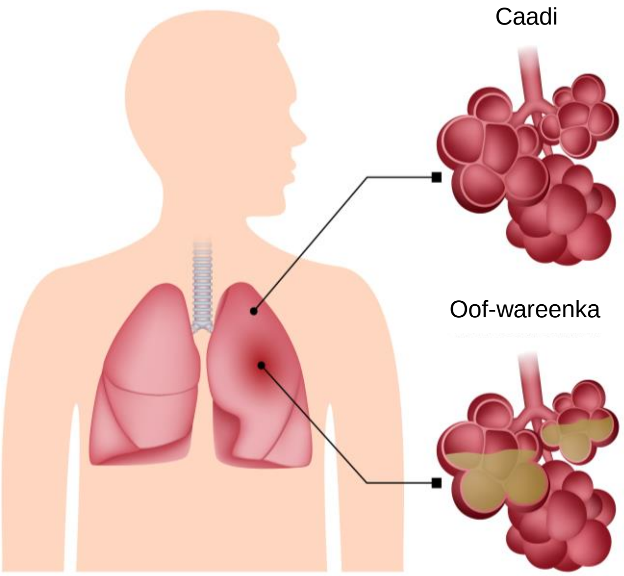
Oof-wareenka
Pneumonia (Somali)

Oof-wareenku waa caabuq ku dhaca sambabada. Badanaa waxaa keena fayras ama bakteeriya. Jeermisyadani waxay buuxiyaan jeebabka hawada ee sambabada iyadoo ay ku jirto dareere la yiraahdo xab (Sawirka 1). Tani waxay neefsashada ka dhigtaa mid adag waxayna keentaa qufac ilmahaaga.

Oof-wareenku wuxuu inta badan dhaca bilaha qabow marka carruurtu gudaha la joogaan dad kale muddo dheer. Carruurta ka yar 2 sano ayaa khatar ugu jira oof-wareenka. Oof-wareenka waa la daaweyn karaa.



Sawirka 1 Jeebabka hawada ee sambabada oo buuxa xab.

'Oof-wareenka fudud ee socodka lagu qaado' waa eray aan caafimaad ahayn oo lagu tilmaamo oof-wareen bakteeriya ah oo sahlan. Mararka qaar ilmuhu ma xanuunsana si uu guriga ugu nagaado. Waxaa laga yaabaa inay kaliya leeyihiin qufac yar oo aysan qabin qandho.

Sida uu ku faafayo

Oof-wareenku wuxuu ku faafaa dadka qaba oo sida jeermiska hunguriga, sanka, ama afka. Jeermiska waxaa lagu neefsan karaa hawada ama waxa uu ku faafi karaa dusha alaabaha sida gacanta albaabka, alaabta lagu ciyaaro, ama telefoonka gacanta. Ilmahaaga wuxuu neefsan karaa jeermiska ama wuxuu taaban karaa shayga kadibna gacanta ayuu afka gashanayaa.

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Sii socda…

Waxaa suurtagal ah in laga qaado oof-wareen qof aan ogayn in uu xanuunsan yahay. Oof-wareen lama qaado adigoo banaanka ku socda adigoon xiran jaakad.

Calaamaddaha iyo Astaamaha

Calaamadaha waxay inta badan ku bilaabmaan si tartiib ah. Waxaa laga yaabaa inay sii xumaadaan maalmaha soo socda. Qaar ka mid ah calaamadaha waxaa ka mid ah:

- Neefsasho degdeg ah oo xoog leh
- Qufac
- Qandho
- Gariir ama qabow dhaxan leh
- Xabad xanuunka
- Aad u daalan
- Murqo xanuun
- Ma rabo inuu wax badan cuno
- Calool xanuun ama matag

Mararka qaar, oof-wareenku wuxuu si lama filaan ah ugu bilaabmaa qandho sareysa, neef degdeg ah, iyo qufac. Oof-wareenka fayraska iyo bakteeriyada labaduba waxay sababi karaan in qufaca ilmaha uu socdo toddobaadyo kadib marka qandhadu dhammaato.

Baadhitaan

Dhakhtarka ilmahaaga ama bixiyaha adeegga caafimaadka ayaa badanaa ogaan kara in uu qabo oof-wareen iyadoo lagu saleynayo:

- Waqtiga sanadka.
- Calaamadaha cudurka.
- Neefsashadooda iyo dhageysiga sambabada.
- Raajo laabta ah – Sawir muujinaya sambabada si loo arko isbeddelo ay sababeen caabuq.
- Maro sanka laga qaado – oo lagu aruuriyo xabka si loo baaro bakteeriyo ama fayras.
- Maro afka laga qaado – oo lagu ururiyo candhuuf si loo baaro fayras ama bakteeriyo.

Daaweynta

- Oof-wareenka ay sababto bakteeriyada waxaa lagu daaweeyaa antibiyootik.
  - Calaamadaha waa inay soo hagaagaan 24 ilaa 36 saacadood gudahood kadib bilaabidda daawada.
  - Waa muhiim in ilmahaaga uu qaato dhammaan antibiyootigga loo qoray.
  - Joojinta daawada si degdeg ah waxay keeni kartaa in caabuqu soo laabto. Waxay sidoo kale keeni kartaa in daawadu aysan mustaqbalka u shaqayn ilmahaaga.

Sii socda…

- Caabuqa sambabada ee fayraska keeno laguma daweyn karo antibiyootik. Caabuqa sambabada ee fayraska keeno badanaa wuu iska baaba'aa keligiis.

Daryeelka Guriga

- Yaree qandhada.
  - Weydii dhakhtarka daawada ilmahaaga uu qaadan karo. Badanaa waa acetaminophen (Tylenol®) ama ibuprofen (Motrin®). **WALIGAA** ha siin ibuprofen ilmaha ka yar 6 bilood.
  - Weydii dhakhtarka ama bixiyaha daryeelka caafimaadka inta daawo ah ee la siinayo iyo inta jeer ee la siinayo.
  - Qandhada ka hooseysa 101°F (38.3°C) uma baahna daawo haddii ilmahaagu si caadi ah u dhaqmayo.
- Sii ilmahaaga biyo badan ama Pedialyte® si uu u cabbo, si looga hortago fuuqbaxa. HA siin biyo ilmaha ka yar 6 bilood jir.
- U oggolow ilmahaaga inuu si fiican u nasto.
- Ilmahaagu wuxuu u baahan yahay inuu qufaco si uu xabka uga saaro sambabadiisa. Qufaca waa habka jirka uga takhaluso jeermiska ku jira sambabada. Ha siin daawooyinka qufaca ama dawooyinka farmashiyaha laga helo adigoo aan la tashan dhakhtarka. Waxay ilmahaaga ka dhigi karaan inuu qufaco wax ka yar.

Ka Hortagga Oof-wareenka

- Ha dhaafin tallaalada (cirbadaha difaaca). Dhammaan carruurta laga bilaabo 2 bilood jir waa in la bilaabaa tallaalo taxane ah si looga hortago oof-wareenka ee bakteeriyada keento.
- Carruurta 6 bilood jir iyo wixii ka weyn waa in sanad walba la siiyaa tallaalka hargabka, xitaa haddii ay xasaasiyad u qabaan ukunta. Ka hortagga hargabka wuxuu yaraynayaa khatarta dhibaatooyinka neefsashada iyo suurtogalnimada Oof-wareenka.
- Haddii ilmahaaga uu leeyahay difaac jirka oo daciif ah ama xanuun joogto ah oo la xiriira sambabada, wadnaha, ama kilyaha, kala hadal dhakhtarka haddii tallaalo kale loo baahan yahay.
- Bar ilmahaaga inuu afkiisa iyo sankiisa daboolo marka uu hindhisayo ama qufacayo.

- Bar oo ku celceli nadaafadda gacmaha ee wanaagsan. Tani waxay ka mid tahay gacmo-dhaqidda ama isticmaalka jeermis-dile salka ku haya khamriga.
- Ku dhaqi meelaha si joogto ah loo taabto (sida alaabta lagu ciyaaro, miisaska, iyo gacma qabashada albaabada) saabuun iyo biyo ama ku masax bac jeermis-dile ah.

Goorta la wacayo 911

U soo wac 911 wixii caawin degdeg ah haddii canugaaga:

- Wuxuu dhibaato ku qabaa neefsashada ama si aad uga degdeg badan sidii caadiga ahayd ayuu u neefsanayaa.
- Wuxuu leeyahay midab buluug ama cirro leh oo ka muuqda dibnaha ama ciddiyaha.

Goorta Loo Baahan Yahay In La Waco Dhakhtarka

Wac dhakhtarka ilmahaaga haddii uu ilmahaagu:

- Yahay ka weyn 6 bilood oo uu qabo qandho ka badan 102°F (38.8°C).
- Yahay ka yar 6 bilood oo uu qabo qandho ka badan 100.4°F (38°C).
- Qabo qandho muddo ka badan 2 maalmood kadib marka uu qaato antibiyootig.

Ku Noqoshada Dugsiga ama Xarunta Xannaanada

Ilmahaaga wuu ku laaban karaa dugsiga marka uu:

- Qabo qandho la'aan muddo 24 saacadood ah.
- Cuno oo cabbo sidii caadiga ahayd.
- Leeyahay tamar uu ugu laabto hawlihiisii maalinlaha ahaa. Waxaa laga yaabaa inay toddobaadyo qaadato in ilmahaagu si buuxda u soo celiyo tamartiisa. U oggolow ilmahaaga inuu si tartiib ah dib ugu bilaabo hawlihiisa.