

Farriimaha Warbaahinta Bulshada ee loogu talagalay Dillaaca Busbuska

Waxyaalaha lagu soo qorayo Facebook

Waxaa jira dhowr waxyaabood ee aad ka samayn karto guriga si aad uga caawiso yareynta xumada iyo cuncunka isla markaana uga hortagto infekshanka maqaarka. Kareemka/labeenta Calamine iyo qubeysashada oatmeal-ka oo yar yar ayaa la yaabaa in ay caawimaad ka geysato yareynta cuncunka. In ciddiyaha laga dhigo kuwo gaaban ayaa laga yaabaa in ay caawimaad ka geysato ka hortaga infekshanka maqaarka ee ay keenaan xoqida finanku. <https://www.cdc.gov/Chickenpox/about/prevention-treatment.html>

Habka ugu fiican ee looga hortago busbusku waa in la qaato tallaalka busbuska. Carruurta, dhallinta koraysa iyo dadka waaweyni waa in ay qaataan 2 qiyaasood “doses” oo ah tallaalka busbuska. Tallaalka busbusku waa mid badbaado iyo waxtar u leh ka hortaga cudurka. Dadka intooda badan ee qaata tallaalku ma qaadi doonaan busbuska. <https://www.cdc.gov/vaccines/vpd/varicella/public/index.html>

Waxyaalaha lagu soo qorayo Twitter

Tallaalku wuxuu muhiim u yahay ka hortaga #busbuska. #shaqadatallaalada <https://public.health.oregon.gov/PreventionWellness/VaccinesImmunization/GettingImmunized/Pages/children.aspx>

#Busbuska tallaalkiisa: Waxa ay tahay in qof kastaa ogaado. <https://www.cdc.gov/vaccines/vpd/varicella/public/index.html>

Ma ku soo gaartay #busbusku? Ma u baahan tahay tallaalka? Waxyaabo dheeraad ah ka ogow: <https://www.cdc.gov/vaccines/vpd/varicella/public/index.html>

Ma iska difaaci kartaa #busbusku? Haddii ay jawaabtu tahay maya & uu ku soo gaaray busbus ama #shingles, kala hadal dhakhtarkaaga waxyaabo ku saabsan qaadashada tallaalka. <https://www.cdc.gov/vaccines/vpd/varicella/public/index.html>

Waa in aad tallaalka #busbuska ku heshaa 3 maalmood gudahood marka ay ku soo gaarto. #shaqadatallaalada <https://www.cdc.gov/vaccines/vpd/varicella/public/index.html>

Fiidiyowga ka hortagga

- **Busbusku Wuxuu Noqon Karaa Mid Halis ah (La varicela puede ser grave) (Maqaalka internet-ka lagu soo bandhigay)**

Ingiriisi: <https://www.cdc.gov/Features/PreventChickenpox/>

Isbaanish: <https://www.cdc.gov/spanish/especialesCDC/Varicela/>

- **Las vacunas nos protegen (Tallaaladu Waxay Inaga Caawiyaan Ilaalinteenaa ee podcast/PSA loogu talagalay carruurta (qoraalka lagu heli karo)**
Isbaanish: <https://www2c.cdc.gov/podcasts/player.asp?f=8630647>
- **Gabdhaha Walaalaha Ah Ee Finanka Busbuska ‘Chickenpox Blister Sisters’ ee podcast/PSA loogu talagalay carruurta (qoraalka lagu heli karo)**
Ingiriisi: <https://www2c.cdc.gov/podcasts/player.asp?f=8628019>
Isbaanish: <https://www2c.cdc.gov/podcasts/player.asp?f=8630650>
- **Busbuska — Waxa Aad U Baahan Tahay In Aad Ogaato (qoraalka lagu heli karo)**
Ingiriisi: <https://www2c.cdc.gov/podcasts/player.asp?f=8621085>