

CUDURKA GACANTA, CAGTA IYO AFKA

Waa maxay cudurka gacanta, cagta iyo afku “hand, foot and mouth disease (HFMD)”?

Cudurka gacanta, cagta iyo afka (oo Ingiriisiga marka la soo gaabiyana loo yaqaan HFMD) waa cudur uu keeno fayras oo badiyaa ku dhacda carruurta iyo dhallaanka. Calaamadaha waxa ka mid ah qandho, finan maqaarka ka soo baxa, iyo nabarro ama dhibco guduud ah oo afka guduhiisa ah.

HFMD'ku xiriir lama laha cudurka cagta-iyo-afka “foot-and-mouth disease” (oo misana loo yaqaan cudurka cidiyaha iyo afka “hoof-and-mouth disease”). In kasta oo labada cudur ay leeyihiin magacyo isku eg, waxa dhaliya fayrasyo kala duwan. HFMD waxaa keliya oo uu ku dhacdaa dadka, halka uu cudurka cagta-iyo-afku keliya ku dhacdo xoolaha sida lo'da, doofaarka, iyo adhiga.

Maxaa keena cudurka gacanta, cagta iyo afka HFMD?

HFMD waxa keena fayrasyo kala duwan oo ku abtirsada kooxda “enterovirus”, oo ay ku jiraan coxsackieviruses iyo enterovirus 71. Coxsackievirus A16 aad ayuu caadi ugu yahay keenista HFMD. Enterovirus 71 wuxuu keenay dhawr saf oo ah HFMD oo ka dilaacay gudaha Aasiya. Muddadaas ay aafadu socotay HFMD ee uu keenay fayraska enterovirus 71, bukaanka qaarkood ayaa si ba'an u jirraday.

Ayaa halis u ah qaaditaanka HFMD?

HFMD wuxuu caadi u yahay dhallaanka iyo carruurta ka yar da'da 10, laakiin waxa kale oo uu ku dhici karaa dadka waayeelka ah, dhalinyarada iyo dadka waaweyn. Qofku wuxu ka qaadi karaa haddii ay la kulmaan fayraska nooc ka mid ah enterovirus oo aanay hore ula kulmin. Hase ahaatee, dadka qaar qaaday ayaan jirran.

Waa maxay calaamadaha cudurka gacanta, cagta iyo afka HFMD?

Calaamadaha ugu horreya ee HFMD sida badan waa qandho, dhuun xanuun, cunto xumo, iyo dareen xanuun (juucjuuc). Maalin ama laba kadib marka ay qandhadu bilaabanto, waxa afka gudhiisa ka soo baxa dhibco guduud ah oo ku yaala gudaha dhanka dhabanka, cirridka, iyo carrabka. Dhibcahaasi waxay isku beddeli karaan nabarro iyo dilaacyo. Finan maqaarka ah ayaa iyana ka soo bixi kara gacmaha, cagaha, iyo badhyaha, iyo mararka qaarkood addinada iyo lugaha. Finanku waxay yeelan karaan dhibco guduud ah oo soo kacsan ama balaadhan iyo nabarro. Dadka qaba HFMD ma wada yeeshaan dhammaan calamadahaas.

Calaamadaha HFMD waxay badiyaa yihiin kuwo sahlan oo iskood isaga baaba'a 7 ilaa 10 maalmood gudahood. Hase ahaatee, marar dhif ah, HFMD waxay keeni kartaa cillado. Cillad ka mid ahi waa viral (aseptic) meningitis. Calaamadaha viral meningitis waxa ka mid ah madax-xanuun, qor tigtiganta, iyo qandho. Dadka qaba viral meningitis waxay mararka qaar u baahdaan in cisbitaalka la jiiifiyo. Si aad u dhif ah (nadir ah), HFMD waxay keeni kartaa encephalitis (maskaxda oo bararta). Encephalitis waa cudur halis ah oo loo dhiman karo.

Siduu u faafaa HFMD?

HFMD waxa uu sida caadiga ah ku faafaa taabashada saxarada, dheecaanka sanko ama dhuunta, dheecaan nabar ama candhuufta qof qaba jirrada. Fayraska waxaa sida badan la isugu gudbiyaa marka uu qof xanuunka qabaa gacmihiisa oo aan dhaqnayn ku taabto qof kale ama sumeeyo meel dusheed. Fayrasyada keena HFMD waxay ku noolaan karaan meelaha dabiiciga ah muddo dheer.

Qofka qaba HFMD wuxuu aad u faafin karaa muddada toddobaadka hore ee cudurka laakiin waa sii socon kartaa faafitaanku ilaa dhawr toddobaad kadib marka ay tagaan calaamooyinku.

Intee in le'eg ayey ku muuqadaan calaamooyinku?

Calaamooyinka HFMD sida badan waxay ku muuqadaan 3–7 maalmood kadib la kulanka iyo qaaditaanka infekshanka.

Sidee baa loo baraa HFMD?

Dhakhtarradu badi waxay u baraan HFMD iyagoo ku salaysan da'da bukaanka, calaamooyinka, iyo nooca iyo meesha finanka iyo nabarradu ku yaalaan. Guud ahaan, dhakhtarku uma baahna imtixaan uu cilada HFMD ku garto. Marmar, wuxu u baahan karaa inuu dheecaan ka qaado dhuunta ama qaado dheecaanka nabarka ama saxaro si uu u baadho nooca fayraska enterovirus ee dhaliyey cudurka.

Sidee lo daweyaa HFMD?

Ma jirto dawo gaar ahi. Badiyaa dhammaan carruurta qaba HFMD iskood ayey iskaga raystaan. Dadka qaba HFMD waa inay nastaan oo cabaan sharaab si ay uga hortagaan fuuq-bax ku yimaad. Dhakhtar ayaa kaala talin kara daawo aad iskaga xakamayso qandhada iyo xanuunka.

Nabarrada afka waxay dhib iyo xanuun ka dhigi karaan liqitaanka, oo carruurta qaarkood ayaa diidi kara cabbitaanka taas awgeed. Haddii diidmada cabbitaanku keento fuuq-bax ba'an, waxa laga yaabaa in loo baahdo in faleebo lagu siiyo dheecaan.

Sidee looga hortagi karaa HFMD?

Qof kasta oo ku nool guriga qofka qaba HFMD waa inuu si buuxda ugu dhaqaa gacmihiisa saabuun iyo biyo kadib isticmaalka musqusha, bedeladaa xafaayada (neebka), ama taabshada dheecaanka sanku iyo dhuunta, saxarada, ama dheecanka nabarka. Alaabta carruurta ku ciyaarto iyo sagxadaha waa in lagu dhaqo saabuun iyo biyo, oo dabeedna lagu sifeeyo biyo si khafiifa loogu qooshay biliij (ku dar ¼ koob biliij ah hal galaan oo biyo ah). Carruurta qabta HFMD waa in lagu hayo guriga oo aan loo dirin xanaanada ama dugsiga ilaa qandhaddo ka tagayso oo nabarrada afku bogsanayaan. Dadka waaweyn ee jirrada qaba waa inay guriga joogaan oo aanay shaqada aadin ilaa inta calaamooyinka baaba'ayaan.

Sidee ayaan wax badan uga baran karaan HFMD?

Haddii aad su'aalo qabto la xidhiidha HFMD, fadlan la xidhiidh dhakhtarkaaga ama waaxda caafimaadka ee degaankaaga.

[NOTE TO LOCAL EDUCATIONAL AGENCIES (LEAS): The California Department of Education (CDE) expresses appreciation to Claudia J. Erickson and the California Department of Public Health (CDPH) for their permission to translate the CDPH's "HFMD Prevention." As a form of assistance to LEAs, the CDE offers this translation free of charge. Because there can be variations in translation, the CDE recommends that LEAs confer with local translators to determine any need for additions or modifications, including the addition of local contact information or local data, or modifications in language to suit the needs of specific language groups in the local community. If you have comments or questions regarding the translation, please e-mail the Clearinghouse for Multilingual Documents (CMD) at cmd@cde.ca.gov.]