

(Dib loo eegay Abriil 2025)

Su'aalaha Inta Badan La Isweydiyo ee Jadeecada

Su'aalo

Jawaabo

Sideen ku ogaan karaa heerka tallaalka ee ilmahayga?

Tallaalada ilmahaaga waxaa laga heli karaa kaarkooda tallaalka ee jaalaha ah.

- Qof kasta oo ka weyn da'da 4 jir waa inuu helaa laba dhoos oo ah tallaalka jadeecada, qaamow-qashiirka iyo jadeecada (MMR).
- Qof kasta oo da'diisu u dhaxayso 1 ilaa 4 sano waa inuu qaataa hal dhoos oo tallaalka MMR ah <https://www.hamilton.ca/people-programs/public-health/vaccines-immunizations>.

Kaarkaaga tallaalka ku hayso boorsadaada, ama sawirkiisa ku hayso taleefankaaga, si ay kuugu sahlanaato.

Hubi in ilmahaagu haysto dhammaan tallaalada loo baahan yahay.

Maxaan sameeyaa haddii ilmahayga aan la tallaalin uu la kulmo qof jadeeco qaba?

Ilmo aan la tallaalin oo ag joogay qof jadeeco qaba ama isla meel kula sugnaa qof jadeeco ku dhacday ama "qaaday jadeecada" oo ilmahaas ay ku dhici karto jadeeco.

1. Ka wac Hamilton Public Health Services lambarkan [905-546-2489](tel:905-546-2489) ama [qaybta caafimaadka dadweynaha ee deegaankaaga](#) sida ugu dhakhsaha badan ee suurtoogalka ah si aad wax uga weydiiso kalkaalisada caafimaadka dadweynaha khataraha iyo talaabooyinka xiga.
2. Keep your child home and watch for signs and symptoms of measles for 21 days after the date you think you were around some with measles.

Maxaan sameeyaa haddii ilmo la

La soco astaamaha iyo calaamadaha jadeecada 21 maalmood kadib soo-gaadhista.

tallaalay uu qaado jadeeco?

Waxaad sii wadan kartaa inaad tagto shaqada, dugsiga ama daryeelka maalintii.

Waa maxay astaamaha jadeecada?

Astaamaha jadeecada waxay bilaabmaan 7 ilaa 14 maalmood kadib markaad qaaday fayraska. Astaamaha ugu waaweyn waxaa ka mid ah:

- Diif
- Qufac
- Daal iyo xanaaq
- Indho casaan ah oo qoyan
- Dhibo yaryar
- Finanka xuubka leh ee ku faafa jidhka (midabku wuu kala duwan yahay iyadoo ku xidhan midabka maqaarka)

Sideen ku ogaan karaa in ilmahayga ay ku dhacday Jadeeco?

Haddii lagugu aqoonsado in jadeeco ku soo gaadhay, qaybtaada caafimaadka dadwaynaha ayaa samayn doonta mid, ama dhammaan, kuwan soo socda:

- Inay ku soo wacaan si ay kuugu sheego inay kusoo gaadhay.
- Inay kuugu soo diraan warqad gurigaaga haddii aan lagu soo gaadhi karin.
- Inay u digaan bulshada iyadoo la isticmaalayo warbaahinta (TV-ga, raadiyaha, wargeysyada) haddii soo-gaadhista laga yaabo inay ka dhacday meel fagaare ah sida dukaamaysiga, isbitaalka ama makhaayadda.

Maxaan sameeyaa haddii ilmahaygu qabo jadeeco?

Sii nasasho badan, cabbitaan badan oo sii daawo ka caawinaysa qandhada.

Guriga joog Ha tagin dugsi, daryeelka maalintii ama shaqada ugu yaraan afar maalmood kadib markay finanku bilaabmeen. Waxaad ka bixi kartaa guriga shan maalmood kadib markay finanku bilaabmeen.

Ha la wadaagin dadka kale koobabka wax lagu cabbo ama fargeetada iyo malqacadyada.

Su'aalaha gaarka ah ee ku saabsan maaraynta calaamadaha ama daryeelka caafimaadka, la hadal/wac dhakhtarkaaga ama kalkaalisada.

Maxaan sameeyaa haddii ilmahayga laga baaro jadeecada oo aan natiijada ku sugayo guriga?

Qof kasta oo sugaya baaritaanka jadeecada waa inuu joogo guriga.
Qof kasta oo sugaya natiijadiisa baaritaanka jadeecada waa inuu joogo guriga ilaa ay Caafimaadka Dadweynuhu soo wargelinayaan natiijada.
Caafimaadka Dadweynaha ayaa ku soo wici doona natiijadaada waxayna kaa caawin doonaan inaad go'aansato inta aad u baahan tahay inaad ka fogaato dadka kale. Waxa kale oo ay siin doonaan talo dadka aad la nooshahay iyo kuwa kale ee kugu xeeran.

Maxaan sameeyaa haddii aan u baahdo inaan arko dhakhtar?

Wac xafiiska dhakhtarka kahor intaadan booqan.
Haddii aad tagto Waaxda Gargaarka Degdegga ah, isla markiiba u sheeg miiska diiwaangelinta haddii ay jadeeco kugu dhacday, lagaa helay jadeeco ama haddii aad u safartay meel ka baxsan Kanada oo aad leedahay astaamaha (kor lagu taxay). Waxa kale oo aad wici kartaa waaxdayada gurmada kahor inta aanad iman (905)521-5020.

Maxaan sameeyaa haddii aan u baahdo inaan aado gargaarka degdegga ah ama ilmahaygu u baahan yahay inuu aado qaybta gargaarka degdegga ah.

Haddii aad ku imanayso ambalaas u sheeg **kalkaaliyaha caafimaadka**
Haddii aad u malaynayso in adiga ama ilmahaagu aad qabtaan jadeeco ama aad ag joogtaan qof jadeeco qaba.
Haddii aad keligaa timaadid Waaxda Gurmada Degdegga ah (ED), qof weyn oo la tallaalay ama difaac leh, waa inuu keligiis yimaado isbitaalka si uu ugu sheego shaqaalaha in qof jadeeco qabo uu imanayo. Ha keenin ilmahaaga gudaha marka hore.