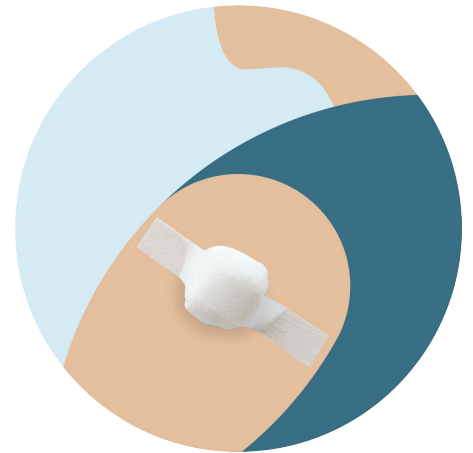


Influensada sannadlaha hab darran miyay kugu dhacda? Xaaladdaas iska tallaal!

Qof kastaa si xun ayuu ugu xanuunsan karaa Influensada sannadlaha, laakiin dadka qaar ayaa u nugul cudurro halis ah marka loo eego kuwa kale. Sidaas darteed dad waawayn iyo carruur ba oo tiradooda gaarayso 1,7 maljan oo ku nool dalka Norway waa in influensada iska tallaalaan.



Yaa sannad kasta loogula talinayaa in influensada sannadlaha iska tallaalaan?

- 65 sano jirka ah ama da'dooda ka wayn
- Dadka degan ama lagu daryeelo hoyga
- Carruurta iyo dadka waaweyn ee leh:
 - cudurrada sambabaha oo daba-dheeraada
 - cudurka wadnaha iyo xididdada dhiigga ee daba-dheeraada
 - hawlgabka beerka
 - hawlgabka kiliyaha oo daba-dheeraada
 - cudur neerfaha oo daba-dheeraada ama dhaawac
 - hoos u dhaca kartida difaaca jirka
 - Cudurka sonkorowga, nooca 1:aad iyo 2:aad
 - cayil aad u daran (BMI ka weyn 40)
 - cudur kale oo halis ah ama daba-dheeraada cudur
- dumarka uurka leh, toddobaadka 12:aad ee uur-qaadista
- Ilmaha muddada ummulinta kahor

dhashaan, siiba toddobaadka 32:aad kahor, laga bilaabo 6 bilood (da'da soo noqnoqda) ilaa 5 sano.

Waa maxay influensada?

Influensada caadiga ah waxay keentaa xannuun degdeg ah, qandho, qufac qalalan, daal iyo xanuunka muruqyada muddo 3-10 maalmood soconayo. Influensada waxay sidoo kale keeni kartaa oof-wareen daran iyo sii xumeynta cudurrada daba-dheeraada.

Dadka qaba cudurrada wadnaha iyo xididdada dhiigga waxay xilliga influensada halis dheeraad ugu jiraan wadne-joogsi, stroke iyo dhimasho marka loo eego waqtigayada kale ee sannadka. Cudurka influensada oo daran wuxuu keeni karaa caafimaad-darro joogto ah iyo baahi dheeraad ah oo loo qabo caawimaad.

Dad tiradooda gaarayso 5000 oo ku nool dalka Norway ayaa sannad kasta influensada darteed lagu daryeela isbitaal, tiro gaarayso 900 qof way u dhintaan sannad kasta.

Maxay tahay sababta aan influensada isaga tallaalayo?

Tallaalka wuxuu ka badbaadinayaa infekshanada influensada iyo xannuunkeeda daran 1-2 toddobaad kadib tallaalka. Infekshanka waxaa

layska tallaala isla waqtiga layka tallaalo infekshanada kale sida pneumococci iyo corona.

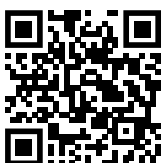
Influensada waa in sannad kasta layska tallaala, sababtoo ah fayraska hargabka ayaa si joogto ah isu beddelaya tallaalkuna waa inuu la qabsadaa isbeddelladan. Waxtarka tallaalku sidoo kale wuu yaraanayaa waqti kadib.

Tallaalku ma leeyahay waxyeellooyin?

Tallaalka influensada ee xilliyeedka waxaa la isticmaalayay sannado badan, guud ahaanna wuxuu leeyahay waxyeellooyin yar. Sida tallaallada kale, si fudud ayuu u keeni karaa danqasho, gaduudasho iyo barar goobta la duray, iyo sidoo kale qandho, dareen xanuun iyo xanuun muruqyada ah. Falcelinta xasaasiyadda ama waxyeellooyinka kale ee halista ah aad bay u yar yihiin. Tallaalka influensada ma sababi karo cudurka influensada.

Halkee ka heli karaa tallaalka influensada?

Ka fiiri barta internetka ee dowladda hoose ama waydii dhakhtarkaaga qoyska.



Warbixin faahfaahsan ka akhriso barta internetka fhi.no/voksenvaksinasjon