



Soo Saaraha-Shiga Toxin *E. coli* (STEC)

Maxuu yahay *E. coli* iyo maxyy yahay STEC?

E. coli waa bakteeriya oo caadi ahaan ku nool mindhicirada aadanaha iyo xoolaha. Inkastoo noocyada qaar aysan dhibaato lahayn, qaar waxay sababi karaan cudur iyaga oo sameeya sunta (toxin) lagu magacaabo Shiga toxin. Bakteeriyaha sameeya suntaan (toxins) waxaa lagu magacaabaa "Shiga toxin-producing" *E. coli*, ama STEC marka la soo gaabiyo.

Waxaa dhici karto in lo'da caafimaadka qabta, ariga, deerada iyo xoolaha kale ay STEC ku qabaan gudaha mindhiciradooda iyo waxaa dhici karto in bakteeriyaha ku jiri karo saxaradooda (digadooda).

Yaa qaadi kara cudurka STEC?

Qof kasta oo jira da' kasta wuxuu qaadi karaa cudurka STEC, hase ahaatee waxay u badan tahay in dhalinta aad u yar iyo waayeelka si xun ugu xanuunsadaan.

Sidee ayuu ku faafaa?

- Dadka waxay badanaa qaadaan STEC marka ay cunaan raashin iyo cabbitaan wasakhaysan oo aan si wanaagsan loo karinin ama loo karkarinin (la kululeyn). Kiisaska iyo dillaaca cudurka STEC waxaa loo raacay:
 - Cunidda hilibka in yar la kariyay ama ceyriinka ah (khaas ahaan hilibka shiidan) ay soo gaartay wasakhda digadda waqtiga neefka la dilo.
 - In la cabo caano lo' ama ari aan la karkarinin (oo saafi ah) soon gaartay diggada waqtiga lissidda.
 - Cabidda juuska aan la karkarinin ama aan la miirin oo lagu sameyay frutto ku soo dhacday dhulka, soona gaartay wasakhda diggada xoolaha.
 - Cunidda khudaarta ceyriinka, sida khudaarta "sprout" iyo cagaarka caleenta badan (sida sbinaj), soona gaartay digadda xoolaha beerta ama waqtiga laga shaqeynaayo.
 - Cunidda khudaarta ceyriinka (ama raashinka kale ee u diyaarsan-in-la-cuno) soona gaartay dhacaanka hilibka ceyriinka yaala jikada.
- Dadka cudurka qaada waxay STEC gaarsiin karaan dadka kale marka aysan si wanaagsan u dhaqin gacmahooda kaddib marka caloosha socoto.
- Dadka waxay qaadi karaan cudurka STEC marka ay si toosan ula xariiraan xoolaha la keeno carwada ama beerarta xoolaha.
- Liqidda biyaha balliyada ay soo gaareen wasakhda STEC, killiyada iyo warta lagu dabaasho waxay u horseedi kartaa cudur.



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Maxay yahiin calaamadaha?

Dadka qaar ee qaaday cudurka waxay qabaan shuban qabooban ama maba qabaan calaamado.

La xariir bixiyahaada daryeelka caafimaadka haddii aad qabtid calaamadahaan:

- Shuban darran.
- Calool majuujis.
- Dhiigga ku jira saxarada.

Badanaa ma jirto qandho yar ama maba jirto qandho. Badanaa dadka waxay la xanuunsadaan STEC inta u dhexeyso hal maalin ilaa sideed maalin (badanaa labo ilaa saddax maalin) kaddib marka ay liqaan bakteeriyaha.

Sidee ayaa loo daweyaa cudurka STEC?

Inta badan dadka qaba cudurka STEC waxay u soo fiicnaadaan iskooda muddo shan ilaa toban maalin. Daraasaadka waxay soo jeediyeen in antibiyootikada ka sii darri karto cudurka. In cudurka STEC lagu daweyo antibiyootiko ama dawooyinka ka soo horjeedo shubanka ma aha wax lagu talliyo.

Maxay yahiin dhibaatooyinka culus ee ka dhallan cudurka STEC?

Tiro yar dadka qaba cudurka STEC waxay qaadaan calaamadda burburka ku yimaada unugyada cas ee lagu magacaabo hemolytic uremic syndrome (HUS). Tani waa arrin culus oo dhibaato gaarsiin karta kilyaha iyo xubnaha kale. Badanaa waxaa loo baahan yahay in muddo dheer lagu jiro isbitaalka. Nasiib wanaag, inta badan dadka qaba HUS waa soo bogsadaan muddo dhowr todobaad gudahooda, hase ahaatee qaar ka mid ah waxay dhibaato jooqto ah ka soo gaartaa killyaha ama waa dhintaan. Caruurta yaryar iyo waayeeelka ayaa inta badan halis kaga jira cudurka noocaan. Calaamadaha HUS waxaa ka mid ah soo noqnoqoshada yaraata ee kaadida, dareenka daalka badan iyo cassaanka daamanka iyo gudaha baarka hoose isha.

Maxaan samayn karaa si aan uga hortago cudurka?

- Ha cunin hilibka ceyriinka ama rootiga ceyriinka ama in yar la kariyay ama hilibka kale ee la shiiday. Kari dhamaan hilibka shiidan ilaa 160 digrii F.
- Ka ilaali raashinka u diyaarsan-in-la-cuno (sida khudaarta ceyriinka) hilibka ceyriinka.
- Cab caanaha la karkariyo (ma aha caanaha saafiga), waxyaabaha laga sameeyo caanaha iyo juuska fruttada.
- Si taxadir leh u dhaq dhamaan khudaarta, maacuunta jikada iyo miisaska.
- Waxaad si taxadir leh gacmahaada ugu dhaqdaa saabuun kaddib marka aad isticmaashid musqusha, baddashid xafaayadda cunugga, ka shaqeysid hilibka ceyriinka, ama aad taabatid xoolaha beerta. Isticmaal biyo kulul oo saabuun leh, adiga oo isku ruga gacmahaada muddo 20 sekan. Hubso in caruurtaada si wanaagsan u dhaqaan gacmahooda kaddib marka ay isticmaalaan musqusha.
- Haddii aad qabtid shuban, ha ku dabaalanin balliyada ama warta iyo raashin ha u diyaarinin dad kale. Ka ilaali caruurta loo xero xafaayadda in ay galaan balliyada iyo biyo galeenka.
- Iska ilaali in aad liqdid biyo marka aad dabaalaneysid ama ku cayaareysid balliyada, warta, killiyada iyo biyo galeenada yaryar.