

Jirrooyinka dureyga u eeg (Influenza-like Illness) iyo Habka Calaamadahiisa ay ku Hubin Karaan Waaliddiinta iyo Daryeelayaasha Goobaha Xanaanada Carruurta iyo Barnaamijyada Dhalaanka

Waalidiinta iyo daryeelayaashu waa in ay isticmaalaan su'aalahan soo socda si ay u cabiri karaan caafimaadka carruurtooda maalin walba.

Ilmahaagu miyuu qabaa:

1. Xumad (100° F ama ka sii badan)? Haa Maya
(heerka xumadiisa cabir ka hor inta aadan siin daawada xumadda yaraysa)
2. Cuno xanuun? Haa Maya
3. Qufac? Haa Maya

MA GURIGA AYAAN ILMAHAYGA KU HAYAA?

- Hadii aad haa tiri xumadda IYO mid ka mida calaamadaha kale, ilmahaaga guriga ku ilaali ilaa 7 maalmood ka dib markii uu xanuunka ku bilowday ama 24 saacadood ka dib marka uu ka bogsado, kolba mudada sii dheer. Hadii aad su'aal ka qabto caafimaadka ilmahaaga ama calaamadihiisa, waxa aad wacdaa cida daryeesha caafimaadka ilmahaaga.
- Hadii ilmahaaga cida caafimaadkiisa daryeeshaa ay ku sheegto jirro kale, sida xoqodaha/ cuno-xanuun, waa in aad raacdo talooyinka ay ku siiyaan cida daryeesha caafimaadka ilmahaaga iyo habka u deggan marka dugsiga lagu celin karo.

MAXAAN U SHEEGAA XANAANADA CARUURTA EE ILMAHAYGA?

- Hadii aad "haa" tiri xumadda IYO mid ka mida calaamadaha kale, waa in aad ku wargalisaa xanaacada carruurta in ilmahaaga ay hayso jirrada dureyga u eeg, isla markaana uu joogo guriga.
- Hadii ilmahaaga cida caafimaadkiisa daryeeshaa ay ku sheegto jirro kale, sida xoqodaha/ cuno-xanuun, ku wargali xanaanada caruurta.
- Macluumaadka shaqsigaa ee ilmahaaga, sida magaca ilmahaaga, looma gudbin doono cid kalae.



Minnesota Department of Health
625 Robert Street North, PO Box 64975, St. Paul, MN 55164-0975
651-201-5414 1-877-676-5414 TTY/TDD: 651-201-5797 www.health.state.mn.us

Wixii macluumaad dheeraada ama wixii ku soo kordha kala xiriir shabakada MDH ee:
www.mdhflue.com



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