

Irbadda Hargabka

Hargabku (influenza) wuxuu yeelan karaa cawaaqib xun. Weliba haddii aad qabto cudurka macaanka, wadnaha, sambabada amba kelyaha amba difaaca jidhka u yara yahay. Amba haddii aad 60 jir amba ka weyn tahay. Irbadda hargabku waa habka ugu wanaagsan ee aad iskaga badbaadin karto hargabka. Xitaa haddii aad hadda aad caafimaad qabto.



Ku saabsan hargabka

- Hargabku wuu ka daran yahay qabowowga. Aad buu u faafa.
- 15kii qofba 1 ayaa ku dhaca hargabku sannad kasta.
- Celcelis ahaan, 4,700 oo qof ayaa sannad walba u dhintaa hargabka.
- Hargabku wuxuu keeni karaa oofwareen.
- Haddii aad qabto jirro (tusaale ahaan, dhibaatooyinka wadnaha amba macaanka) hargabku wuu kaga sii dari kara.
- Waxaa laga yaabaa in caafimaadkaagu hargabka kadib u xumaado.



Irbadda hargabku way kaa badbaadinaysaa

- Irbadda hargabku waa habka ugu fiican ee kaga badbaadi kartid cawaaqibta halista ah ee hargabka.
- Irbadda hargabka waxaad macal kaaga badbaadin kartaa dadka kale.
- Kama qaadi kartid hargabka irbadda hargabka.

Sabab ma irbadda hargabka?

- Qiyaastii 30% ayay ka yar tahay inaad qaaddo hargab.
- Haddii uu hargabku kugu dhaco waxay yaranaysaa fursadda uu halis kugu noqon karo.
- Waxaad haysataa qiyaastii 40% fursad ka yar in lagugu dhigo cusbitaalka hargabka dartii.



Sannad kasta irbad cusub oo hargabka ah

- Waxaa jira noocyo kala duwan oo fayraska hargabka ah. Fayrasyadan hargabku had iyo jeer way isbeddelaan.
- Sidaas darteed ayaa irbad hargab oo cusub sannad kasta loo sameeyo.
- Mararka qaarkood fayrasku wuu isbeddelaan amba fayraska kale oo hargab xoogsadaa. Irbadda hargabku markaa si fiican uma shaqeyso, balse weli way kaa badbaadinaysaa.



Afafka kale:

English | Español, Spanish | Türkçe, Turkish |
معلومات اكثر, Arabic | Papiamentu |
Українська, Ukrainian

rivm.nl/grieprik-vertalingen

Su'aalo ma qabtaa?

Ka eeg wixii warbixin ee kale:

www.rivm.nl/grieprik
www.thuisarts.nl/griep

 National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

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