

Maxaad ka ogtahay Hargabka Doofaarka (Swine flu) ?

Hargabka Doofaarka oo tan iyo bishii April ee sanadkaan 2009 aad ugu fidayay qaybaha kala duwan ee caalamka islamarkaasna heerkiisa lagu qiimeeyay inuu yahay Pandemic oo ah heerka ugu sareeya ee lagu qiimeeyo cudurrada dunida oo dhan saameeya ama xoog uga fidaya, sidaas darteedna khatar ku ah dunida oo dhan. Haddaba waxaan qormadaan ku eegaynaa waxa uu yahay hargabka doofaarku iyo sida loola tacaali karo dadka uu ku dhaco.

Su'aalaha soo socda oo inta badan ay dadku aad isu weydiiyaan ayaan qoraalkaan kaga jawaabayaa aniga oo ku tala galaya inaan dadka uga faa'iideeyo, si ay markaas naftooda iyo tan qoyskoodaba uga badbaadiyaan ama u yareeyaan waxyeellada HD-ka.

Muxuu yahay Hargabka Doofaarku?

Waa maxay astaamaha lagu garto Hargabka Doofaarka?

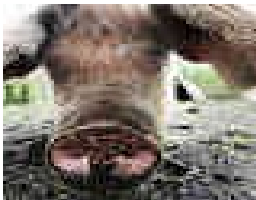
Ma loo dhiman karaa Hargabka Doofaarka, inteebayse le'egtahay waxyeelladiisu?

Maxaa laga qaadaa Hargabka Doofaarka, sidee buuse u faafaa ama u fidaa?

Maxaa lagu daweyyaa Hargabka Doofaarka?

Waa intee tiradda dadka ilaa hadda uu ku dhacay dunida oo dhan?

Ayuu hargabka doofaarku aad khatar oogu yaahay?



Muxuu yahay Hargabka Doofaarku (Swine flu) ?

Hargabka Doofaarku waa nooc Virus ah oo keena ama sababa hargab aad uga khatar badan hargabka caadiga ah ee dadka ku dhaca oo la yiraahdo (influenza). HD-ka ayaa cilmi ahaan waxaa lagu magacaabaa ama la yiraahdaa H1N1 influenza A. Virus-kaan sidii caadiga ahayd wuxuu ku dhici jiray doofarrada oo kali ah, dadkana ma gaari jirin, kumana uu dhici jirin. Laakiin virus-ka oo uu hadda isbeddelay qaab dhismeedkiisii aasaasiga ahaa (mutation) ayaa wuxuu sidoo kale ku dhici karaa islamarkaasna uuba ku dhacay dadka ama binaadamka. HD ayaa sidoo kale wuxu beddelay sidii uu makrii hora u fidi jiray ama uu u faafi jiray. Wuxuuna imminka ama hadda u faafaa sida hargabka (influenza) caadiga ah ee dadka ku dhaca oo kale, sida: qufac, hindhisada, neefsashada, iwm.

Waa maxay astaamaha lagu garto Hargabka Doofaarka?

Astaamaha lagu garto Hargabka Doofaarka waxaa ka mid ah:

- Qandho ama xummad badan
- Qufac
- Dhuun xanuun, wax liqitaanka ama wax liqidda oo adkaata

- Cabbur iyo sanko oo ku dareera
- Murqaha iyo jirka oo ku xanuuna
- Madax xanuun
- Qofka oo dhaxmoda
- Tabar darro, daal iyo awood la'aan
- Marrarka qaarkood shuban iyo matag ama hunqaaco

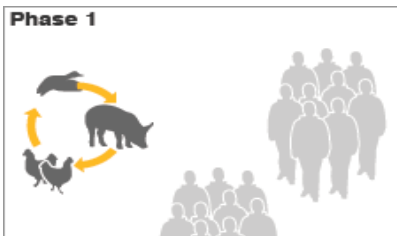
Inta baddan qof kasta oo uu ku dhoco HD-ku waxaa lagu arkaa ugu yaraan labo ka mid ah astaamaha ama calaamadaha aan kor ku soo xusnay. Lakiin ma aha HD-ka oo kali ah waxa calaamadahaas leh oo waxaa jira xanuuno ama jirrooyin badan oo ayaguna calaamadahaas leh. Sidaas darteed runtii ma aha adiga iyo dhakhtarkaaga oo kali ah waxa sheybaar (laboratory or swab test) la'aan caddeyn kara in hubaashii aad qabtid HD-ka.

Tirada dadka uu HD-ku ku dhacayo oo aad uu sii kordhaysa ama maalinba maalintna ka danbaysa sii badanaysa awgeed ayaan xarumaha caafimadku hadda baarin(test) HD-ka ah u dirin bukaansocodka cusub. Ayadoo ay dhakhaatiirta iyo xarumaha caafimaadkuba ay bilaabeen inay daawooyinka u dib dhigaan ama u kaydiyaan dadka ayagu halista u ah ama aan u adkaysan karin HD-ka, si loo badbadiyo naftooda.

Ma loo dhiman karaa Hargabka Doofaarka, inteebayse le'eg tahay waxyeelladiisu?

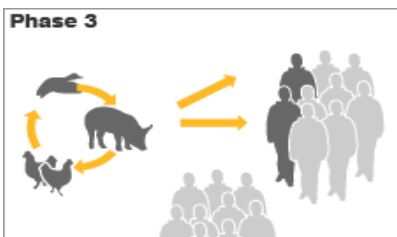
Haa, HD-ka waa loo dhiman karaa. Ilaa hadda (27th June 2009) tirada dadka uu HD-ka ku dhacay dunida oo dhan waa **59,814**. Walow la aamisan yahay in tiradu ay instaaas aad uga badan tahay. Waxaana sidoo kale inta la ogyahay u dhintay HD-ka **263** qof. Taas oo boqolleey ahaan u dhiganta 0.0017 boqolkiiba ama 0.0017%.

Halkaas ayaana laga arki karra khatarta dhimashada u HD-ku sababi karo.

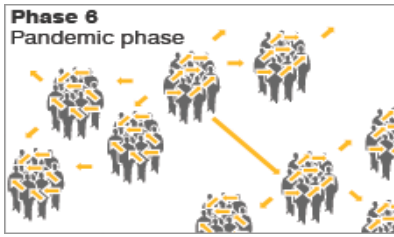


Maxaa laga qaadaa Hargabka Doofaarka, sidee buuse u faafaa ama u fidaa?

Hargabka Doofaarka waxa laga qaadaa virus-ka lagu magacabo H1N1 influenza A.



Inkasta oo markii hore HD-ku uu ka yimid xayawaanka doofaarka oo ay caadi tahay inuu ku dhaco, ayuu iminka, ka dib markii uu Virus-ku qaab dhismeed ahaan uu sameyskii is beddalay, wuxuu u faafaa sida hargabka caadiga ah ee dadka ku dhaca oo kale.



Sidaas darteed ayaana hadda ay dadku dhaxdooda HD-ka isku qaadsiiyaan qufaca, hindhisada, neefsashada, iwm. Taas oo aad u kordhinaysa faafidda cudurka iyo waxyeelladiisaba. Waxay sidoo kale adkaynaysaa xaddidda cudurka maadaama uu dadku yahay noolaha ugu socodka badan ama ugu dhaqdhaqaaqa badan. Taas oo HD-ka u sahlaya inuu gaaro meelo badan oo uusan cudurku horay uga jirin.

Maxaa lagu daweyaa Hargabka Doofaarka?

Inkasta oo ay jiraan tallaallo iyo daawooyin ka hortag ahaan loo isticmali karo (Antiviral drugs), ayaa haddana aysan jirin daawo rasmi ah oo lagu daweyo HD-ka.. Lakiin waxaa jira dawooyin khafiifiya qandhada, matagga, madax xanuunka, iwm. Waxaana ka mid ah Aspirin, Ibuprofen iyo Paracetamol.

Daawooyinkaas oo aad si toos ah uga soo iibsano karto farmashiga ama dukaanka Dawooyinka. Waxaa kale oo muhiim ah in uu qofku cabo biyo ama dareere kale oo baddan si uusan qofka jirka u qallalin (dehydration) ama aysan nafaqo darro ugu dhicin.

Fiiro Gaar Ah: Waa ka mamnuuc in kaniiniga Aspirin-ka la siiyo dadka ay da'doodu ka yar tahay 16 sano.

Ayuu hargabka doofaarku aad khatar oogu yaahay?

Inkasta oo uu HD-ku uu aad u dhibaateeyo dadka uu ku dhaco oo dhan ayaa haddana waxaa oogu khatar badan dadka waayeelka ah, haweenka uurka leh, carruurta ay da'doodu ka yartahay hal sano ama 12 bilood. Dadka wadnaha ka jiran iyo kuwa kale oo qaba xanuunada halista ah sida, HIV, kanser-ka iyo jirrooyinka kale oo karoonikada ah ama dadka awoodda difaaca ee jirkoodu ay liidato ama hoosayso, iwm.

Dadka cudurradaas qabaa haddii ay iska dareemaan calaamadaha HD-ka waa in ay si dagdag ah ula xiriiraan dhakhtarkooda si markaasi loola socda xaaladdooda.

Waa intee tiradda dadka ilaa hadda uu ku dhacay dunida oo dhan?

- **Tirada dadka uu HD-ku uu ku dhacay 59,814**
- **Tirada dadka u dhintay ilaa hadda ee la ogyahay 263**
- **Tirada dadka uu HD-ku ku dhacay dalka UK 4,323**
- **Dalka Mexico iyo Maraykanka ayaa hadda ah meelaha ugu badan ee uu HD-ku uu ku dhacay dadka ugu badan.**

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Tixraac ama xigasho (reference):

-http://www.direct.gov.uk/en/Swineflu/DG_177831

-http://www.direct.gov.uk/en/Swineflu/DG_177814

<http://news.bbc.co.uk/1/hi/world/americas/8025931.stm>

Hibayn iyo Mahadnaq:

Marka hore waxaa mahad iska leh Allah (sw) oo I haleelsiiyay inaan qoraalkaan diyaariyo.

Waxaan qoraalkaan gaaban laakiin muhiimka ah u hibeeyay dhammaan walaalahayga Soomaaliyeed ee ay dagaallada iyo colaaduhu aafeeyeen ee dalkii iyo dibadahaba jooga. Waxaanna Ilaahay ka baryayaa inuu dhibka naga dulqaado, Insha Allah.

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