

XAQIIQOYINKA EBOOLA

Waa maxay Eboola?

- Eboola waxa keena fayras
- Eboola waxa uu jiray ilaa 1976
- Ebola Ma jiro tallaal laga hortago Eboola
- Eboola aad buu dhif u yahay
- Daawaynta hore ayaa muhiima

Yaa khatar ugu jira?

- Khatarta ugu saraysa waxaa ugu jira:
 - saaxiibada iyo xubnaha qoysaska
 - shaqaalaha daryeelka caafimaad

Siduu ku faafaa?

Kama qaadi kartid Eboola hawada

Kama qaadi kartid Eboola biyaha

Kama qaadi kartid Eboola Cuntadda

Waxaad keliya ka qaadi kartaa Eboolaha:

- **Dheecaanka** jidhka qofka kaas oo buka ama u dhintay Eboola. Dheecaanada jidhku waa:

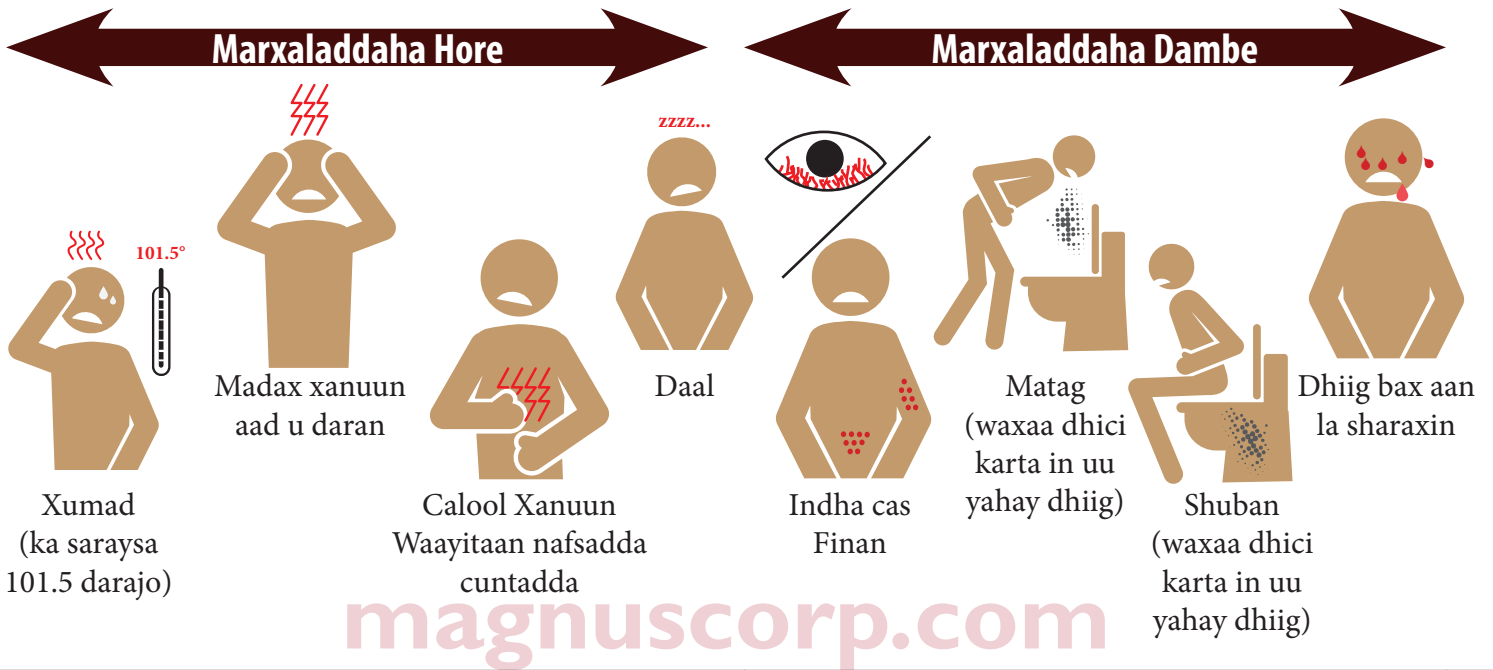
Dhiiga	Matag
Candhuuf	Manni(shahwad)
Dhidid	Kaadi
Saxaro(xaar/shuban)	Dheecaano kale

- Waxyaabaha wisikhoobay(irbado, walxo caafimaad, maryo, go' sariireed)
- Xawayaanka qaba cudurka(dhiig ama dheecaan ama hilib cudurku ku dhacay)



Waa maxay calaamadaha Eboola?

Calaamadaha waxa ay ku bilaabmi karaan 2 maalmood gudahood oo cudurka ah



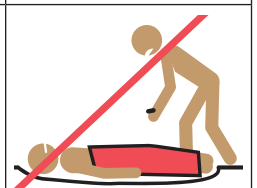
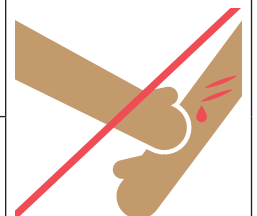
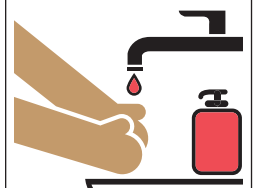
Waxaad samaynayso haddii aad halis ku jirto

- Wac dhakhtarkaaga ama cusbitaalkaaga SI TOOS AH haddii aad leedahay wax calaamad ah.
- U sheeg dhakhtarkaaga wax ku saabsan safarkaagii u dambeeyay Galbeedka Africa ama taabashadaadii qof buka oo qabay cudurka Eboola.
- Iska eeg calaamadaha cudurka Eboola ilaa 21 maalmood:
 - Madax xanuun daran • muruq xanuun • matag
 - shuban • calool xanuun • dhiig bax aan la sharxin • barar nabar.
- Wac ka hor inta aanad tegin xafiiska dhakhtarka ama qolka xaalada degdega ah. Tan waxay caawinaysaa shaqaalahu in ay ku daryeelaan oo ilaaliyaan dadka kale. **Dhagysyo waanadda dhakhtarka.**



Ka hortaga faafitaanka

- Inta badan maydh gacmaha-isticmaal saabuun/alkoolo lagu dhaqo gacmaha
- Ha taaBAN dhiiga ama dheecaanka dadka buka
- Ha qabSAN waxyaalaha la taabsiiyay qofka qaba cudurka
- Ha taaBAN jidhka qofka u dhintay Eboola



Translated by: Afghan Translations

Source: <http://www.cdc.gov/vhf/ebola/>

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