Somaliska

Caabuq Pneumokock

Buug-yarahaan waxaa loogu talogalay adigaaga doonaya inaad hesho macluumaad dheeraad ah oo ku saabsan **oof-wareenka** iyo **cudurrada kale oo ay pneumokockyadu keenaan**, iyo sida aad isku badbaadin karto.

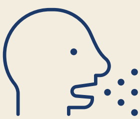
Waa maxay pneumokockyo?

Pneumokockyo waa bakteeriyayaal sababi kara cudurro dhowr ah oo kala duwan, carruur iyo dad waaweyn intaba. Waana kuwa ugu caadisan ee sababa oof-wareenka, caabuqa dhegaha iyo caabuqa moqor-dambeedyada sanka. Caabuqa pneumokocku wuxuu mararka qaarkood iyana horseedi karaa cudur daran, wata halisyo keeni kara baahi daryeel isbitaal, marar dhif ahna noqon kara mid nafta khatar geliya. Waxaa jira in ka badan 100 nooc oo kala duwan, serotaybyo, oo pneumokockyo ah.

Sidee bay pneumokockyadu ku faafaan?

Pneumokockyadu waxay ku jiraan marinnada hawada, siiba sanka iyo dalqada. Bakteeriyooyinku waa kuwo aad caadi u ah carruurta da'da xannaanada, ilaa iyo heerna caadi u ah iskuuleyda. Inta badan carruurtu kuma xanuunsadaan bakteeriyada.

Pneumokockyadu dadka caafimaadka qaba ama dadka bukaanka ahiba waxay ugu horrayn ku faafaan:



Qufac

Hindhiso iyo diifsasho

Xiriir dhow

Sideed isku badbaadin kartaa?

- Ka fogow xiriirka dhow ee dadka buka.
- Gacmaha dhaqo oo ilaali nadaafadda markaad qufacayso, hindhisayso ama diifsaneyso.
- Is tallaal si aad u yarayso khatarta cudurrada daran ee ay pneumocockyadu keenaan.

Tallaalka pneumokocka ee carruurta wuxuu ka mid noqday barnaamijka tallaallada qaranka laga bilaabo 2009. Taas ka dib, xaaladda ah inuu cudur daran oo pneumokock carruur ku dhaco aad ayay u yaraatay. Laga bilaabo 2022 wuxuu tallaalka pneumokocku iyana ka mid noqday barnaamijka qaranka ee tallaalada gaarka ah ee loogu talogalay carruurta iyo dadka waaweyn ee ka midka ah kooxaha u nugul halista cudurrada. Waa in iyana tallaal loo soo jeediyo qof kasta, sanadka uu buuxiyo 75 jir.

Cudurrada caadiga ah ee ay pneumokockyadu sababaan

Oof-wareenka (pneumonia)

Pneumokockyadu waa sababta ugu caadisan ee oof-wareenka, taas oo ah inay qaybo sambabbada ka mid ah caabuqaan. Inta badan oof-wareenku wuxuu ku dhacaa carruurta da'adoodu ay ka yar tahay laba jir iyo waayeelka. Adigaaga da'daadu ay ka weyn tahay 65 jir ama adigaaga leh cudur saameeya difaaca jirka ayay si gaar ah ugu sii darnaan kartaa.

Caabuqa dhegaha (otitis)

Caabuq dhego, dhegoxanuun, wuxuu wehlin karaa hargab. Carruurta ayuu badanaa asiibaa, balse dadka waaweyn xitaa wuu ku dhacaa. Durbaanka dhegta ayaa soo yara buurta taas oo maqalka saameysa, hadduu cadaadisku aad u kordhana durbaanku wuu dillaaca. Khatarta caabuqyada daran iyo dhibaatooyinka wehliya waxay kordhaan haddaad waayeel tahay.

Caabuqa moqor-dambeedyada sanka (sinusitis, rinosinusitis)

Caabuqyada marinada hawadu waxay sababi karaan astaamo cudur oo ka yimaada moqor-dambeedyada, godadka ay hawadu ka buuxdo ee u soo dhaadhaca sanka. Markaas waxaa kugu dhici kara cabbur ama inaad wejiga xanuun ka dareento meelo u dhow sanka, ilkaha korkooda ama foolasha. Waa dhibaato caadi ah waayo markaas xuub-axaleedyada ku yaal moqor-dambeedyada sanka ayaa barara oo xab yeesha.

Cudurro ka sii daran ee ay sababi karaan pneumokockyadu

Oof-wareen leh sumow dhiig ama qoorgooye micnahoodu waa inuu caabuqu yahay mid duullaan ah. Taas waxay ka dhigan tahay inay pneumokockyadu ku baaheen meelo jirka ka mid oo badanaa aysan bakteeriyadu gelin. Markay taas oo kale dhacdo cudurku caadiyan waa halis, wuxuuna u baahan yahay daryeel isbitaal.

Sepsis (sumowga dhiigga)

Astaamaha sepsiska waxaa sababta falcelinta difaaca jirka oo waxaa jira caabuq saameynaya jirka oo dhan. Taasuna waxay keeni kartaa in xubnaha muhiimka ah sida wadnaha, sambabbada, maskaxda iyo kelliyaha ay u shaqayn waayaan sida loogu talogalay.

Qoorgooye (meningitis)

Qoorgooye, sidoo kale loo yaqaan meningitis, waa cudur daran balse dhif ah. Caabuqu wuxuu sababaa caalirka dheecaanka iyo xuubabka qafiifka ah ee ku dahaaran maskaxda iyo xangullaha.

Miyaad ka tirsan tahay kooxaha cudurrada u nugul?

Xaaladaha caafimaad qaarkood waxaa dhici karta inay daciifiyaan difaaca jirkaaga iyo inay kordhiyaan halista caabuqa pneumokocka.

Waayeelnimada iyo cudurrada joogtada ah waa dhawr ka mid ah xaqiiqooyinka khatarta ah ee keena in si weyn loogu xanuunsado cudur daran oo ay pneumokockyadu sababeen. Sidaas darteed ayay Hay'adda ilaalinta caafimaadka dadweynuhu ku talineysaa dhammaan 65 jir iyo wixii ka weyn, iyo sidoo kale 2 jir ama wixii ka weyn ee ka tirsan kooxaha kale ee u nugul cudurrada, inay pneumokockyada iska tallaalaan.

65+

Waxaad **khatar dheeraad ah** ugu jirtaa cudur pneumocock oo halis ah haddaad tahay:

- 65 jir ama ka weyn
- Sigaar-cabbe
- Qof balwad khamri leh
- Qof balwad mukhaadaraad leh
- Alxanle

ama haddaad leedahay

- Cudur wadne oo joogto ah
- Kelliyo-gab joogto ah
- Sonkorow
- Cudur sambab oo joogto ah
- Cudur beer oo joogto ah
- Qaar ka mid ah cudurrada dareenwadeyaasha ee saameeya shaqada sambabbada iyo xoogga qufaca
- Difaac jir oo aad u liita
- Aad hore u lahayd caabuq pneumokock halis ah (duullaan ah)

Waxaad **khatar weyn** ugu jirtaa cudur pneumokock halis ah haddii:

- shaqada beeryaradaada ay xun tahay ama haddii beeryarada lagaa saaray (asplenia/hyposplenia)
- difaaca jirkaagu uu daciif yahay
- uu ku hayo cudurka Cystic fibrosis
- uu kugu beeran yahay qalabka Cochlea
- aad darroorineyso hooraha maskaxda iyo xangullaha
- xubin lagugu beeray

Sidan ayaad pneumokockyada isaga tallaalaysaa

Sideen iskaga tallaalaa pneumokockyada?

Tallaalka pneumokocka waxaad ka heli kartaa xarun daryeel caafimaad, isbitaal ama rug tallaal gaar loo leeyahay.

Sidee buu tallaalka qudhiisu u shaqeeyaa?

Kalkaaliso ama takhtar ayaa cirbad tallaal kaaga dhufanaya muruq ku yaal cududda halkeeda dibedda xigta. Jirkaagu wuxuu dabadeed soo saarayaa lidjirro, kuwaas oo ah qayb ka mid ah habka uu difaaca jirku isaga caabbiyo caabuqyada.

Miyaan isla mar wada qaadan karaa tallaalka pneumokocka iyo tallaal cudurro kale?

Waxaad tallaalka pneumokocka la qaadan kartaa tusaale ahaan kan covid-19 iyo kan dureyga, waayo caadi ahaan waa hubaal in dhowr tallaal isla mar la qaato. Dadka gaarka u daciifsan waxaa jiri kara asbaabo ay tallaalada marar kala duwan u qaataan si loo yareeyo khatarta waxyeellooyinkooda.

Weydii takhtarkaaga inuu tallaalku kugu habboon yahay

Yay tahay inuusan pneumokock iska tallaalin?

- Adigaaga sida xun uga falceliyay tallaal hore lagugu dhuftay
- Adigaaga sida daran uga xasaasiyooda walax ka mid ah tallaalka
- Hadduu ku hayo cudur degdeg ah oo qandho leh

Ogow...

Hay'adda ilaalinta caafimaadka dadweynuhu waxay ku talineysaa dhammaan dadka da'doodu ay ka weyn tahay 65 jir iyo dhammaan kuwa ku jira mid uun ka mid ah kooxaha cudurrada u nugul inay iska tallaalaan pneumokockyada. Laga bilaabo 2022 wuxuu tallaalka pneumokocku ka mid yahay barnaamijka tallaallada qaranka ee loogu talogalay dadka ku jira kooxaha cudurrada khatarta u ah, waa in iyana tallaal loo soo jeediyo qof kasta sanadka uu 75 jirsado.

Muddo inte la eg ayuu tallaalku kaa ilaalinayaa pneumokock?

Waxaa jira laba nooc oo kala duwan oo tallaallo pneumokock ah. Waxaad heli kartaa mid ama laba nooc oo tallaal ah, iyadoo ay taasi ku xiran tahay da'daada, haddaad hore u qaadatay taallaal pneumokock ama haddaad leedahay cudur kaa dhigaya mid ka tirsan koox cudurrada u nugul. Haddii lagu taliyo in labada nooc ee tallaal lagu siiyo, waxaa lagu siinayaa laba goor oo kala duwan.

Dadka qaar waxay u baahan yihiin inay mar kale is tallaalaan dhawr sannadood ka dib. Waxaad marka lagu tallaalayo weydiin kartaa takhtarkaaga ama kalkaalisadaada, haddaad u baahan doonto inaad tallaal hor leh qaadato.

Waa imisa qiimaha tallaalka pneumocock?

Gobollada intooda badan waxay dadka da'doodu ay tahay 65 jir iyo ka weyn iyo dadka ku sugan xaalado gaar ah oo caafimaad oo ku jira mid ka mid ah kooxaha cudurrada u nugul u soo jeediyaan tallaal pneumocock bilaash ah. Gal Pneumo.se ama 1177.se si aad u ogaato nidaamka ka jira gobolkaaga.

Ha ka dhiidhiyin inaad la xiriirto takhtarkaaga, kalkaalisadaada ama taallaalahaaga haddaad qabto wax su'aalo ama fikrado ah oo ku saabsan tallaalka pneumokocka.

Raadso daryeel

La xiriir xarun daryeel caafimaad ama qaabilaad daryeel caafimaad heegan ah hadday kula tahay inay ku hayaan oof-wareen ama xaalad kale oo caafimaaddarro halis ah oo ay pneumokockyo sababeen. Haddaad leedahay astaamo cudur waa inaad ugu horreyn had iyo goor wacataa waaxda qaabilaadda ee daryeelka caafimaadka.

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Takhtarkaaga, kalkaalisadaada ama taallaalahaaga kala hadal wixii faahfaahin dheeraad ah oo ku saabsan tallaal pneumokock.

Macluumaadka buug-yarahaani waxay ku salaysan yihiin talooyinka ku saabsan pneumokockyada ee Hay'adda ilaalinta caafimaadka dadweynaha iyo 1177. Waxaad faahfaahin dheeraad ah oo ku saabasan pneumokockyada iyo kooxaha kala duwan ee cudurrada u nugul ka akhrisan kartaa **folkhalsomyndigheten.se** ama Vårdguiden **1177.se**

Iskaangaree QR-sawirka oo faahfaahin dheeraad ah ka akhriso

pneumo.se

Meel loogu talaogalay shaabbadda tallaalaha ama qoraallo isaga u gaar ah

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