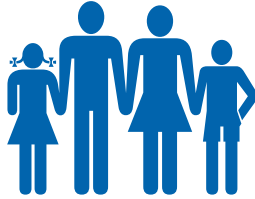


Iska tallaal dureyga amma hargbaka cusub



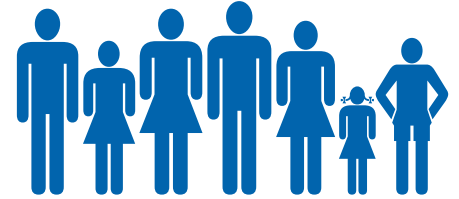
Naftaada badbaadi

Haddad is tallaasho waxad hoos u dhigaysaa khatarta ah inaad u bukooto dureygan cusub A(H1N1). Dadka u bukooda dureygan badankoodu waxay dareemaan calaamadaha dureyga caadiga ah umana baahdaan inay raadsadaan dawo amma daryeel caafimaad. Laakiin dadka qaarkood aad ayay u bukoodaan amma waxay u dhintaan hargabkan ammaba natiijada cudurro kale oo ka dhasha hargabkan. Adigu sinaba uma ogaan kartid in aad si weyn amma in yar ugu bukoon doontid hargabkan.



Dadka kale badbaadi

Dadka badankiisu waxay si uun ula xidhiidhaan qof halis ugu jira inuu aad u bukoodo hargabkan awgii, tusaale ahaan qof uur leh amma asma qaba. Waxa jira dad kale oo iyaga aanay suuro gala u ahayn inay is tallaalaan, tusaale ahaan carruurta yaryar iyo dadka qaba allarji amma xasaasiyad ay ka qabaan ukunta. Markaad is tallaasho, waxad dhimaysaa halista ka iman karta in dadkaas qaar ka mid ahi cudurkan qaadaan.



Ka hortag faafinta isqadadsiiinta

Markaad ika tallaasho hargabkan waxad taageero ka geysaneysaa sidii loo badbaadin lahaa dadka kugu dhow iyo sidii uu mujtamacu u ahaan lahaa mid si caadi ah u nool xataa isaga oo hargabkani noqday mid aad u faafay. Hargabkani A(H1N1) waxa uu aad uga faafi og yahay hargabka caadiga ah iyada oo dad badani ay u nugul yihiin in la qabadsiiyo amma sidii ay u qaadi lahaayeen hargabkan. Sidaas daraadeed aya dad badaniisku mar u bukoon karaan.

Tallaalku waxa uu bilaabmayaa badhtamaha bisha oktoobar. Wixii macluumaad dheeraad ah ka akhri boggan www.krisinformation.se amma www.1177.se. Sidoo kale waxad soo wici kartaa telefoonkan 1177 amma 020-20 20 00.

Cudurro koroonek ah

Haddaad qabto cudur koroonek ah oo macnaheedu yahay in aad xidhiidho badan amma booqasho badan aad ugu tagto dhakhtarka, waxa aad u mihiim ah in aad is tallaasho, sababta oo ah si dheeraad ah ayaad ugu bukoon hargabkan amma cudurro kale oo ka dhashay hargabkan

Uur

Haddad uur leedahay waxa aad iyo aad u muhiim ah in aad is tallaasho. Difaaca jidhka ayaa hoos u yara dhaca marka uu qofku uur leeyahay, taas oo macneheedu yahay in aad khatar dheeraad ah ugu jirto in aad ugu bukooto hargabkan. Dumarka uurka lihi khatar dheeraad ah ayay ku sugan yihiin inay aad u bukoodaan saddexda bilood ee ugu dambeeya muddada uurka, sababta oo ah awoodda sambabada ayaa hoos u dhaca

Hoos u dhaca difaaca jidhka

Waa la tallaali karaa dadka awoodda difaaca jidhkoodu hoos u dhacsan tahay, maadaama aanay tallaalkan ku jirin fiirus nool.

Naas nuujin

Waad is tallaali kartaa haddii aad nasska nuujinayso cunug.

Allarjiyo

Tallaalkan waxa ku jira raad borotiinka ukunta amma beedka ka yimi. Haddaad xasaagi ku tahay ukunta, waxa fiican inaad la tashato dhakhtar haddaad doonayso in aad is tallaasho. Riyakshan xooggani laakiin waa mid aan dhicin inta badan. Sidoo kale la tasho dhakhtarka haddii aad wax ku noqotay oo riyakshan aad ka bixisay markaad iska tallaashay hargab amma nooc kale oo tallaal ah.

Wax ku noqod wax lagu noqdo tallaalkan

Markaad is tallaasho waxa dhici karta in aad bixiso riyakshan goobeed oo ah meesha aad iska tallaashay oo casaata, meesha oo bararta iyo meesha lagaa duray amma lagaa mudey oo ku damqata. Waxa kale oo dhici karta in aad qaaddo xummad, madaxxanuun, juucjuuc iyo calaamado u eg kuwa hargabka. Uma baahnid in aad daryeel caafimaad raadsato calaamadahan kor ku sheegan awgood haddii aanay wali baabiin maalmo

badan ka dib. Wax ku noqodka tallaalkani waxa uu la mid yahay sida wax loogu noqdo marka la iska tallaalo hargabka sannadlaha ah amma siisanka ah.

Carruur

0-6 bilood: In aan la tallaalin ayaa lagu talinayaa **6 bilood-3 sano:** Waxa lagu talinayaa in la siiyo nus dhoos carruurta looga baqayo in ay halis ugu jiraan in ay aad u bukoodaan.

3-12 sano: Waxa lagu talinayaa in la siiyo nus dhoos dhamaamntood

13-17 sano: Waxa lagu talinayaa in la siiyo dhoos kaamil ah dhamaamntood

Qiyaastaasi tallaalka ee lagu talinayo in carruurta la siiyo waxa dhici karta in la beddelo. Macluumaad joogto ah waxa laga heli karayaa boggan www.lakemedelsverket.se

Ayaa tallaalka iska deyn kara?

Dadka ka qaba allarji halis ah waxyaabaha tallaalku ka kooban yahay waxa u wanaagsan inay la tashadaan dhakhaatiirkooda ka hor inta aanay is tallaalin.