

Ilaali canuggaaga

Haddii aad uur leedahay, hadda waxaa la joogaa wakhtigii aad wax ka ogaan lahayd cCMV

Waa maxay cCMV?

Cytomegalovirus (CMV) waa fayras badan oo aad qaadi karto xiliga aad uurka leedahay aadna u gudbin karto canuggaaga. Inta badan dadka qaba CMV ma lahan astaamo mana kala garan karaan inay qabaan iyo in kale. Markii canuggaaga kaa qaado CMV, waxaa loo yaqaanaa cytomegalovirus (cCMV) lagu dhalay. Lagu dhalay waxaa laga wadaa "kasoo raacay dhalashada".

Sannad walba, mid kamid ah 200 ee canug ayaa ku dhasha cCMV.

Mid kamid ah shantii canug ee qaba cCMV waxay gabi karaan xaalado caafimaad oo kuwa muddada dheer ah, sida:

- Kala duwanaanshaha maqalka (dhagool ama qof dhaga culus)
- Baaritaanka koritaanka Dib u dhaca korniinka
- Luminta aragga
- Isku aadanaan la'aan ama tabar-daroo
- Qallal
- Xaaladaha culus, dhimasho

Sidee ayuu CMV u faafaa?

CMV wuxuu ku faafi karaa dheecaanada jirka, sida candhuufta, (calyada), kaadida (kaadida), dhiigga, ilmada, shahwada raggaa ama dheecaanada ka yimaada xubinta taranka dumarka, iyo caanaha naaska.

Taabashada candhuufta ama kaadida ee caruurta yaryar ayaa ah sababta ugu weyn ee u keenta caabuqa CMV dadka uurka leh ee waalidiinta ah, shaqaalaha xanaanada ilmaha, macalimiinta rowdooyinka, baxnaaniyeyasha iyo shaqaalaha daryeelka caafimaadka..

Maxaan u samayn karaa canuggayga?

Iska ilaali qaadista CMV si aadan ugu gudbin canuggaaga.

- Hala wadaagin cuntada, maacuunta, cabitaanka ama tuubada wax lagu cabbo. Khaasatan caruurta yaryar.
- Iska ilaali taabashada candhuufta caruurta. Haka dhunkan afka.
- Hala wadaagin cadayga.
- Ku dhaq biyo iyo saabuun gacmaha kaddib marka aad sanko tirtirto, aad ka badasho xafaayadda, aad canugga wax siinayso ama aad boombalaha qabanayso.

Dhaqamadaan caafimaadka waxay kaa caawin karaan inaad iska ilaaliso CMV, aadna joojiso ku faafinta canuggayga.



Wax badan ka ogoow cCMV, baaritaanka canuggaaga iyo waxyaabo kale:



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Si aad u codsatid dukumiintigaan oo qaab kale ah, wac 1800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimayl u dir doh.information@doh.wa.gov