
Tallaalka hargabka haweenka uurka leh

Hargabku wuxu haweenka uurka leh ugu dhici karaa si la mid ah haweenka kale, laakiin haweenka uurka leh waxay u sii nugul yihiin in cudur daran ku dhaco. Khatartu way sii kordhaysaa marka wakhtiga uurku sii durko. Haddii hooyadu aad u xanuunsato waxa khatari ku imanaysa xataa ilmaha uurka ku jira. Tallaalka haweenka uurka leh waxa uu difaacaya hooyada iyo ilmaha ba.

Talooyin ku socda haweenka uurka leh

Haweenka uurka leh ee dhaafay 12 toddobaad (tirimesterrada 2-aad iyo 3-aad) waxa lagula talinayaa in ay is tallaalaan xilliga hargabka hortii. Haweenka uurkoodu gaadhin 12 toddobaad (ku jira tirimesterka 1-aad) waxa lagula talinayaa in ay is tallaalaan haddii ay ka tirsan yihiin dadka kale ee hargabka u nugul.

Taladu waxa ay khusaysaa xilliga hargabka sannadlaha ah (xilliyada deyr iyo qaboobaha).

Wuxu difaacayaa hooyada

Daraasaddo cilmiyeed ayaa sheegay in haweenka uurka leh difaac wacan ka helayaan tallaalka hargabka, si la mid ah dadka kale ee caafimaad qaba.

Wuxu difaacayaa ilmaha

Ilmaha yaryar waxay u jilicsan yihiin in hargab daran ku dhaco marka la barbardhigo carruurta ka waaweyn iyo dadka waaweyn. Haddii hooyada la tallaalo marka ilmuhu ku jiro uurka waxa ilmuhu difaac yeelanaya lixda bilood ee u horreeya marka uu dhasho.

Tallaalka hargabka ee la qaato xilliga uurku ma kordhinayo khatarta dhicisoobidda, in ilmuhu ka soo horreeyo wakhtigiisa ama in dhaawac ku yimaado ilmaha ku jira uurka.

Ku saabsan tallaalka hargabka

Tallaalka hargabka ee lagula talinayo haweenka uurka leh waxa la qaadanayaa hal mar waaxana ku jira keliya qaybo ka mid ah fayruska hargabka, milix iyo biyo. Tallaalka hargabku ma keeni karo cudurka hargabka. Tallaalka hargabku qofka ma ka difaacayo fayrusta koroonaha ama fayrusyo iyo bakteeriyada kale oo keeni kara calaamado u eeg kuwa hargabka.

Cilladaha tallaalka

Cilladaha caadiga ah waa meesha la muday oo lagu arko damqasho, casaan iyo barar, iyo islamarkaana xummad, in la xanuusanayo iyo muruq-xanuun ayaa la dareemi karaa. Aad ayay u yar yihiin dadka ay ku yimaadaan cillado kale ama falcelinno xasaasiyadeed (aleerji) oo daran.

Halkee laga qaadan karaa tallaalka hargabka?

Weydii umulisada, dhakhtarka ama ee bogga internetka ee degmada.

Macluumaad kale

Macluumaad kale oo ku saabsan hargabka iyo tallaalka waxa laga helayaa
www.fhi.no/en/id/influenza/seasonal-influenza/