

NADIIFINTA LAGU DILAYO CAGAARSHOWGA A



- Feejignaan: Cagaarshowga A waa cudur aad u faafa
- Nadiifinta gaar ka ah iyo dilista jeermiska waxay muhiim u yihiin ka hortaga in cagaarshowga A faafo.

JEERMISKA KA DIL SAGXADA INTA BADAN DADKA AY TAABTAAN



Sagxada suuliga
ooo dhan



Saxgaha jikooyinka oo dhan



Waxyabaha kale ee dadka aadka u taabtan

ISTICMAAL WARANKIIL LAGU DARAY BIYO SI AAD U DISHO CAGAARSHOWGA A



Inta badan waxyabah
nadaafada ma dilaan
cagaarshowga A



Warankiilada waxay dilaysaa
cagaarshowga A. marwalba
biyo ku qas warankiilada

Si aad hubiso haddii shay ka duwan warankiilada dilo cagaarshowga A, akhri Caalamada shayga. Calaamadda shayga sheegtaa "waxay wax ka tari kartaa cagaarshowga A" ama fayraska ku dhaca bisadaha. Raac tilmaanta ku qoran calaamadda.

SIDEE LOO ISTICMAALA WARANKIILADA CAGAARSHOWGA A



1. Ka ilaali naftaada warankiilada:
Xiro gacmo gashi iyo maaskaro



2. Hawada ha soo gasho:
Fur dariishadda ama
isticmaal murwaxada



3. Nadiifi saxgaxadaha:
Isticmaal biyo saabuun leh



4. Jeermis ka dil sagaxadaha: Haddii aad isticmaalaysid 8.25% warankiilada: isku qas 1 koob ah warankiilo iyo 1 gallaan biyo ah. Haddii aad isticmaalaysid 5.25% warankiilada: isku qas 1.5 koob ah warankiilo iyo 1 gallaan biyo ah.



5. Ha degto:
adeegso
warankiilada,
dhaaf 1-2 daqiiqo



6. Biyo ku raaci.
Ku qalaji shukumaan
ama hawada

Ka keydin warankiilaada iyo biyaha isku qasan. Ma shaqeynayso 24 saacadood ka dib.

Wixii macluumaad dheeri ah:

www.doh.wa.gov/hepatitisA2019

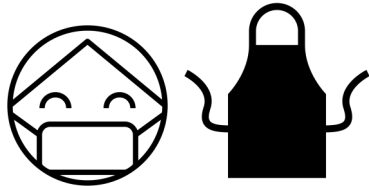
Adapted from Public Health – Seattle & King County.

SIDA LOO NADIIFIYO MATAG, SHUBAN IYO DHIIG

1. KA DIFAAC NAFTAADA IYO QOYSKAADA



Xiro bac la tuuri karo ama gacmo gashi.



Xiro maaskaro la tuuri karo iyo faashad haddii la heli karo.

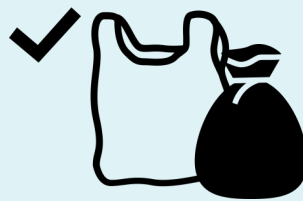


Isticmaal warqaddaha gacmaha lagu tirtirto.



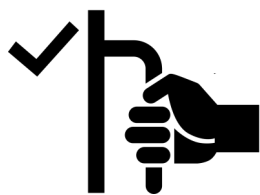
Kudhaq gacmaha saabuun iyo biyo kulul kadib.

2. KA SAAR MATAGA AMA SHUBANKA ISLA MARKIIBA

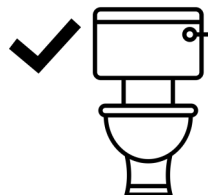


Isticmaal walxaha wax dhuuqa oo kale "qashinka" ama karboonada fadhiga iyo roogyada. Duug waxwalxaha fararobay ee ku jirta bacda. Haku aruurin huufaha [fakuumka].

3. KU NADIIFI DHAMMAN WIXII WASAQOQBAY IYO SAXGAHA BIYO SAABUUN LEH



Gacanta albaabka



Gacanta suuliga



Makiinada dhar-dhaqa

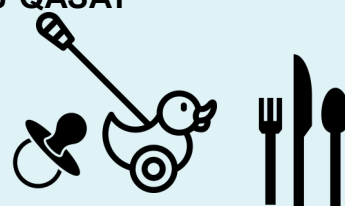
4. JEERMISKA UGU DIL SAGAXADA WARANKIILADA BIYAHA LAGU QASAY



Haddii aad isticmaalaysid 8.25% warankiilada: isku qas 1 koob ah warankiilo iyo 1 gallaan biyo ah.
Haddii aad isticmaalaysid 5.25% warankiilada: isku qas 1.5 koob ah warankiilo iyo 1 gallaan biyo ah.



Adeegso warankiilada, dhaaf 1-2 daqiiqo.



Kadib markaad isticmaasho warankiilada, biyo raaci dhammaan sagxadaha.

Wixii macluumaad dheeri ah:
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