



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Qandho Fever (Somali)

Qandhadu waa kororka heerkululka jirka uu sida caadiga ah ka sareeyo. Heerkulka jirka caadiyan aad buu u yar yahay subaxdii wuxuuna kor u kacaa marba marka ka danbeysa maalintii. Heerkulka jirka ee qof walba uu ka duwanaan karaa kan dadka kale. Ma sahlana in heer kululka sax ah lagu sheego qandhada, laakiin inta badan dhakhaatiirtu waxay isku raaceen in heerkululka qandhadu yahay 100.4° Fahrenheit (F) ama 38° Celsius (C) ama kasii sareeya.

Qandhadu waxay muujin kartaa in jirku la dagaalamaayo caabuq uu sababay fayras ama bakteeriyo. Sidoo kale qandhadu waxay imaan kartaa kadib marka la qaato talaal, marka qofka kululaado, ama marka uu dareemo kuleylka qoraxda oo saa'id ah. Marar badan, qandhadu uma baahna in la daaweeyo si iskeed ah ayayna u joogsantaa.

Sida Loo cabbiro Heerkulka

Nooca aalada lagu cabbiro heerkulka ayaa sameyn kara kaladuwanaansho.

- Si aad u cabirto heerkulka jirka, isticmaal qalabka heerkulka ee casriga ah. **Marnaba ha isticmaalin saacada cabirka meerkuriga.**
- Cabirka laga qaado gumaarka (dabada cunuga) ayaa ah kan ugu saxan.
- Cabbirka Heerkulka ee lag cabbiro qaybta koowaad ee wajiga (sajuuda hore) ayaa ah dookha xigga ee ugu fiican haddii si fiican loo isticmaalo.
- Aalada lagu cabbiro heerkulka afka (afka) iyo dhegta (dhagoorta) ayaa la adeegsan karaa haddii si habboon loo sameeyo. Si loo cabbiro heerkulka afka, sug 30 daqiiqo kadib marka aad cabto wax kulul ama qaboow. Si loo cabbiro heerkulka dhegta, sug 15 daqiiqo kadib marka aad kasoo baxdo meel qaboow.
- Ugu danbeyntii, cabbirka heerkulka ee laga qaado (kilkisha) waxaa loo isticmaali karaa hubin degdeg ah laakiin ma ahan mid aad sax u ah.

Qaabka ugu fiican ee lagu oggaan karo heerkulka cunugaagu waxay ku xiran tahay da'diisa.

- haddii uu ka yar yahay 3 billood: waxaa laga qaadaa cabbirka heerkulka ee laga qaado sajuuda ama dabada
- haddii uu jiro 4 billood ama kasii wayn yahay: waxaa laga qaadaa cabbirka heerkulka ee laga qaado dabada, qaybta kore ee madaxa, ama aalada yar ee kilkisha la geliyo
- carruurta ka wayn 6 billood: waxaa laga qaadaa cabbirka heerkulka ee laga qaado dabada, qaybta kore ee madaxa, dhegta, ama aalada yar ee kilkisha la geliyo
- carruurta jira 4 sano ama kasii wayn: waxaa laga qaadaa cabbirka heerkulka ee laga qaado afka (afka), qaybta kore ee madaxa, dhegta, ama aalada yar ee kilkisha la geliyo

Hubi inaad u sheegto dhakhtarka cunugaaga nooca aalada cabbirka ee aad isticmaashay.

Daaweynta guriga

Waxaa laga yaabaa in qandhadu aysan u baahan in la daaweeyo illaa in cunugaagu deganaan la'aan dareemaayo maahee. Xittaa heer kululka sareeyo caadi ahaan halis ma ahan in canugaagu qabo xanuun muddo dheer ah maahee.

- U geli cunugaagu dhar jilicsan. Haddii aad u geliso dhar culus jirkiisa ayaa kululaan kara waxayna ku sababaysaa in heerkulka jirka kuu kasii daro.
 - Ilmaha yaryar ee da'doodu ka yar tahay 1: U geli dhabarka ilmuhu ku seexdo ama buste la gashan karo. Buste jilicsan kor haka saarin.
 - Carruurta da'doodu ka wayn tahay 1 sano: Marka uu hurdo, ku dabool isaga go' ama busto khafiif ah.
- Sii cabitaano dheeraad ah.
 - Ilmaha yaryar ee da'doodu tahay 1 sano: Sii wad inaad siiso caanaha naaska iyo caanaha la qaso. Waa inaan la siin biyo. Haddii ay ka wayn yihiin 6 billood, waxaad siin kartaa biyaha saafida ah®.
 - Carruurta da'doodu ka wayn tahay 1 sano: Sii cabitaan badan oo ay cabaan, sida biyo, juus 100% khafiifka ah, jalaato, ama Biyaha saafida ah.
- Canugaaga waxaa laga yaabaa inuusan rabin inuu cunno cunto badan. Sii cuntooyin jilicsan oo tiro yaryar ah laakiin haku qasbin inaad cunto.
- U qubee adoo marmarinaayo maro jilicsan ama u oggoloow inuu cunugaagu isku qooro tuubada. Biyuhu waa inay yihiin kuwa caadiga ah, oo aysan lahayn kuleyl ama qaboow saa'id ah. Isticmaal marada aad ugu qubeyso inaad u marmariso korka jirka cunugaaga (Sawirka 1 aad).



Sawirka 1 aad Qubeyska la marmariyo marada ama ugu qubeynta biyaha caadiga ah ayaa ka caawin kara in heerkulka jirka uu hoos u dhaco. **Biyaha ha ku darin aalkolo.**

- Biyaha HAKU darin aalkolo. Halis ayay keeni kartaa.
- Dib u eeg heerkulka cunugaaga 15 daqiiqad kadib markaad u qubeyso. Haddii heerkulku ka sareeyo 103°F (39.4°C) ama uu sare u sii socdo, mar labaad marmari marada aad ugu qubeyso.
- Daawooyinka uusan dhakhtarku soo qorin ayaa gacan ka geysan kara in lagu xakameeyo qandhada. Akhri qoraalka dhalada ee lagu ogaanayo kuurada saxda ah ee cunugaaga.
 - Acetaminophen (Tylenol®) waxaa loo isticmaali karaa dhammaan carruurta ka weyn 2 bilood.
 - Ibuprofen (Advil®, Motrin®) waxaa loo isticmaali karaa carruurta ka weyn 6 bilood.
 - HA siin asbiriin caruurta (Sawirka 2 aad). Qaadashada asbiriinka waxa lagu xiray cudur la yiraahdo waxyeelleeyaha maskaxda iyo beerka (Reye's syndrome), kaas oo dilaa noqon karo.



Sawirka 2 aad HA siinin kaniiniga aasbiriinka ilmo. Waxaad siin kartaa acetaminophen dhammaan carruurta ka wayn 2 billood ama waxaad siin kartaa ibuprofen haddii ilmuhu ka wayn yahay 6 billood.

Goorta ay tahay in la waco dhakhtarka

Wac dhakhtarka ilmahaaga isla markiiba haddii ilmahaagu:

- Ka yar yahay 3 billood uuna qabo heerkul gaaraya 100.4°F (38°C) ama kasii badan.
- Uu ka wayn yahay 3 billood uuna dareemaayo heerkul:
 - gaaraya 104 °F (40 °C) ama kasii badan.
 - ka badan 102° F (38.9° C) muddo ka badan 2 maalmood ama haddii uu soo noqnoqdo.
 - la daaweeyay si loo xakameeyo, laakiin aan wali ka baabi'in.
- Da'a kasta oo uu jiraba, uu qabo qandho iyo:
 - uuna u muuqdo inuu aad u xanuunsan yahay, caajir dareemaayo, ama dawakhsanaan.
 - uusan wax cuneyn ama wax cabbeen uuna muujinaayo astaamaha in jirkiisu biyaha ku yar yihiin – afku qalalo ama adkaato, haddii uu muujiso indho taagni, kaadi madoow ah, xafaayad qalalan, ama haddii uusan kaadinba.
 - qoortiisana adkaato, uu dareemo madax wareer xun, dhuun xanuun, calool xanuun, matag, ama shuban.
 - uuna qabo nabaro aan caadi ahayn.
 - uuna kujiray meel aad u kulul, sida gaari aad u kulul.
 - uuna qabo dhibaato la xariirta nidaamka difaaca jirka uuna u muuqdo inuu la xanuunsan rabo, cudurka saameeya unugyada dhiiga cas ama kansar, ama haddii uu qaato daawooyin la ciifiya nidaamka difaaca jirka.

Wac 911 ama aad waaxda xaaladaha degdega ah haddii cunugaagu dhibaato ku qabo neefta, uu suuxo, ama uusan hurdada kasoo kici karin.