

Qaniinyada Xayaanka iyo Xagashada

Animal Bites and Scratches

If you or your child is bitten or scratched by an animal, the wound can get infected. Clean the wound right away and **get medical help as soon as possible**. Even if the animal is your family pet, you should follow these steps:

1. Wash the wound well with soap and water.
2. Put pressure on the area to stop the bleeding.
3. When bleeding stops, put an antibiotic cream, such as Neosporin, on the wound.
4. Cover the bite or scratch with a clean bandage.
5. Get medical help the same day if possible.
 - ▶ Many bites are puncture wounds that can become infected if not cleaned well.
 - ▶ If any stitches are needed, they must be done within the first 12 hours after a bite.

Human bites should receive the same first aid and prompt medical attention as an animal bite.

Your child will be given a tetanus vaccine if he or she has not had one in the past 5 years. An adult needs the vaccine every 10 years.

Follow the treatment your doctor orders. Each day, until the wound heals, remove the bandage and check the wound. Clean the wound with soap and water and put on a clean bandage until the wound heals.

Haddii adiga ama canugaaga la qaniino ama ay xagtaan xayawaanada, dhaawaca wuu caabuqi karaa. Nadiifi dhaawaca isla markaas oo **hel caawinta caafimaadka sida ugu dhaqsaha badan oo suurtoogalka ah**. Xittaa haddii xayawaanka uu yahay xayawaanka guriga qoyskaaga, waa inaad raacdaa tallaabooyinkan:

1. Si wanaagsan ugu dhaq dhaawaca saabuun iyo biyo.
2. Cadaadis geli aaga si loo joojiyo dhiig baxa.
3. Markii dhiig baxa joogsado, geli kareemka qalajiyaha, sida Neosporin, ee dhaawaca.
4. Ku dabool qaniinyada ama xagashada faashad nadiif ah.
5. Hel caawinta caafimaadka isla maalinta haddii ay suurtoogal tahay.
 - ▶ Qaniinyo badan waa dhaawacyada duleelka leh ee caabuqi karo haddii aanan si wanaagsan loo nadiifin.
 - ▶ Haddii wax tolmo ah loo baahdo, waa in lagu sameeyaa gudaha 12 saacadood ee ugu horeeyo kadib qaniinyada.

Qaniinyada aadanaha waa inuu helaa isla gargaarkaas koowaad iyo daryeelka caafimaadka oo degdeg ah sida qaniinyada xayawaanka.

Canugaaga waxaa la siinayaa tallaalka teetanada haddii isaga ama iyada aysan helin mid 5-tii sanno ee la soo dhaafay. Qofka weyn wuxuu u baahanyahay tallaalka 10 sanno ee walba.

Raac daaweynta dhaqtarkaaga kugu amro. Maalin walba, illaa dhaawaca bogsoodo, ka saar faashada oo hubi dhaawaca. Ku nadiifi dhaawaca saabuun iyo biyo oo geli faashad nadiif ah illaa dhaawaca bogsoodo.

Your doctor will report the bite to your local health department. This should be done within 24 hours of the bite.

Call your doctor if:

- The wound is red, swollen, warm to the touch, or more painful.
- There is more drainage or a bad odor from the wound.
- There is a fever over 101 degrees F or 38 degrees C by mouth.

What to do about the animal:

- Call your doctor **right away** if you do not know the owner of the animal that bit you or your child. The animal may have rabies.
- If the animal was tame, try to find its owner. Find out if the animal has had shots for rabies, and the date the shots were done. The doctor will need to know this to plan treatment.
- When possible, put the animal in a fenced area away from people and other animals for 10 days. Watch for any changes in behavior. **Do not try to cage a vicious or wild animal.** Call the police or animal control department.
- If you or your child has been bitten by a bat or has slept in a room with one, **you must see a doctor.**

Dhaqtarkaaga wuxuu ku soo wargelinayaa qaniinyada waaxda caafimaadka deegaankaaga. Tani waa in lagu sameeyaa gudaha 24 saacadood ee qaniinyada.

Soo wac dhaqtarkaaga haddii:

- Dhaawaca waa gaduud, bararka, diirsan illaa taabashada, ama xanuun dheeraad ah.
- Waxaa jiro daadasho badan ama ur xun ee dhaawaca ka imaanayo.
- Waxaa jiro qandho ka badan 101 heerka F ama 38 heerka C oo af ahaan ah.

Waxa laga sameeyo xayawaanka:

- Soo wac dhaqtarkaaga **isla markaas** haddii aadan garaneyn milkiilaha xayawaanka adiga ama canugaaga qaniino. Xayawaanka wuxuu qabi karaa raabiyo.
- Haddii xayawaanka uu ahaa rabaayad, isku day inaad heshid milkiilahiisa. Ogow haddii xayawaanka uu qabo cirbadaha raabiyada, iyo taariiqda cirbadaha la sameeyay. Dhaqtarka wuxuu u baahanayaa inuu ogaado midaan si uu u qorsheeyo daaweynta.
- Marka ay suurtoagal tahay, geli xayawaanka aaga la illaaliyay ee dadka iyo xayawaanada kale oo 10 maalmood ah. Daawo isbadelo walba ee dabeecada. **Ha isku dayin inaad qafis geliso xayawaanka xanaaqsan ama duureedka.** Soo wac booliska ama waaxda xakameynta xayawaanka.
- Haddii adiga ama canugaaga ay qaniineen kibiley ama seexday qol hal ku jirto, **waa inaad dhaqtar aragtaa.**

Safety around animals

Teach your child to be safe around animals.

- Never bother an animal when it is eating.
- Do not pull on your pet's ears or tail.
- Pick up your pets slowly.
- Wash your hands after petting an animal.
- Do not feed wild animals or animals you do not know.
- Young children should not put their hands in an animal's tank or cage.
- Keep pets on a leash.

If a dog is threatening:

- **Never scream and run.**
- **Stand very still** with hands at your sides. **Avoid eye contact** with the dog. When the dog loses interest in you, slowly back away until he is out of sight.
- If the dog does attack, place your jacket, book bag, or anything you can between you and the dog.
- If you fall or are knocked to the ground, curl into a ball with your hands over your ears and do not move. Try not to scream or roll around.
- Always **walk away** if a dog is growling or begins to growl when approached. **Never run!**

Badbaadada agagaarka xayawaanada

Bar canugaaga inuu badbaado ku ahaado agagaarka xayawaanada.

- Marnaba ha dhibin xayawaan marka uu cunayo.
- Ha jiidin dhagaha ama dibka xayawaankaaga.
- U qaad xayawaankaaga si tartiib ah.
- Dhaq gacmahaaga kadib markii aad taabatid xayawaan.
- Ha quudin xayawaanada duurjoogtada ee aadan garaneyn.
- Carruurta yar waa inaysan gelin gacmahooda taangiga xayawaanka ama qafiska.
- Ku haay xayawaanada xariga.

Haddii eyga kuu hanjabayo:

- **Marnaba haku qeylin oo haka ordin.**
- **Si toosan u joogso** iyo gacmaha ee dhinacyahaaga ah. **Ka fogow xiriirka indhaha** ee eyga. Markii eyga lumiyo xiisahaaga, waxyar gadaal u bax illaa uu ka maqanyahay dhinaca.
- Haddii eyga uu weeraro, ku meeley jaakadaada, boorsada buugga, ama wax walba aad awoodid ee u dhaxeeyo adiga iyo eyga.
- Haddii aad dhacdid ama dhulka aad dhufatid, isugu laab balooni gacantaada ee dusha indhahaaga oo ha dhaqaaqin. Isku day inaadan qeylin ama dhinaca ku wareegan.
- Marwalba **ka lugeey** haddii ey uu kuugu guuxayo ama ku bilowdo markii ay timaado. **Marnaba ha ordin!**

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