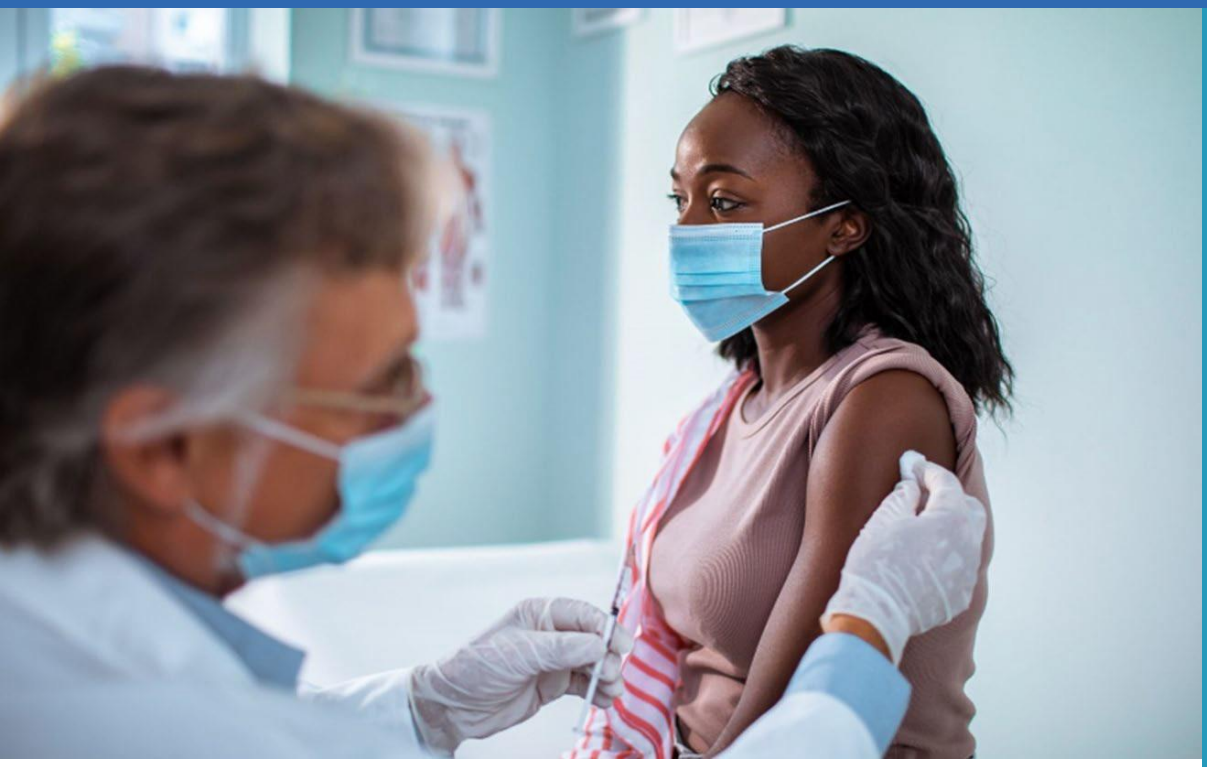
NAFTAADA KA ILAALI XANUUNADA NEEF- MAREENKA



Hargabka, COVID-19, iyo Respiratory Syncytial Virus (RSV, Fayruuska Unugyada Neef-mareenka)

- Hargabka, COVID-19, iyo Respiratory Syncytial Virus (RSV, Fayruuska Unugyada Neef-mareenka) waa fayrasyada neef-mareenka caadiga ah ee socda marka la joogo xilligan oo kale sanadka. Sannadkii hore, waxaan aragnay heerar sare oo xanuunada neef-mareenka ah iyo isbitaal dhigis ka timid hergabka , COVID-19, iyo RSV. Nasiib wanaag, waxaan haysanaa tallaalo naga ilaalin karta xanuunada daran, isbitaal dhigista, iyo dhimashada ka timaada xanuunadan neef-mareenka.
- Qaadashada sanadlaha ah ee tallaalka hargabka iyo la socoshada tallaalka COVID-19 ayaa adiga iyo kuwa aad jeceshahay siinaysa daawooyinka ugu wanaagsan ee xanuunada halista ah iyo ka hortagga dhimashada. Tallaalada hargabka iyo tallaallada Covid-19 ee la cusboonaysiiyay 2024-25 ayaa labadaba la heli karaa waxaana loogu talinaaya qofkasta oo ka weyn da'da 6-da bilood. Haddii aad ka weyntahay da'da 60 sano ama aad hadda uur leedahay, waxaa laga yaabaa in aad u qalanto tallaalka RSV . Tallaalka RSV ee la qaato xilliga uurka ayaa la ogaaday in uu dhallaanka ka ilaaliyo xanuunada halista ah ee ka dhasho RSV. Alaabada difaaca jirka ee RSV ayaa lagu talliyay dhammaan carruurta ka hor da'da 8 bilood haddii waalidka aan la tallaalin xilliga uurka. La hadal daryeel bixiyahaaga caafimaadka si aad uaragto haddii ay tahay in aad qaadato tallaalka RSV , ama haddii ilmahaagu uu helaayo daawooyinka RSV .
- Waxaad heli kartaa tallaalkaaga hargabka iyo tallaalkaaga COVID-19 isla maalintaas sida adiga kugu habboon . Si kastaba ha ahaatee, waa muhiim in aad qaadato labada tallaal sida ugu dhakhsiyada badan ee aad u awoodo. Kala hadal daryeel bixiyahaaga caafimaadka wax ku saabsan helitaanka tallaalka RSV iyo tallaalada kale haddii aad u qalanto.

Is-tallaal

Difaacaaga ugu wanaagsan ee ka hortagga xanuunada neef mareenka

Gacmaha dhaq

Si joogta ah u dhaq gacmahaaga adiga oo isticmaalaya saabuun iyo biyo

Is-karantiil haddii aad xanuunsantahay

La soco astaamaha oo isku diyaari in aad iska karantiisho dadka kale haddii aad xanuunsantahay

Tixgeli xirashada afxir

gudaha goobaha meelaha ay dadku ku badan yihiin

Washington State Department of HEALTH

DOH 825-083 September 2024 Somali Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macmiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl u dir doh.information@doh.wa.gov.