

caafimaadka

Xaqiiqada: Saraakiisha caafimaadka ee degaankeena ayaa hadda si xowli ah ugu guda jira in ay baritaan ku saabsan xaaladaha hargabka iyagoo dadka ku boorinayaa in ay qaadan talaabooyin lagag hortagayo caabuqa. Hargabka faafa waxuu ka dillaacay caalamka waana cudur keena hargab fayras ah oo cusub. Aadanuhu ma lahan wax yar oo ay iska caabin karaan nooc cusub ee hargabka. **Sidaas darteed, ifilada caamka ah waxaa laga yaabaa inay ka sii darto, saameysana dad badan, oo keenta dhimasho halka ay ka noqon laheyd ifilo xilliyeed.**

Maxaa la sameeyaa:

- jooji in ay jeermisyadu faafaan. Gacmahaaga si joogta ah u dhaq adigoo isticmaalaya biyo diiran.
- Dabool afkaaga iyo sankaa marka aad qufacayso ama hindhisayso. Istimaal xanshiyaha afka la iska mariyo markaad qufaceyso ama isticmaal cududa sare ee gacanta in aad ku qufacdo.
- Ha la wadaagin dadka kale cuntada, maacuunta ama weelasha cabitaanka.
- Guriga joog haddii aad dareento xanuun. Arag dhakhtarkaaga ama daryeel bixiyaasha caafimaadka haddii aad leedahay qufac ama qandho, waana in aad raacdo tilmooyinkooda.
- La soco raadiyaha si aad ula sococto akhbaraadka degdeg ah.
- ***Haddii aad garaneyso qof aan awoodin in uu fahmo, arko, ama aan maqlin farriintan, fadlan u sheeg waxa ay ku saabsantahay.***

Xiriir kale ee ku caawinaya:

<http://www.seattle.gov/emergency-management/what-if/hazards/diseasepandemic-influenza>

<http://www.kingcounty.gov/healthservices/health/preparedness/pandemicflu.aspx>