# 

Caafimaadka Dadweynaha, Aagga B

Dublin South, Kildare, West Wicklow

Dr Steevens' Hospital, Dublin 8, D08 W2A8.

Laois, Offaly, Westmeath, Longford

Xafiiska Deegaanka HSE, Wadada Arden, Tullamore,

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Taariikhda:

Mudane/Marwo,

Warqadan waa in lagu ogeysiiyo in qofka ku nool [Geli magaca xarunta] laga helay caabuq la yiraahdo gawracatada. Ma tihid xiriir dhow sidaa darteed khatarta aad u leedahay infekshankan aad bay u yar tahay.

Iyadoo khatarta infekshanku ay yar tahay, haddii aad leedahay wax calaamado ah gawracatada waxaa aad muhiim u ah in uu dhakhtar ku arko sida ugu dhakhsaha badan. Tani waa si lagaaga baaro gawracatada oo lagugu daweeyo haddii loo baahdo. Fadlan akhri xaashida xaqiiqda gowracatada, kaas oo ku siinaya macluumaadka ku saabsan caabuqan adiga iyo xubin kasta oo qoyska ka mid ah oo kula nool. Haddii aad ka welwelsan tahay in adiga ama qof kugu dhow uu qabo gawracatada, fadlan raadso daryeel caafimaad oo degdeg ah oo keen warqaddan si aad u tusiso dhakhtarkaaga ama kalkaalisadaada.

Aad bay muhiim u tahay inaad la socoto talaalada lagu taliyey dadka degan Ireland. Tani waxay si gaar ah muhiim u tahay haddii aadan tallaalin ama aadan hubin tallaallada aad horey u qaadatay.

Haddii aad ka diiwaan gashan tahay rugta GP-ga, waxay awood u yeelan doonaan inay kaala taliyaan tallaallada aad u baahan karto. Haddii aadan lahayn GP, waxaad ka heli kartaa macluumaadka jadwalka tallaalka Irishka halkan oo aad talo weydiiso xubnaha kooxda HSE ee soo booqda xaruntaada hoy.

Daacadnimo,

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Dhakhtar. [*geli magaca*]

La-taliye gudaha Daawooyinka Caafimaadka Dadweynaha

**Xaashida Xaqiiqda Gawracatada**

**Waa maxay gawracatada?**Gawracatada waa caabuq halis ah oo inta badan ku bilaabma cune xanuun wuxuuna sababi karaa dhibaatooyin xagga neefsashada ah. Marmar waxay saameyn kartaa maqaarka.

**Waa maxay calaamadaha iyo calaamadaha gawracatada?**

Calaamadaha ugu caansan waa:

• Cunaha: cune xanuun, cunto xumo, iyo qandho yar, bararka qoorta, neefsashada oo ku adkaata

• Sanka: Dheecaan sanka ah iyo boogaha dusha sare leh ama nabarrada

• Maqaarka: nabarrada iyo boogaha gacmeedka

**Intee in le'eg ayuu cudurku halis yahay?**

Gawracatada waxay noqon kartaa mid dilaa ah - inta u dhaxaysa 5% iyo 10% bukaanada gowracatada ayaa dhintaan, xitaa haddii si habboon loo daweeyo. Haddii aan la daweyn, cudurku wuxuu galaa dad badan.

**Sidee loo ogaadaa oo loo daweeyaa gawracatada?**

**Si tiene alguno de los síntomas anteriores, debe ser visto por un médico para que lo examine y lo trate.**

Dhakhtarka ama kalkaalisada ayaa qaadi doona suuf si ay uga baaraan gowracatada. Daaweynta waxaa ku jira antibiyootik, haddii gowracatada la xaqiijiyo, anti-toxin ayaa loo baahan karaa.

**Sidee loo faafiyaa gawracatada?**

Gawracatada waxa lagu kala qaadaa marka ay la taabto dhibco neef-mareenka ah oo ka yimaada cunaha qofka qaba gawracatada ama mid sidata bakteeriyada, qufaca iyo hindhisada. Mararka qaarkood, faafitaanku wuxuu sidoo kale ku dhici karaa taabashada walxaha taabtay nabarrada maqaarka ama boogaha dadka cudurka qaba.

**Sidee looga hortagaa gawracatada?**

Habka ugu waxtarka badan ee looga hortago gawracatada si loo helo tallaalka

**Immisa qiyaasood oo tallaalka gawracatada ayaa lagula talinayaa?**  
Ireland gudaheeda, ugu yaraan 5 qiyaasood oo tallaal ah oo ay ku jiraan diphtheria toxoid ayaa lagula talinayaa.

Xoojiyayaal dheeri ah ayaa laga yaabaa in loo baahdo si loo ilaaliyo difaaca kuwa khatarta gaarka ah ugu jira caabuqa.

**Macluumaad dheeraad** ah oo ku saabsan tallaalka ayaa laga heli karaa[HSE National Immunisation Office](https://www.hse.ie/eng/health/immunisation/) kaas oo bixiya macluumaad cusub oo ku saabsan barnaamijyada tallaalka HSE ee carruurta, dadka waaweyn iyo xirfadlayaasha daryeelka caafimaadka ee Ireland.