaan. Xinjiraha qalalan ayaa ku samaysma 6 maalmood.
<b>Wac daryeekl-caafimaad bixiyihahaaga (Call your Healthcare Provider)</b>	<p>Haduu ku dhaco qof gurigiina ka mid ah:</p> <ul style="list-style-type: none"><li>• <b>Bilawdo firiiric xumad leh.</b> Takhtarkaaga ayaa ayaa sheegaya hadii dawayn loo baahan yahay. <b>HA AADI rugta caafimaadka adigoo marka horeba wicin.</b> Waxaa lagaa dhex saarayaa dadka kale, si looga hortago faafidda jirrada.</li><li>• Haddii aad ku dhawaatay dad qaba bus buska isla markaasna aysan qaadin cudurka bus buska ama qabin tallaalka fayraska ku dhaca dadka waqti la soo dhaafay ama aanay uur lahayn.</li></ul>
<b>Ka reebid (Exclusion)</b>	<p><b>Ma u baahan tahay inaad guriga joogto?</b> <b>Haa,</b> ilaa boogaha dheecaanku ay ka noqdaan qolof qalalay. Tani sida badan waa 6 beri kaddib marka firiiricu bilawdo. Tani waa dhab xataa hadii cunugga la tallaalay.</p>
<b>Ka hortagga (Prevention)</b>	<ul style="list-style-type: none"><li>• Minnesota, dhammaan caruurta jirta 18 bilood iyo ka weynba oo tagaya xanaano caruur ama dugsi waa in lagu tallaalo fayruska ku dhaca dadka, ha hayo taariikhda jirradooda ama ay leeyihiin ka reebid sharci ah.</li><li>• Dabool sanko iyo afka marka aad hindhisayso ama qufacayso. Isticmaal Istaraasho ama shaarkaaga gacmihiisa. Tuurna istaraashada aad isticmaashay.</li><li>• Gacmaha dhaqo kaddib marka aad taabato wax kasta o fadaraysan ama dheecaan afka amasanka ka yimid. Cunugaaga ayaa laga yaabaa inuu kaaga baahan yahay inaad ku caawinto gacmo dhaqashada.</li><li>• Nadiifi oo jeermiga ka dil shayada ama sagxadaha uu gaaro dheecaanka afka ama sanko ka yimid. Isticmaal waxyaabaha dila jeermiga.</li></ul> <p><b>HA SIININ asbiriin ama dawooyinka kimikaalka asbiriinka leh qof ka yar 18 sano.</b></p>

Wixii cudurro ah ku soo wargali xafiiska caafimaadka dugsi. Wixii macluumaad dheeraad ah, ka wac Degmada Hennepin Waaxda Cururrada faafa lam. 612-543-5230.