

Jooji jeermiga, Ilaali Caafimaadkaada!

Qandhada Qansiirka (H1 N1)

Firuska H1N1, kaasoo loo yaqaan "qandhada qansiirka" waa firus ka faafi kara dadka qaaday cudurka. Marka dadka qufacaan ama hindhisaan, waxay jeermiska ku faafiyaan hawada ama meelaha laga yaabo in dadka kale taabtaan. Ma ka qaadi kartid xoolaha ama cunidda waxyaabaha laga soo saaro qansiirka.

Sidee ayaad u joojin kartaa faafinta H1N1?

- Joog guriga marka aad xanuunsan tahay
- Dabool qufaca iyo hindhisada
- Dhaq gacmaha in badan

Ha raadsanin xanaanada caafimaadka haddii aadan xanuunsanayn ama haddii aad isku aragtid calaamado qaboow kuwasoo aadan caadi ahaan u raadsanin xanaanada caafimaadka. Haddii aad isku aragtid calaamado darran sida qandhada, qufaca, dhuunta oo ku xanuunta, jirka oo ku xanuuna ama aad si darran u xanuunsan tahay, wac bixiyahaada xanaanada caafimaadka.

Joog guriga marka aad xanuunsan tahay

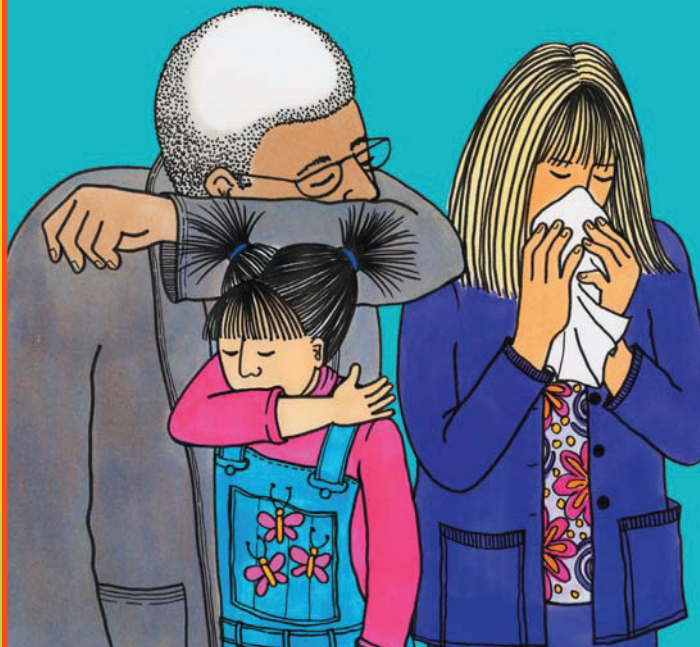


Dhaq gacmaha in badan muddo 20 sekan



Ma dhaqi kartid? Isticmaal nadiifiyaha gacanta ee ku saleysan alkolada

Dabool qufaca iyo hindhisada



Clackamas Community Health Division

Multnomah County Health Department

Washington County Health and Human Services

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Si aad u hesho macluumaad dheeraad ah Booqo:
www.mchealth.org/swineflu.shtml