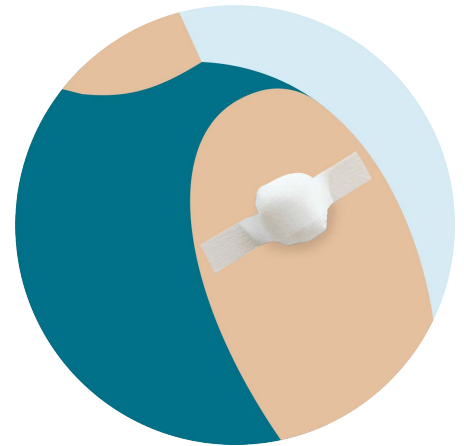


Influensada sannadlaha

Yaa loogula talinayaa in influensada sannadlaha iska tallaalaan?

- 65 sano jirka ah ama da`dooda ka wayn
- Carruurta iyo dadka waaweyn oo aan weli buuxsan 65 sano buuxsan ee ka tirsan kooxda ay influensada halis u tahay.

Dhakhtarkaaga la xiriir haddii aadan hubin in tani ay khusayso adiga ama ilmahaaga.



Sidee buu u shaqeeyaa tallaalka influensada?

- Tallaalka wuxuu jirka baraa inuu iska difaaco fayrasyada influensada.
- Maadadda tallaalka irbad ahaan ayaa cududa sare lagu dura. Carruurta waxaa fayraska laga tallaala iyadoo daawada sanku loogu buufiyo. Waxaa la qaadan karaa isla waqtiga tallaalka fayraska korona iyo pneumococci.
- Waxay qaadataa 1 ilaa 2 toddobaad in tallaalka u shaqeeyo.

Tallaalka kadib maxaa dhici doono?

- Dadka intooda badan waxay xannuun yar ka dareemaan meesha la duray, waxaana laga yaabaa in inyar soo guduudasho noqoto oo soo bararto.
- Qaar kalena waxay dareemaan qandho, murqo-xannuun, waxay dareemaan oo kale jirro yar ama daal. Calaamadahaas dhowr maalmood ka dib way ciribtirmaan.
- Haddii aadan hubin in calaamadaha aynan u sabab ahayn tallaalka iyo in kale kala xiriirtaa dhakhtarkaaga.



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