

Waa iin ad ogaatan waxa u yahay Hargabka Fida(Flu Pandemic)?

Hargabka (Flu) waa mid sii dhib yar ugu fida (pandemic) wadamo baadan iyo gobolo ka mid ah calam ka

Ka hadal ka hargabka fidah waa Ariin Dhawanahan saxafadu Hadal haysay Qarnigi 20th, calamka waxa la soo darsay Sadex Hargabka Fidah, ki u da'ad dilka badna, waxa uu aha ("Spanish Flu") hargab Spanish, 00 1918 iyo 1919 waxa ku dhintraay ka baadan 20 milliyan oo Qof.

Khubarada cafimadka daadweyneh, waxay noshaheen iin hargabka Fidah oo kalay uu dhiickaro marwal. Waxay sheegeen oo kala, Hadi ayni isku diyarino waxa hoos loo dhigi kara tiiradra daadka jirada uu dhiman la hayid.

Iyo marka Hargab ka Fidah waxa uu Faafa hargabka mark wulba lagu oo ala qado hindhisada iyo qufaa iyo ista bashada gac maha, taas oo loga taxa diiro sii lo yareen laha Fidista hargabk.

1. Waa Maxay Hargabka Fida (Pandemic)?

Fidistu waa mid xadi leh (Fidistu waa mid ku kala duwan xadiigadah) waxay tahay mid calmaka ku Fidah ano saf-mar, marka jiradu sii kadislah ugu fido wadamo baadan iyo gobolo calmaka ka mid ah iyo waxyiloso Qayb baadan oo Dadwayen ah oo halka sii ku faafo

2. Sidu uu billabma hargabka Fidah (Flu pandemic)?

Fayras keena hargabka waa mid si jogtoah isu badalayo!! Fidistu waxay bilawada marka uu Fayras cusub uu so baaxo ka soo ka duwan hargab ka guud ee fidah. Maxyeelay dadka aan Qabiin difaca ka hortaga Fiyas Cusub. Tas oo keenta fidista hargabka oo uu fidah sii dagdag ah oo Qaadsiiido boqo lal Kuun oo Qof. Hargabka Fida waax uu ka bilowda marka uu xayawuun amo

fayraska Shimbirta ay isk darman fayraska dadka oo ka dhasho fayras Cusub.

3. Waa Gorma waqtiga lays Qaadsiiyo?

Hargabka waa mid lays qaadsiiin karo 24 ila 48 saacado gudaheed adiga oo wax calaamo jiiro qabiin, taa mac neheedu waa adiga oo si fidiya fayras kaas adiga oo ka warqabiin iin ad jiiro qabto!!

4. Maxay ku ka la Duwan-yahy hargabka caadiga iyo hargabka fida?

Hagab ka fidah waa mid uu eeg hargabka caadiiga ah, sabab ta oo ah dadku ma-laha difaaca fayraska hargabka fidah, Fidista jirada waa mid sii dagdag ah uu fidah oo ah.

Daal, caburka Sanka, Hindhiso, Calaarmo yiin kiisu waxa lamidah, Qandhou, madax xanuurka, xanun, daal, caburka sanka, hindhiso, cumo xanuniyo Quufacah, biasa ahatee waxa uga daran, hargabka Fidah, taas oo dadkajirada qaday ay badiidod ku jiiiran daan hargabka caadiiga ah, siida dhalin yartah cafiimadka Qabtah. Tusaale saanadii 1918 iyo 1919 Jiiiradii Fiday, tirade dadka ku dhiintay waxa uu badnaa dadka dhalinta cafimad Qabtay!

Labadoodu waa hargabka caadiiga iyo hargabka fidah waxay uu fidaan sii isu mid ah. Fayrasku hargabku wuxu fida marka Ruux Qabah hargab uu qufoco amo hindhiso, iyado dhibic di su (la socdo) fayras marka uu ruux am Qof kale uu tab to Qof kale sankiisa amo indhihisa sida kale ee ufida hargabku waa marka uu qof Hargab qaba uu qufoco gacmihisa sii faddaryso amo barxiyo shaygu taabto, siidu iriida (Albaabka) marka sido kale oo Jiiirada lo Qaada hadii ay taab taan shaygii uu Ruux jiiro qabo u taab tow kadii wa taab tan wajiigo-dah.

Ila 35% reer Ontario aya Qaadi Kara *Hargabka fida.*

Siida hoose kudhigan uu ogow.

Hargabka Caadiiga ah	Hargabka Fidah
Hargabka caadiiga ah waxa u yimaada saanad walba	Hargabka Fida waxa u yimada labo amo sadax mar Qarnigiba.
Hargabka caadiiga ah waxa u yimaada bisha November ila bisha April- ka diib wa istaga.	Hargabka Fidah caadi ahan waxuku yimada labo amo sadax mawjo oo u dhexayso bilo mawjadi-bo waxay socota labo ila sadax bil
Ila 10% Reer Ontario aya Qaada Hargabka caadiiga ah Saand Walba.	Ila 35% oo Reer Ontario waxa ku dici kara Hargabka fidu marka u faafo.
Inta baadan dadka Qada hargabka caadiigaah wa jiradan, hasa ahaatee waxay ku Raystaan (bogsadaan) laba isbuc gudaheed amo dheexdeed	Dadka Qado hargabka fido barkod am nus waa (ka Bogsadan) la kiin waxay ka qadatah mudo dadka qarna wa u dhintaan.
Hargabka caadiiga waxa u sii adag u Sameya (ugu dhaca) dadka aan Qabin difaca adag, kuwas wa dadka ad u dad yar, dadkar gaboobay wayeelka ah iyo dadka qabo jiro (xanun) dabadheerada.	Dadka da walaba wa surta gal inay uu jiro daan hargabka fida, tas waxay ku xirantahy fayraska.
Waqtigu Hargabka caadiiga, il 2,000 oo Reer Ontario ah aya u dhiinta dhib-badaan oo u wato hargabka qufaaca (Pneumonia)	Muddada hargabka fida, Ontario waxay arkaysa dad badan oo Qaday jiro, iyo suuroobi karata dhiimasho badaan.
Waxa jirto talaalka hargabka oo laqato saand-kiibo tas oo ka ilaal'sa hargabka.	Ma jiro tallaal lo qato hargabka fida, waxay qadaan Afar ila shaan bil kadib marka u fido iin tallaal la kobciyo. (La heelo)
Waxa jiro Dawayoo dadka u Qato oo ka Daw-eyso, hargabka ka caadiiga.	Isla Dawada hargabka fida aya cawiin karta Dadka Qarkis, hasa yasha waxa suurtagalah iin aan lo heelin dawo ku filan dad baadan, iyo in an markaba an la ogaan saamayuna dawada ka hor inta aan la a Qoonsan fayraska

5. Ma Saamaynay Ontario?

Ha, sababta waxa waya saafarka dhofka diyarada uu dhexayo wadamo badan, waxay uu badantahy in u hargabka fida uu ku faafo Qaybo badaan oo calamka kamidah lagu duro Ontario.

Kuwa Urur Caafimadka ee Caalamka (World Health Organization) iyo khubarad caafimadka dadwaynah ee calmka waxay fiiro fojigan ku fiirinayan calmada koowaad ee hargabka fida, sida logu hortagalilah iin loo tartiibiyo faafka hargabka fida.

6. Maxa dacaya hadi hargabka fida uukudhaco Ontario?

Marka uu so gadho hargabka fida Ontario, waxay u badantahy iin jiradu si dhakhso ah u Fido, dad baadan ay Jiro Qadaan iyo culays ku yimado hawegalinta daryeel ka caafimad ka.

Tas waxay ku xirantahy sida u ufaafo hargabka Fida, nolol malmetkeena in carqalad kutimado, tusalah kampaniyad iin ay xiiran shaqada hawegalinta magaladu ku kobnatooo kaliyah Bixinta howlaha guud oo kaliya, sarakiisha caafimadka dadwaynah iin ay marnucan kulanada, sida

xafladaha iyo sportiska, halkas oo Fayraska hargabka sii dhibyar ugu faafi karo, waa suurtagal in skooladka laxiro.

Mala saadaalin karno sida u usaamaynayo Ontario ka hor inta an loga warqabiin, xadiga Fayraska

Hargabka Fida waxa uu dilikara dadka ***dhalineyarad ee cafimadka Qaba.***

7. Aya inta baadan Qatar ku Suugaan?

Dhamanteen Qatar aya anu ku suuganahay iin aynu Qadno fayraska hargabka fida. Hargabka Fida waxa u fida sii kadiis ah, ka dhaqso baadan hargabka cadiga, sabab tu iinta baadan reer Ontario ma Qabaan difaac, dadka Qarkis sida dadka Caruurta am dadka agaboobay wa suurtagal in ay ku suugan yahiiin Qatar oo ay Qadaan Jiro amo uu dhintaan.

Hasa ahatee waa in Qof Kasta u taxadirad iyo Fojigan. Tariqda 1918 iyo 1919 hargabka fida waxa u dhintay dhalin cafimad qaba oo 20's iyo 30's Jirah.

Mala ogan karo cida Qatar ku suugaan ka hor iinta an laga waar Qabin Fayraskas.

8. Wa intee daka Jiironayo? Daryeel nucma ayay u baahanayan?

- Qiyasti 35% aya Qadi hargabka fida bar waxay bahanayan dhaktar ama ners kal-kaaliye caafimaad. Barna waxay u bahanayan warbixiin iyo talo si ay udaryalaan naftooda.
- Waxay tahay in la firiyo xawliga jirada, dadka qarna Waxa la dhigaaya osbitaalka

9. Wa gorma marka la dawayn laha hargabka fida?

Waxa lahayna dawoyin la yaqon sida taas oo dawayn ha lidikuaah fayras (antivirals) hargabka, hasa yashee si dowadiu u shaqeen laheed waa iin dadkas si (Kadis) ah oo Qaataan Dawada Kadib morka ay jirada qadaan, taas waa iin dadka qarkis qataan dawoda ka hor iin ta aysan jirada qadin.

Waqtigana xadirka, Ontario waxa orurisay dawada la dagalanka oo lo hayo Gabalka.

Hidro u hargabka fida u ximado, waxa la ogaan kara o kaliya I nay shaqayso kayidika dawador

defacac fayraska, waxa waya marka logo war qabo duuc hargabka. Tirada dadka la dawayn kara waxay ku xirutahan kayidka dowad.

10. Waa gorma marka la hui kara talaalka hargabka fida?

Marka ay klubarada cilmiga ay falaanqeyan fayraska hargabka fida, waxa bilabmayo sosaarka talaalka lagu doweyn laha peer Ontario.

Marka si kadiis ah lo darso nuuca fayraska hargabka, fi khadis ah waxa bilabmayo sosaarka talaalka logaga hortagi karo faafka hargabka. Waxa muhiim iin la xasusnado inay kadato qati, lakin difaac ugu haboon waa is tiyariinta faajka marka kowad.

Nadaafada waraga gocamaba waxa waya sida ugu haboon ee logo hortagi karo faalka hargabka.

11. Sida baan amiga iyo reerkayga uga ilaliin kara hargabka fida?

Hadi hargabka fida u ku faajo Ontario, waxad u yareyn karta Qataartu wu iin ad yaasho marwalba waxa ad isaga ilaliso hargabka cadiga adiga iyo reerkaga:

- Wa in ad qadato irbada dawada hargabka ee saamadka, irabad dawada hargabka ka ma ilaalin karto fayraska hargabka fida, hasu yashee waxay ku ilaalin oo kaliya hargabka cadiga ah, taas oo keeni karta daciifinta difaca jirka ama ka hostaga hargabka fida.
- Ku daaq gocamaohaga sabun siwaanagsan mar walba nadaafada gacamaha waa jidka ugu haboon ee logo hortagi karo faafida fayraska hargabka.
- Waa inad haysto nafdifiya ka koban alkahul(xayir ama tiree) masha ad ka shaqayso gurigaga iyo Gariga.
- Saanka iyo afkaaga waa inad sarto kilinikis ama waraqada wax logo tirtiro marka ad qufacado amo ad hindhisto.
- Hadi ad jiraantahay Gurigag iska Joog.
- Ha adin mal dad badan, halkas fayraska si dhibyar ugu faafi kara.
- Yaray safarka an aheyn muhiim.
- Raac oo tixgali oggiska sarakisha caafimadka ee dadwaynah

12. Waxay nidamka caafimad-ku ku qabanayan sidi logo bada badi laha hargabka fida?

Kuwa Sarkaal Saaree Caafimaadka (Chief Medical Officer of Health) iyo Wasaarada Caafimadka iyo Daryeelka Mustaqbalka Fog (Ministry of Health and Long-Term Care) waxay lashaqeynoata waaxda caafimadka dadwaynah nidamka daryalka caafimadka-sidi la isguidiyarin laha hargabka fida, ujeedadeenu waa iin la yareyo faaf ka hargabka fida iyo iin lafidiyo hawe galinta caafimadka baahida reer Ontario.

Waxa aynu nahay:

- *Ka war heynta* hargabka ee gudah Ontario iyo calamka intiisa kala.
- *Waxa aynu hayna kayd* ka dawadad difaac fayrask iyo Qalabeynta.
- *Nidamka diyarinta* iyo qaybinta si dawada iyo ilalada degdeg ah iyo gar siinta
- *Horumarita Qorshaynta xashad*, deg-degah. Silo balariyo tirade dadka dhiiba daryeelka caafimadka iyo maalaha laga heelikaro daryeel-fidiye.
- *Warbixinta horumarka* ee dadweynah iyo daryeel fidiyasha caafimadka.
- *Wa in la hubiyo* qaybi badaan oo talaal ah si deg-degah marka la halo.

Waxa anu diiyarinay nidaanka war faafinta oo xoog la saaro, oo ku dhisaan waqti oo aan khalad lahayn, si jog logu ah wargaliyo oo la shaago dadka reer Ontario si ay isaga ilaaliyan iyo daryeel kooda iyo Qooyo kooda.

Hadi ad rab to warbiixin la xarunta hargabka fia ama Qorshaha hargabka fida ee Ontario ad www.health.gov.on.ca