



Qandhooyinka Fayraska ee Dhiigbaxa Leh (Viral Hemorrhagic Fevers)

Waa maxay qandhooyinka fayraska ee dhiigbaxa leh?

Qandhooyinka fayraska ee dhiigbaxa leh (viral hemorrhagic fevers - VHF) waa cuduro ay sababaan kooxo fayrasyo ah sida fayraska Ebola iyo fayraska Marburg. Guud ahaan, qaadidda fayrasyadaas waxay sababi kartaa cuduro culus oo leh qandho iyo dhaawac gaadha xididada dhiigga taasoo saameysa hababka xubno jidhka ah oo badan. Dhaawaca gaadha xididada dhiigga waxa uu khalkhal galin karaa qulqulka dhiigga oo sababi karaa dhiigbax daran. Inkasta oo qaar ah cudurada VHF ay yihiin khafiif, qaar badan ayaa keeni kara dhimasho. Cudurada kale ee VHF waxa ka mid ah qandhada Lassa (Lassa fever), cudurka dhulka kulaylaha ah ka dilaaca (yellow fever), Crimean-Congo iyo qandhooyinka fayraska ee dhiigbaxa leh ee Dunida Cusub (New World hemorrhagic fever viruses).

Waa maxay astaamaha cudurada qandhooyinka fayraska ee dhiigbaxa leh?

Inkasta oo astaamuhu u kala duwanaa karaa fayrasyadaa, astaamaha bilawga ah ee VHF waxa ka mid ah qandho, finan, jidh xanuun, madax-xanuun iyo daal. Waxa kale oo laga yaabaa in bukaanka si daran u jirran lagu arko calaamado ah shoog ama dawakh, dhiigbax iyo dhaawac soo gaadhay xididada dhiigga ee xubnaha jidhka ee waaweyn sida beerka, sambabada, habdhiska dareemayaasha ama neerfaha, iyo marmar kelyaha. Caadi ahaan, astaamuhu waxay soo baxaan maalmo gudahood laakiin waxa dhici karta in aanay soo bixin ilaa dhawr todobaad ka dib soo-gaadhista.

Sidee bay qandhooyinka fayraska ee dhiigbaxa leh u fidaan?

Bini'aadanka dhawr siyaabood ayuu cuduradani ku soo gaadhi karaan:

- Taabasho kaadi, saxaro, candhuuf, dheecaan ama dareerayaasha jidhka ee kale ee ka soo baxay dooliyaasha i cudureysan.
- Taabasho jidhka xayawaan dhintay oo cudureysan.
- Qaniinyo kaneeco ama shilin cudureysan.
- Taabasho xayawaan ay qaniineen kaneeco ama shilin cudureysan.
- Taabasho ama xidhiidh soke oo lala yeesho dad cudureysan ama dheecaanada jidhkooda. Fayrasyada qandhooyinka leh dhiigbax ee Ebola, Marburg, Lassa, qandhada dhiigbaxa leh ee Dunida Cusub, iyo Crimean-Congo waxay u fidi karaan qof-ka-qof ama qofku waxa uu qaadsiin karaa qof kale. Waxa kale oo dadka cudurka qaadsiin kara siringaha iyo irbadaha uu wasakheeyay dheecaan jidh oo cudureysan.

Halkee ayay dhacdooyinka qandhada fayraska ee dhiigbaxa leh si dabiici ah uga dhacaan?

Fayrasyada qandhada ee leh dhiigbaxa ama VHF waxa laga helaa adduunka oo dhan, laakiin midna fayrasyada VHF dhalad kuma ah Maraykanka. Sababta oo ah fayrasyada VHF oo u baahan xayawaan ama xasharad hoy u ah si ay noolaadaan, cudurada VHF waa ku dhif meelaha ka baxsan meesha uu ku nool yahay xayawaanka hoyga u ah fayraska gaarka.

Jirka ama dooliga ayaa badanaa sita fayrasyada VHF, laakiin waxa kale oo fayrasyada sidi kara shilinta iyo kaneecada. Marmar, qof socoto ah ayaa fayraska qandhada ee leh dhiigbaxa ka qaadi kara meel si dabiici ah looga helo fayraska. Haddii uu fayrasku yahay nooc la isugu gudbin karo taabasho ah qof-ka-qof, waxa qofka socotada ahi dadka kale qaadsiin karaa cudurka.

Sidee baa looga hortagi karaa oo loo daweyn karaa dhacdooyinka qandhada fayraska ee dhiigbaxa leh?

Habka ugu waxtarka badan ee looga hortagi karo cudurada VHF ee qofku u tabin karo qof kale waa in dadka laga fogeeyobukaanka qaba cudurka iyo taxadir la isticmaalo si looga hortago in shaqaalaha caafimaadka iyo dadka kale uu soo gaadho fayrasku. Waa in taxadir gaar ah la sameeyo oo si haboon looga takhaluso qashinka daweynta iyo xubnaha jidhka bukaana qaba cudurka.

Ma jirto dawo u gaar ah daweynta VHF—bukaanka waxa la siiyaa daryeel taageero ah. Bukaanka qaba qandhada Lassa waxa laga yaabaa inay waxtar ka helaan dawada lidka fayraska ee la yidhaahdo ribavirin, haddii goor ah la siiyo inta uu cudurku hayo.

Tallaalada kaliya ee sharciyeysan ee loo aqbalay cudur ah VHF waa ka loogu talagalay cudurka dhulka kulaylaha ah ka dilaaca (yellow fever) iyo qandhada dhiig baxa leh ee Argentine (Argentine hemorrhagic fever); Waxa cilmi-baadhis lagu hayaa tallaalo tijaabo ah oo ku saabsan dhawr cudur oo ah VHF, laakiin wali lama sharciyeyn ama looma aqbalin isticmaal guud.

Cudurada VHF iyo argagixisada biyoolooji ah

Xarumaha Xakameynta iyo Ka-hortagga Cudurka (Centers for Disease Control and Prevention) ee federalka waxay fayrasyada qandhada leh dhiigbaxa ku sharaxeen inay yihiin waxyeelayaal loo adeegsan karo hub biyoolooji ah sababta oo ah qaarkood si weyn ayay u faafaan ama loo kala qaadaa, isla markaana waxa si fudud loogu faafin karaa hawada waxana ay leeyihiin awood ay ku sababaan tiro balaadhan oo ah cuduro iyo geeri. Waxa kale oo la og yahay inay ka mid ahaayeen fayrasyo lagu sameeyay cilmi-baadhis hub biyoolooji ah.

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