



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

Helping Hand™

Health Education for Patients and Families

Cudurka Unugyada Dhiiga iyo Qandhada Sickle Cell Disease and Fever (Somali)

Carruurta qabta cudurka unugyada dhiiga (SCD) ayaa aad ugu badan inuu ku dhaco caabuqyo, gaar ahaan caabuqyada bakteeriyaha. Beeryaraha ayaa ka caawiya la dagaalanka caabuqyada. Bukaana qabo cudurka unugyada dhiiga, beeryaraha ma shaqeeyo sidoo kale. Qandhada ayaa noqon karo tan ugu horeyso iyo kaliya aastaanta caabuqa.

Caabuqyada ayaa ku sababi karo dhimasho carruurta qabta SCD, marka qandhada ayaa ah xaalada degdega ah ee caafimaadka.

Aastaamaha Caabuqa

Haddii aad siineysid canugaaga Tylenol® ama Motrin® oo xanuunka ama raaxo la'aanta kale, ka qaad heerkulkooda **marka koowaad** si aad u aragtid haddii ay andho qabaan.

Canugaaga waa inuu arkaa dhaqtar ama bixiyaha datyeelka caafimaadka ISLAMARKIIBA haddii ay qabaan qandho.

Aastaamaha qaar ee caabuqa waa:

- **Qandhada 101° Heerka (38.3° Digriiga) ***
- Qufaca ama ku adag neefsashada
- Neefsasho degdeg ah
- Jiifida si ka badan caadi ahaanta
- Xanaaqida ama xanaaq dhow
- Midibka maqaar casaanka
- Dilqida (matagida) ama shubanka

Penicillin-ka Maalinlaha ah

Penicillin prophylaxis maalinlaha ah ayaa ka caawiyo ka hiortaga caabuqyada. Penicillin waa daawo ka caawiso dilitaanka bakteeriyaha. Carruurta qabta SCD, da'aha dhallaanka cusub oo illaa 5-sanno jirka ah, waa inay qaataan penicillin 2 jeer maalintiiba. Carruurta qaar ayaa u baahan karo inay sii wadaan qaadashada penicillin kadib markii ay gaaraan 5.

- Sii canugaaga penicillin 12 saac ee walba. Garoojada la seego ayaa geliso halista caabuqyada.
- Dareeraha penicillin ayaa u baahan in dib loo buuxiyo 14 maalmood ee walba. Haddii aysan aheyn, way dhaceysaa. Dib u buuxi daawada dhaqtarka ka hor inta aysan dhammaan.
- Dareeraha penicillin ayaa u baahan in lagu hayo qaboojiyaha.

Tallaalada

Tallaalada ayaa sidoo kale ka caawiyo ka hortagida caabuqyada. Tallaalka Prevnaar-13 ayaa loogu talliyay carruurta oo dhan, laakin gaar ahaan carruurta qabta SCD si ay uga yareeyso halista caabuqa daran (jiritaanka bakteeriyaha). Carruurta qabta SCD waa inay qaataan tallaalada lagu taliyay, oo ay ku jiraan cirbida samboorka.

Penicillin iyo tallaalada uma shaqeeyaan 100% ee waqtiga. Sidoo kale waa muhiim in la geeyo canugaaga dhaqtarkooda ama bixiyaha daryeelka caafimaadka islamarkiiba oo leh qandho walba.

Daaweynta

Canugaaga wuxuu u baahanyahay in la geeyo waaxda xaalada degdega ee dhow haddii ay qandho qabaan. Inta aad meeshaas joogtid, waxay:

- Qaadaayan heerka wadnahooda, cadaadiska dhiiga, heerka oksijiinta, heerkulka, iyo heerka neefsashada la cabiray.
- Qaadaayan dhiiga sheybaarada, oo ay ku jiraan cabirada dhiiga iyo baaritaanka dhaqanka dhiiga.
- Gelinayaan faleebada xididka (IV) garabkooda si ay u siiyaan daawada qalajiyaha iyo dhacaano.
- Qaadaayan raajooyinka xabadka ama adeegyada kale ee baaritaanka kumbuyuutarka ee la sameeyo haddii loo baahdo.
- Waxaa la seexin karaa isbitaalka waxay ku xirantahay sheybaaradooda iyo baaritaanka jireed.

Goorta la Waco Dhaqtarka

- Markii aad ku sii socotid waaxda xaalada degdega haddii canugaaga qabo qandho. Kooxdeena ayaa u sheegeyso inaad wadada haysid.
- Haddii canugaaga uu jirado inta lagu jiro maalinta, ka soo wac kaalisada unugyada dhiiga (614) 722-8914 Isniinta illaa Jimcaha, 8 a.m. illaa 4:30 p.m.
 - Haddii aanan la heli karin, fadlan ka soo wac Rugta caafimaadka Unuga Jiran (614) 722-3250.
 - Maqribadii, dhammaadyada isbuuca, iyo fasaxyada, ka soo wac (614) 722-2000 oo ku weydii wacitaanka dhaqtarka dhiiga.

Goorma ayay tahay in la waco 911

U soo wac 911 wixii caawin degdeg ah haddii canugaaga:

- U neefsanayo si tartiib ah ama joojiyo neefsashada.
- Uusan jawaab laheyn oo uusan kula hadli karin.
- Uusan kici karin hurdada yar kadib.
- Uu qabo tabar dari lama fillaan ah, luminta dareenka, ama uusan dhaqaajin karin qeybta jirka.