

Ka Difaac Naftaada iyo Ilmahaaga cudurka CMV



CMV (cytomegalovirus) waa fayras guud oo ku dhaca dadka dhammaan da'aha guud ahaan. Haddii uu kugu dhaco CMV inta aad uurka leedahay aadna u gudbiso ilmahaaga, wuxuu sababi karaa dhibaatooyin caafimaad oo daran.

Sidee ayuu CMV u sameeyaa ilmaha?

Marka ilmuhu ku dhasho CMV, waxaa la yiraahdaa **congenital CMV (cCMV)**. Ilmaha qaar ayaa muujin kara astaamaha cCMV markay dhashaan, sida finan, cagaarshow (maqaarka ama indhaha oo jaalle noqda) ama miisaanka hooseeya ee dhalashada. Mararka qaar ilmaha ku dhasha cCMV ayaan lahayn wax astaamo ah, cCMV ayaana sababi kara **dhibaatooyin daran oo caafimaadeed**, oo ay ku jiraan:



Maqal beel



Indho beel



Naaфонimada dhanka
waxbarashada



Kobaca iyo hormarka gaabiska ah



Madax yari

Sidee ayuu CMV u sameeyaa dadka uurka leh?

Haddii uu kugu dhaco CMV, waxaad dareemaysaa astaamaha qaboowga ama hargabka. Astaamaha CMV waxaa ku jira qandho, jir xanuun, iyo daal. Dadka qaar oo uu ku dhaco CMV ayaan lahayn wax astaamo ah.

Haddii aad aragto astaamahaan, **ka codso dhakhtarkaaga inuu ku baaro**. Dhakhtarkaaga ayaa kugu samayn kara baaritaanka dhiiga si loo ogaado haddii aad qabto CMV. Haddii aad qabto fayraska, dhakhtarkaaga ayaa ku talin kara baaritaan dheeri ah oo lagu sameeyo cunugaaga.



Sidee ayuu CMV u faafaa?

CMV wuxuu dadka iskaga dhex faafaa dheecaannada jirka, ayna ku jiraan kaadida (kaadi) calyada (candhuufta), ilmada, caanaha naaska, iyo shahwada ama dheecaannada farjiga.



Qof kasta ayuu ku dhici karaa CMV, laakiin **waxay u badan tahay inaad qaado haddii aad tahay waalidka ilmo yaryar ama la shaqeyso ilmaha yaryar**. Taas waxaa sabab u ah in waalidiinta iyo dadka la shaqeyya ilmaha ay u badan yihiin inay taabtaan kaadida ama calyada ilmaha qaba fayraska.

Sidee ayaan ku yareyn karaa khatartayda CMV ee inta aan uurka leeyahay?

Qaad talaabooyinkaan fudud si aad u yareyso khatartaada qaadista CMV:



Farxalo kadib marka aad ilmaha ka badesho xafaayada, aad naaska nuujinayso, aad duufka ka tirta sanko ilmaha ama afka ilmaha, ama aad soo qaado boonbaleyaasha ama cinjirada ilmaha.



Iska ilaali wadaagista cuntada iyo cabitaannada, maacuunta, ama daawada cadayga



Si joogto ah u nadiifi boonbaleyaasha iyo dusha miisaska



Haddii aad shumiso ilmo yar, ka shumi dhabankiisa ama dhafoorka — qaabkaas, waxaa iska ilaalinaysaa in calyadu gaarto bishimahaaga



Afkaaga ha gelin waxyaabo ilmuhu taabteen

Si aad xog dheeri ah uga ogaato CMV, booqo [NationalCMV.org](https://www.nationalcmv.org).



Mashruucaan waxaa taageeraysa Centers for Disease Control and Prevention (CDC, Xarumaha Xakamaynta iyo Kahortaga Cudurka) ee U.S. Department of Health and Human Services (HHS, Waaxda Adeegyada Caafimaadka iyo Aadanaha ee Mareykanka) kaasoo qayb ka ah lacagta kaalmada dhaqaalaha oo wadarta guud dhan \$350,000 taasoo ay 100 boqolkiiba ay maal gelinayso CDC/HHS. Xogta waxaa masuuliyadeeda leh qoraaga kama turjumayaan fikradaha rasmiga ah, mana taageerayso, American Academy of Pediatrics, CDC/HHS, ama U.S. Government (Dawlada Mareykanka).



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