

Tallaalka hargabka infuluwensada

Warbixin ku socota dumarka uurka leh

Haddaad tahay qof uur leh waxaad khatar ugu sugan tahay inaad aad ula xanuunsato infuluwensada. Sidaas awgeed waa inaad iska tallaasho hargabka infuluwensada marka aad dhaafto toddobaadka 16 ee xaamilnimada. Tallaalkaasina ma ahan mid waxyeello u geysanaya uurka ama ilmaha caloosha ku jira.

Dumarka uurka leh ayaa halis dheeraad ah ugu sugan infuluwensada.

Dumarka uurka leh intooda badan waxaa ku dhaca cudurka infuluwensada laakiin aad u lama xanuunsadaan, in kasta oo ay dadka kale uga khatar badan yihiin in ay aad ula xanuunsadaan ama u dhintaan.

Dumarka uurka lihi waa inay istallaalaan

Hay'adda caafimaadka dadweynuhu waxay dumarka uurka leh kula talineysaa in ay iska tallaalaan infuluwensada inta u dhexeysa noofember ilaa jannaayo. Waxaana lagu la talinayaa inay istallaalaan wixii ka dambeeya toddobaadka 16 ee uurka maadaama ay halista cudurka infuluwensadu ugu weyn tahay uurka qaybihiisa dambe.

Haddii ay jiraan sababo kale oo sii xoojinaya khatarada cudurka infuluwensada, waxaan kugu la talineynnaa inaad istallaasho goor ka sii horreysa waqtigaas. Sababahaas kale oo khatarada keeni kara waxaa ka mid noqon kara cuduro wadnaha ama sambabada oo halis ah ama cudurka sonkorta ama cayil xad-dhaaf ah. Tallaalkaasi waa mid la qaadan karo inta lagu jiro xilliga uurka.

Tallaalkaasina wax saamayn ah kuma yeelanayo ilmaha.

Tallaalku ma saameynayo ilmaha uurjiifta ah. Cilmi-baarisyo badan waxaa lagu muujiyey inaan wax farqi ahi u dhexeyn ilmaha ku jira uurka hooyada la tallaalay iyo midda aan la tallaalin.

Tallaalkaasi wuxuu kaloo difaac siinayaa ilmaha dhashay.

Tallaalka lagu siiyey wuxuu kaloo ilmaha ka difaacayaa infuluwensada bilaha ugu horreeya noloshiisa. Taasi waxay ku xiran tahay sida aad maaddooyinka difaaca jirka ugu gudbiso ilmaha inta uu uurka ku jiro. Taas ka sokow waxaa yaraanaya khatarada inaad la xanuunsato infuluwensada oo ilmaha u sii gudbiso.

Cilladaha ka imaan karaana waa kuwo yar

Tallaalka infuluwensadu wuxuu keeni karaa cillado, laakiin faa'iidada ayaa ka weyn khataraha ka iman kara. Cilladaha caadi ahaan laga helo waa kuwo khafiif ah oo dhaqso u baaba'a (eeg sadarka soo socda).

Tallaalku isagu ma keeno infuluwensada. Mana jiro xiriir ka dhexeeya tallaalka infuluwensada xilliga iyo cudurka hurdada iyo daalka badan (narkolepsi).

Smittskydd Västra Götaland

Södra Älvsborgs Sjukhus
501 82 Borås
Tfn 010 – 441 24 31
Fax 033 – 10 04 92

Kaserntorget 11 B
411 18 Göteborg
Tfn 010 – 441 24 00
Fax 031 – 13 37 95

Skaraborgs Sjukhus
541 85 Skövde
Tfn 010 – 441 24 27
Fax 0500 – 43 24 99

Uddevalla Sjukhus
451 80 Uddevalla
Tfn 010 – 441 24 23
Fax 0522 – 131 82

E-post
smittskydd@vgregion.se
Webbsida
www.vgregion.se/smittskydd

CILLADAHA CAADIGA AH (ugu yaraan boqolkii la tallaalaba mid): Meeshii cirbadda looga muday oo casaata, bararta oo xanfafta, xummad, madax-xanuun, dhidid badan, ama murqaha ama kalagoosyada oo xanuuna.

CILLADAHA AAN CAADIGA AHAYN AMA DHIF U DHACA: Xasaasiyad, cuncun, finan ama xididdada oo xanuuna.

Dadka oo dhani tallaal uma baahna.

Daawada tallaal waxaa ku jiri kara barotiin ukumeed maadaama la isticmaalo fiiruska infuluwensada oo ukun lagu dhex beeray. Haddaad aad xasaasi ugu noqoto ukunta, la xiriir dhakhtar. Sidoo kale u sheeg haddaad og tahay in daawada tallaal uu ku jiro wax aad xasaasi ku tahay ama jirkaagu horay u qoonsaday.

Tallaalkaasi waa mid xilli ku eg

Tallaalka infuluwensadu wuxuu waxtar leeyahay 6 ilaa 9 bilood oo noqoneysa inta infuluwensada xilligu jirto. Tallaalku wuxuu ka hortagaa saddex nooc oo infuluwensada ah. Saddexdaas noocna marmar waa isbeddelaan oo fiirus cusub ayaa marmar iman kara. Sidaas awgeed ayaa tallaal la beddelaa xilli walba.

Dumarka uurka lihi waa inay doontaan daryeelka caafimaad

Waxaa muhiim ah in la ogaado in dumarka uurka lihi ay si khatar ula jirran karaan infuluwensada, gaar ahaan inta ay ku jiraan toddobaadyada ugu dambeeya uurka. Haddaad ka shakido inaad qaadday infuluwensada waa inaad toos ula xiriirtaa rugta daryeelka caafimaadka, xataa haddii aadan aad u xanuunsanayn uurku toddobaadku doono ha noqdee. Tusaale ahaan waxaad u baahnaan kartaa daawo fiiruska ka hortagta oo waxtarkeedu ugu fiican yahay marka dhaqso loo isticmaalo.

Halkaan ayaad wax dheeraad ah ka sii akhrisan kartaa

Macluumaad ku saabsan tallaal infuluwensada oo laga helayo 1177 Vårdguiden: www.1177.se/Vastra-Gotaland/Fakta-och-rad/Behandlingar/Vaccination-mot-influensa/

Macluumaad ku saabsan infuluwensada iyo xaamilnimada oo laga helayo barta Infpreg: www.medscinet.se/infpreg/publicInfoMore.aspx?topic=31

Macluumaad ku saabsan cillada daawada tallaal oo laga helayo barta internet ee Wakaaladda Daawooyinka: www.lakemedelsverket.se/malgrupp/Allmanhet/Att-anvanda-lakemedel/Biverkningar/

Smittskydd Västra Götaland

Södra Älvsborgs Sjukhus
501 82 Borås
Tfn 010 – 441 24 31
Fax 033 – 10 04 92

Kaserntorget 11 B
411 18 Göteborg
Tfn 010 – 441 24 00
Fax 031 – 13 37 95

Skaraborgs Sjukhus
541 85 Skövde
Tfn 010 – 441 24 27
Fax 0500 – 43 24 99

Uddevalla Sjukhus
451 80 Uddevalla
Tfn 010 – 441 24 23
Fax 0522 – 131 82

E-post
smittskydd@vgregion.se
Webbsida
www.vgregion.se/smittskydd