

Farriimaha Warbaahinta Bulshada ee loogu talagalay Dillaaca Xiiq-dheerta ‘Pertussis’

Waxyaalaha lagu soo qorayo Facebook

Loogu talagalay haweenka uurka leh

Wax ka ogow xiiq-dheerta, oo ah cudur dhimasho u keeni kara carruurta. Dhammaan haweenka uurka leh waa in ay qaataan tallaalka Tdap inta ay ku jiraan seddexda bilood ee saddexaad ee ‘third trimester’ ee uur kasta si ay u ilaaliyaan carruurtooda.

Waxyaabo dheeraad ah ka ogow:

<https://www2c.cdc.gov/podcasts/player.asp?f=8635414>

Loogu talagalay qof kasta

Waa maxay xiiq-dheertu sidee baana loogu hortagi karaa? CDC ayaa bixisa jawaabaha su’aalaha inta badan la iska weydiiyo xiiq-dheertu:

<https://www.cdc.gov/pertussis/about/faqs.html>.

Xaqiiqada degdega ah ee xiiq-dheerta: Magac kale oo ay leedahay pertussis waa “xiiq-dheerta” sababta oo ah codka-dheer “whooping” ee la sameeyo marka la hiinraagayo ee hawo la raadinayo ka dib qufac isdabajooga ah oo muddo socda. Maxay tahay in si dheeraad ah loo ogaado? Fiiri Xaqiiqooyinka Degdega ah ee Xiiq-dheerta ‘Pertussis’:

<https://www.cdc.gov/pertussis/fast-facts.html>.

Habka ugu waxtarka badan ee looga hortago xiiq-dheerta ‘pertussis’ waa tallaalka DTaP ee loogu talagalay dhallaanka iyo carruurta iyo Tdap oo loogu talagalay carruurta dhallinyaro-xigeenka ah ‘preteens’, dhallinyarada iyo dadka waaweyn. Maxay tahay in si dheeraad ah loo ogaado? Fiiri Xaqiiqooyinka Degdega ah ee Xiiq-dheerta ‘Pertussis’:

<https://www.cdc.gov/pertussis/fast-facts.html>.

Qufaca dubaaxinta leh ee uu keeno infekshanka xiiq-dheertu ‘pertussis’ wuxuu socon karaa 10 toddobaad ama ka badan. Cudurkan waxaa mararka qaarkood loo yaqaanaa “qufaca 100-maalmood.” Maxay tahay in si dheeraad ah loo ogaado? Fiiri Xaqiiqooyinka Degdega ah ee Xiiq-dheerta ‘Pertussis’: <https://www.cdc.gov/pertussis/fast-facts.html>

Waxyaalaha lagu soo qorayo Twitter

Loogu talagalay haweenka uurka leh

Halis ha gelin in aad #xiiq-dheerta ku faafiso ilmahaaga. Tallaal qaado.

<https://www.cdc.gov/pertussis/pregnant/mom/get-vaccinated.html>

Ka caawi in aad carruurta ka ilaaliso #xiiq-dheerta. Samee goobo dhanka wax ilaalinta ah — tallaal qaado. <https://www.cdc.gov/Features/pertussis/>

Marka ay noqoto waalidiinta ma jiro farxad ka weyn daawashada ilmahaagu in uu ku koro farxad iyo caafimaad qab. Hooyada qaado #tallaal.

<https://www.cdc.gov/pertussis/pregnant/mom/get-vaccinated.html>

Loogu talagalay qof kasta

Laba tallaal ayaa caawimaad ka geysan kara ka hortaga xiiq-dheerta: DTaP iyo Tdap. Carruurta da'doodu ka yar tahay 7 sano jir waxay qaataan DTaP, halka carruurta waaweyn iyo dadka waaweyn ay qaataan Tdap.

<https://www.cdc.gov/vaccines/vpd/pertussis/index.html>

Astaamaha xiiq-dheerta waxaa la yeeshaa 1 ilaa 3 toddobaad gudahood ka dib soo gaaritaanka, haddii aad ka ag dhawayd qof qaba xiiq-dheer isla markaana aad dareemayso jiro, arag dhakhtar! <https://www.cdc.gov/pertussis/about/signs-symptoms.html>

Dadka qaba xiiq-dheertu waxay faafin karaan muddo ilaa 30 toddobaad ah! Xaqiiji in aad qaadata tallaalkaaga Tdap. <https://www.cdc.gov/vaccines/vpd/pertussis/index.html>

Ma rabtaa in aad waxyaabo dheeraad ah ka ogaato xiiq-dheerta 'pertussis'? Fiiri website-ka SU'AALAHAA INTA BADAN LA ISWEYDIIYO EE CDC:

<https://www.cdc.gov/pertussis/about/faqs.html>

Xataa haddii ay horey kuugu dhacday xiiq-dheertu, waxaad weli u baahan tahay in lagu tallaalo. <https://www.cdc.gov/pertussis/about/faqs.html>

Xiiq-dheerta 'pertussis' waa mid si fudud u faafta oo dadka iskaga gudubta marka la qufaco iyo marka hindhiso. Hal qof ayaa ku faafin kara tiro badan oo dad kale ah.

https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html