

# KUDKA: Waxa la Rabo Inaad ka Ogaatid

## Anthrax: What You Need to Know

### What Is Anthrax?

Anthrax is a serious disease caused by bacteria that forms spores. Anthrax can make you sick by getting into your skin, lungs or digestive system. It can be deadly if untreated.

### How Do You Get Anthrax?

The most common and also the most deadly form of anthrax is inhalation anthrax, which is caused by breathing in anthrax spores. People can also get anthrax from touching or eating an infected animal or breathing in spores from an infected animal. Anthrax can also be used as a weapon. In 2001, 22 people got sick when anthrax was put into the mail.

You cannot catch anthrax from another person or spread it to others.

### What Happens If I Get Anthrax?

People usually get sick within 1 to 7 days of exposure to anthrax, but if it is in your lungs it may take 42 days before you get sick.

It may cause your skin to blister or have sores. You may have a sore throat, mild-fever, headache, cough and breathing problems.

You will need to be treated with medicine because anthrax can cause serious illness or death.

### Waa Maxay kudku?

Kudku (anthrax) waa cudur halis ah oo ay sababto bakteeriya sameysata unugyo abuur ah (spores). Kudku waxa uu kugu ridi karaa cudur marka uu kaa galo maqaarka, sambabka, caloosha, ama habka dheefshiidka. Waxa uu keeni karaa geeri haddii aan la daweyn.

### Sidee Baan Kudka u Qaadi Karaa?

Nooca ugu caansan uguna dhimashada badan ee kudka waa neefsashada kudka, oo waxaa keena neefsashada kudka. Dadku waxay sidoo kale kudka ka qaadi karaan taabashada, cunista hilib xayawaan qaba cudurka, ama iyaga oo neefsada unugyada abuurka u ah bakteeriyada ee ka soo baxaya xayawaan qaba cudurka. Kudka waxa loo isticmaali karaa oo kale hub ahaan. Sannadkii 2001, dad tiradoodu tahay 22 qof ayaa xanuunsaday ka dib markii kud loogu soo riday boosta.

Kudka lagama qaadi karo qof kale, umana gudbin kartid dadka kale.

### Maxaa Dhaca Haddii Kud Aan Qaado?

Badanaa dadku waxay xanuunsadaan inta u dhaxaysa 1 ilaa 7 maalmood ka dib soogaadhista kudka, laakiin haddii uu galay sambabkaaga waxa laga yaabaa inay qaadato 42 maalmood inta aad xanuunsanaysid. Waxa laga yaabaa in uu maqaarkaaga ku rido finan, ama nabarro. Waxa laga yaabaa oo kale inaad yeelatid xanuun cunaha ah, qandho, madax-xanuun, qufac ama dhibaatooyin neefsasho.

Waxa aad u baahnaan doontaa in lagugu daweyo dawo, sababta oo ah kudku waxa uu keeni karaa cudur halis ah ama geeri.

## How Is Anthrax Treated?

There is no way to test for anthrax before you get sick.

Antibiotics are used to treat all types of anthrax. Health-care workers will give you medicine (doxycycline or ciprofloxacin). This medicine can help prevent an anthrax infection, even if you don't feel sick.

You may have to take this medicine for 60 days. The medicine can cause nausea, diarrhea, headache or a yeast infection (women only), but it is important that you keep taking the medicine until it is gone.

Children have to take different amounts of the medicine than adults. Health-care workers have information on how to give medicine to children and babies.

## Is There An Anthrax Vaccine?

There is an anthrax vaccine, which is recommended for adults 18 through 65 years of age **who are at risk of exposure to anthrax bacteria**, such as certain laboratory workers and people who handle potentially infected animals. These people should get three doses of vaccine: the first dose when risk of a potential exposure is identified, and the remaining doses at one and six months after the first dose. After the six-month dose, the vaccine recipient is considered protected and can work in areas where there is a risk of exposure to anthrax. Boosters at 12 and 18 months, and annually thereafter, are recommended for ongoing protection.

## Sidee Baa Kudka Loo Daweeyaa?

Ma jiro hab lagu baaro kudka ka hor inta aadan la xanuunsan.

Antibiyootiko ayaa la isticmaalaa si loo daweeyo dhammaan noocyada kudka. Shaqaalaha daryeelka caafimaadku waxay ku siin doonaan dawo (doxycycline ama ciprofloxacin). Dawadani waxay gargaar ka geysan kartaa ka-hortagga caabuqa kudka xiitaa hadii aadan xanuun dareensanayn.

Waxa laga yaabaa in aad dawadan qaadatid 60 maalmood. Dawadu waxay sababi kartaa lallabo, shuban, madax-xanuun ama caabuqa khamiirka (yeast infection) (waa haweenka oo kaliya), laakiin waxa muhiim ah inaad sii wadid qaadashada dawada ilaa aad ka dhammeysanaysid.

Ilmaha waxa la siin doonaa qadaro ah dawada oo ka duwan kuwa dadka waaweyn. Shaqaalaha daryeelka caafimaadka ayaa haya war ku saabsan sida dawada loo siiyo caruurta iyo dhallaanka.

## Kudka ma leeyahay tallaal?

Waxaa jira tallaal kudka (anthrax), oo lagula taliyo dadka waaweyn 18 illaa 65 sano jirka ah **ee halista ugu jira in ay qaadaan bakteeriyada kudka**, sida shaqaalaha shaybaarka qaar iyo dadka wax ka qaban kara cudurada ku dhici kara cudurka. Dadkani waa inay helaan seddex qiyaasood oo tallaal ah: qiyaasta koowaad marka halista soo-gaadhista suurtagalka ah la aqoonsado, qiyaasaha kale ee harayna waxaa la siinayaa hal iyo lix bilood kadib qiyaasta koowaad. Kadib qiyaasta bisha lixaad, qaataha tallaalka waxaa loo qaadanayaa inuu yahay mid difaacan oo wuxuu ka shaqeyn karaa meelaha ay khatarta ugu jiraan inuu cudurka kudka ku faafo. Xoojiyeyaasha 12 iyo 18 bilood, iyo sanad kasta wixii intaas ka dambeeya, ayaa lagula talinayaa si loo helo difaac joogto ah.

Anthrax vaccine is also recommended for **unvaccinated people of all ages who have been exposed to anthrax**. The vaccine has not been studied or used in children less than 18 years of age and its use in exposed children must be under an Investigational New Drug (IND) program and requires informed consent from a parent or legal guardian. These people should get three doses of vaccine together with recommended antimicrobial drugs: the first vaccine dose as soon after exposure as possible, and the remaining doses two and four weeks after the first.

Tallaalka kudka sidoo kale waxaa lagula talinayaa **dadka aan la tallaalin ee da 'kasta oo ay ku dhacday cudurka kudka**. Tallaalka daraasada laguma samayn ama loomana isticmaalin carruurta ka yar da'da 18 sano jirka, in loo isticmaalo carruurta qaba cudurka waa in ay ku qoran tahay barnaamijka Baaritaanka Cusub ee Caafimaadka (IND) waxayna u baahan tahay in oggolaansho laga helo waalidka ama mas'uulka sharciga ah ee cunnuga. Dadkani waa inay helaan seddex qiyaasood oo tallaalka ah oo ay la socdaan dawooyinka lidka ku ah noolaha yeryer: qiyaasta tallaalka ee ugu horreysa waa in loo siiyaa sida ugu dhakhsaha badan marka ay lagu ogaado cudurka, qiyaasta hartayna waa in la siiyaa laba iyo afar toddobaad ka dib kan koowaad.