

Sida loo Diyaariyo Qoys iyo Shinbiro Caafimaad Qaba

Digaagaaga cusub, ilmaha boolaboolada, iyo shinbiraha kale waxaa kudul noolaan kara jeermiska sida *Salmonella* ama hergab shinbireedka oo kadhigi kara iyaga — iyo adigaba — mid xanuunsan. Raac tallaabooyinka si aad u badbaadiso qoyskaaga iyo shinbirahaaga.

Dhaq gacmahaaga kadib markaad taabato ama daryeesho shinbiraha.

Waad xanuunsan kartaa haddii aad taabato shinbirahaaga, sahayda shinbiraha, kadibna aad taabato indhahaaga, sanakaaga, afkaaga, ama wajigaaga.



- Ha taaban wajigaaga inta aad ku hawlan tahay ama aad daryeeleyso shinbirahaaga.
- Had iyo jeer ku dhaq gacmahaaga saabuun iyo biyo kadib markaad taabato ama daryeesho shinbirahaaga.
- Kor kala soco carruurta marka ay la macaamilayaan shinbiraha.

Iyadoo digaaga iyo ilmaha boolaboolada ay u muuqan karaan cabbirka ku habboon in canugaagu qabto, carruurta waxa ay khatar sare ugu jiraan inay ka qaadaan xanuun aad u daran. Carruurta da'doodu kayar tahay shan sano waa in aysan taaban ama aysan qaban shinbiraha sababtan awgeed.



Shinbirahaaga kuhay dibedda.

Inkastoo laga yaabo inaad rabto, shinbiraha cusub ha geynin guriga dhexdiisa. Habka ugu wanaagsan ee jeermiskooda dibedda loogu hayo, waa in iyaga dibedda lagu hayo.

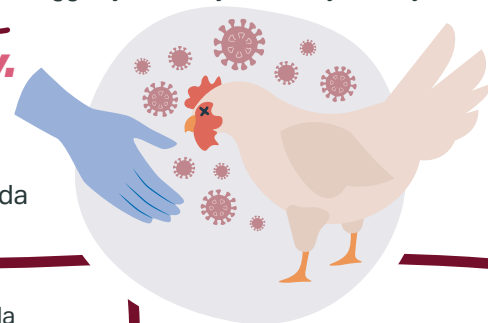
- Xiro joog kabo oo u gaar ah iyo sahayda kale ee aad isticmaasho marka aad shinbiraha ku daryeeleyso dibedda gurigaaga.
- Ku nadiifi sahayda shinbirahaaga, sida weelasha biyaha ama cuntada, dibedda.

Ha u oggolaan shinbirahaaga inay u dhawaadaan shinbiraha duurjoogta.

Hergab shinbireedka waxa uu kasoo faafaa shinbiraha duurjoogta, gaar ahaan boolaboolada ama bahda shinbiraha la dhaqdo, kuna faafaa digaaga la dhaqdo. Ha u oggolaan shinbirahaaga inay u dhawaadaan shinbiraha kale ama xawayaanada duurjoogta. Tani waxaa kamid ah in dusha laga dado aagga ay ku nool yihiin oo ay ku meyracdaan.

Ha taaban shinbiraha xanuunsan ama dhintay.

Haddii shinbirahaagu xanuunsan yihiin ama ay dhimanayaan, xiro gacmo-gashiyo iyo afxirka N95 marka aad daryeeleyso. **Shinbirahaaga xanuunsan ama dhintay ku wargeli** dhakhtarkaaga xoolaha iyo Waaxda Beeraha ee Gobolka Washington lambarka 1-800-606-3056.



Bogga Waaxda Caafimaadka ee Shinbiraha la Dhaqdo



Xayawaanada rabaayada ah ee Caafimaadka Qaba ee **CDC**, bogga Dadka Caafimaadka Qaba ee shinbiraha la dhaqdo

Haddii aad qabto su'aalo, Waaxda Caafimaadka Gobolka Washington ka wac 1-800-525-0127.