

# Daryeelka Guriga ee Ifilada/Fuluuga Safka ah

## Home Care for Pandemic Flu

When many people get a disease at the same time, it is called a pandemic. Pandemic flu is caused when many people get sick or infected from a new flu virus. Flu virus is spread through coughing and sneezing by people who have the flu. The flu also spreads when a person touches a surface or an object with the flu virus on it and then touches their eyes, nose or mouth. Flu virus can live for up to 24 hours on a solid surface.

The signs of seasonal flu are fever, cough, sore throat, runny or stuffy nose, muscle aches, headache, chills and fatigue. Some people have vomiting and diarrhea. The signs of pandemic flu are the same, but they may be more severe and affect more people. If you or a loved one has signs of pandemic flu, stay home and avoid contact with others.

If you are caring for a loved one during a pandemic, take steps to protect yourself and others. Listen for information from local and state officials on how to care for a person ill with the flu.

### Gather these supplies to prepare for pandemic flu:

- Thermometer
- Disposable respirators (one for each person)
- Soap
- Alcohol-based hand sanitizer
- Paper towels



Image: OSHA, U.S. Dept. of Labor

Marka dad badan uu cudur ku dhaco isku wakhti, waxa la yidhaahdaa waa saf cudur. Ifilada ama fuluuga safka ahi waxa uu dhacaa marka dadku ay la jirraadaan ama uu cudureeyo fayras ifilo oo cusub. Ifiladu waxay ku faaftaa qufaca iyo hindhisada dadka qaba ifilada. Waxa kale oo ay ifiladu marka uu qof taabto meel sagxad ah ama walax fayraska ifiladu saaran yahay ee dabeedna uu taabto indhaha, sanko ama afka. Fayraska ifiladu wuxuu ku noolaan karaa illaa 24 saacadood sagaxad dusheed.

Calaamadaha ifilo xilliyeedku waa qandho, qufac, dhuun xanuun, san duuf ka socdo iyo xanuun -muruqyada ah. Calaamadaha ifilada safka ah waa isla kuwaa, laakiin waxa laga yaabaa inay kuwaa ka sii daran yihiin oo ay saameeyaan dadka tiro badan. Haddii adiga ama qof uu qabo calaamadaha ifilo saf ah, joog guriga oo iska ilaali in aad la xidhiidhid dadka kale.

Inta lagu jiro ifilo saf ah, haddii aad daryeelaysid qof aad jeceshahay waa inaad qaadid tallaabooyin aad ku badbaadinaysid naftaada iyo dadka kale. Saraakiisha degmada iyo gobolka ka dhageyso warka ku saabsan sida loo daryeelo qof u jiran ifilo saf ah.

### Soo ururso alaabtan si aad isugu diyaarisid ifilo saf ah:

- Heerkulbeeg
- Qalabka sanko/neefta (halkii qofba hal xabo)
- Saabuun
- Gacmo nadiifiye leh aalkolo
- Tuwaalo/shukumaano waraaq ah

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Tissues</li> <li><input type="checkbox"/> A disinfectant cleaner or a cleaner with bleach</li> <li><input type="checkbox"/> A box of disposable gloves</li> <li><input type="checkbox"/> Cans of soup and broth</li> <li><input type="checkbox"/> Fluids with electrolytes and vitamins such as sports drinks like Gatorade, Powerade or Pedialyte (for children)</li> <li><input type="checkbox"/> Fever-reducing medicine such as acetaminophen or ibuprofen</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Masarada waraaqda ah</li> <li><input type="checkbox"/> Nadiifiye jeermi-dile ah ama nadiifiye leh cadeeye (bleach)</li> <li><input type="checkbox"/> Sanduuq ah gacmo-galisyada hal mar la isticmaalo</li> <li><input type="checkbox"/> Qasacyo ah maraq iyo fuud</li> <li><input type="checkbox"/> Cabitaano leh elektaroolaytyo iyo fitamiino sida cabitaanada isboortiska sida Gatorade iyo Powerade</li> <li><input type="checkbox"/> Dawada yareysa qandhada ama xumadda sida acetaminophen ama ibuprofen</li> </ul> |
|---|---|

### Note:

- **Do not give aspirin or aspirin-based products to children.** It may cause a rare, but serious illness called Reye's syndrome.
- Check with a doctor **before** giving cold medicines for flu signs to children 4 years old or younger.

### Caring for a Loved One

- **Call your doctor to report your loved one's flu signs.** Your doctor will give you advice about home care or tell you if emergency care is needed.
- Write down the date, time, fever, signs, medicines given and dosage. Make a note when his or her flu signs change.

### Ogoow:

- **Ha siinin ilmaha asbiriin ama dawo asbiriin ku jiro.** Waxa laga yaabaa inay keento jirro nadir ah laakiin halis ah oo loo yaqaan Reye's syndrome.
- Ka hubi dhakhta **kahor** intaan la siin dawada hargabka carruurta 4 sanno jirka ah ama ka yar.

### Sida Loo Daryeelo Qof aad Jeceshahay

- **Wac dhakhtarkaaga si aad u sheegtid calaamadaha ifilada ee uu qabo qofka aad jeceshahay.** Dhakhtarkaagu waxa uu talo kaa siin doonaa daryeelka guriga ama uu kuu sheegi doonaa haddii loo baahan yahay daryeel degdeg ah.
- Qor taariikhda, wakhtiga, qandhada, calaamadaha, dawooyinka la siiyay iyo qadarka. Qor marka calaamadaha qofku is beddelaan.

- Give plenty of fluids to prevent dehydration, which can be serious. Make sure the ill person drinks plenty of fluids, ice and foods such as soup and broth at the first signs of the flu. If your loved one has diarrhea or vomiting, give fluids that contain electrolytes and vitamins. If fluids make nausea worse, give one sip at a time until his or her nausea improves.
- Medicines to ease the signs of the flu, such as antiviral medicines, may be ordered by your doctor.
- To help reduce a fever give:
  - Plenty of fluids.
  - A fever-reducing medicine, such as acetaminophen or ibuprofen. Do not give aspirin to anyone younger than 18 years old.
  - A sponge bath with lukewarm water for fever.
- Be sure all family members get enough rest.
- Avoid alcohol and tobacco products to stay healthy.
- Sii cabitaanno badan si aan dheecaanku uga dhammaan, taasoo noqon karta arrin culus. U hubso in qofka jirrani cabo cabitaanno badan, jallaato/ iskiriin iyo cuntooyinka sida maraq iyo fuud marka ugu horeysa ee la arko calaamadaha ifilada. Haddii leeyahay shuban ama matag, sii cabitaano ay ku jiraan elektaroolaytyo iyo fitamiino sida cabitaanada isboortiga sida Gatorade iyo Powerade. Haddii cabitaannadu ay lallabada ku sii kicinayaan, sii hal kabasho halkii mar ilaa uu ka roonaanayo lallabada.
- Waxa laga yaabaa in dhakhtarkaagu uu amro dawooyinka yareeya calaamadaha ifilada, sida dawooyinka lidka-fayraska.
- Si aad gargaar uga geysatid yareynta qandhada, sii:
  - Cabitaanno badan.
  - Dawada yareysa qandhada, sida acetaminophen ama ibuprofen. Ha siin asbiriin qof ka yar 18 sannadood.
  - Qubeys ah marmarin buush iyada oo la isticmaalo biyo diiran.
- U hubso in dhammaan xubnaha qoysku helaan nasasho ku filan.
- Iska ilaali isticmaalka khamri iyo waxyaabaha tubaakada ama buuriga ka sameysan si aad caafimaad u heshid.

### **Call your doctor again if your loved one has:**

- A fever over 104 degrees Fahrenheit (F) or 40 degrees Celsius (C) for adults or children over 2 years old.
- A fever over 102 degrees F or 38.9 degrees C for babies 3 to 24 months old.
- A fever of 100.4 degrees F or 38 degrees C for babies less than 3 months old.

### **Wac dhakhtarkaaga markale haddii qof aad jeceshahay uu leeyahay:**

- Qandho ka sareysa 104 digrii F (40°C) oo ah dadka waaweyn ama ilmaha ka weyn 2 sano jir.
- Qandho ka saeysa 102 digrii F (38.9°C) oo ah ilmaha jira 3 illa 24 bilood.
- Heerkul malawadka ah oo ah 100.4 digrii F (38°C) ama ka sarreeya oo ah ilmaha ka yar 3 bilood jir.

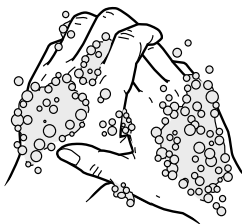
- A fever of 100.4 degrees F or 38 degrees C for three days for children 6 months or older.
- Children of any age who have a seizure with fever. Seizures happen when a child between 6 months and 6 years of age have a temperature greater than 100.4 degrees F or 38 degrees C.
- A cough that produces thick mucus.
- Signs of dehydration such as dry mouth or great thirst.
- Flu signs that get better and then get worse.
- Worsening of other medical conditions such as heart disease or diabetes.
- Heerkul malawadka ah oo ah 100.4 digrii F (38°C) ama ka sarreeya oo ah ilmaha ka yar 3 maalmood illa 6 bilood ama ka weyn
- Carruurta da'a kasta ee ku suuxa qandhada. Suuxitaanku wuxu dhacaa marka ilmo u dhaxeeya 6 bilood illaa 6 sanno leeyahay heerkul ka weyn 100.4 digrii F ama 38 digrii C
- Qufac keenaya xab adag
- Calaamadaha qallalka sida af qalalan ama haraad weyn
- Calaamadaha ifilada oo roonaaday hadan xumaaday
- Xaaladaha caafimaad ee kale sida cudurka wadnaha ama sonkor/sonkorow ama macaan oo ka sii dara

### **Call 911 or go to the emergency department if your loved one has:**

- Confusion or dizziness
- Problems with breathing
- Chest pain
- Blue or gray skin color
- A stiff neck
- No ability to move an arm or leg
- Seizures

### **To prevent the spread of the flu virus to others:**

- Have the infected person and caregiver wear a facemask.
- Wash your hands with soap and warm water before and after providing care or touching items that may have germs on them.
  - › Wash your hands briskly for 15 seconds.
  - › Clean under your nails.



### **Wac 911 ama tag qaybta degdegga haddii qofka aad jeceshahay leeyahay:**

- Wareer
- Neefsashada oo ku dhib ah
- Xanuun xabbadka ah
- Maqaar buluug ah ama sii madoobaaday
- Qoor adag
- Gacan ama lug aan la dhaqaajin karin
- Suuxdin

### **Si looga hortago in fayraska ifilada lagu fidiyo dadka kale:**

- Waa in qofka cudureysan iyo daryeeluhu ay xidhaan waji-qariska dhakhtarka.
- Gacmahaaga ku dhaq biyo diiran iyo saabuun ka hor iyo ka dib marka aad daryeel bixisid ama aad taabatid alaabta laga yaabo inay leeyihiin jeermi.
  - › Si xoog leh u dhaq gacmahaaga mudo ah 15 il bidhiqsi.
  - › Nadiifi hoosta cidiyahaaga.

- › Use paper towels to dry your hands so you do not spread germs on shared towels.
- › Use a paper towel to turn off the faucet.
- › Apply alcohol-based hand sanitizer. Put enough liquid on your hands to moisten the front and back of your hands and fingers. Rub the liquid briskly like you are washing your hands. Be sure to moisten between your fingers. Rub your hands 15 to 30 seconds or until your hands are dry.

- Cover your mouth and nose with a tissue when you cough or sneeze to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.
- Keep your hands away from your eyes, nose and mouth.
- Keep everyone's personal items separate.
- Avoid sharing items such as food or eating utensils, toys, computers, pens, papers, clothes, towels, sheets or blankets, unless they are disinfected.
- Clean surfaces such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach. You can also mix your own water and bleach solution. Mix 10 parts water with one part bleach.



- › Isticmaal tuwaalo/shukumaanno waraaq ah si aad ugu qallajisid gacmahaaga si aanad jeermiga ugu fidin tuwaalada la wadaago.
- › Isticmaal tuwaal/shukumaan waraaq ah si aad u xidhid qasabada biyaha.
- › Gacmahaaga mari nadiifiye leh alkolo. Mari in ku filan gacmahaaga si aad u qoysid xagga hore iyo xagga dambe ee gacmahaaga iyo farahaaga. Ugu xoq si xoog leh oo la mid ah marka aad dhaqaysid gacmahaaga. U hubso in aad qoysid inta u dhexeysa farahaaga. Isku xoq gacmahaaga mudo ah 15-30 sekan ama ilaa ay gacmahaagu ka qalalayaan.
- Afkaaga iyo sankaa ku dabool masar waraaq ah marka aad qufacdid ama hindhistid si aanad jeermiga ugu fidin dadka jooga agagaarkaaga. Tuur masarka waraaqda ah oo dhaq gacmahaaga. Haddii aanad haysan masar waraaq ah, ku qufac ama ku hindhis garabkaaga ama cududdaada.
- Ka ilaali gacmahaaga indhahaaga, sankaaaga iyo afkaaga.
- Alaabta gaarka ee qof kasta gooni ka dhig.
- Iska ilaali in aad wadaagtid waxyaabaha sida cunto ama qalabka cunista, alaabta ciyaarta ee caruurta, kombiyuutaro, qallimo, waraaqo, dhar, tuwaalo/shukumaano, go'yaal ama busteyaal, haddii aan la jeermi-tirin.
- Nadiifiye jeermi-tir ah ama nadiifiye leh caddeeye (bleach) ku nadiifi oogada miisaska, saxanka dhiqista, qasabadaha, gacanta albaabada, teleefonada iyo barta shidista iftiinka ama nalka. Waxa kale oo aad qasan kartaa badhax ah biyo iyo cadeeye. Isku qas 10 qaybood oo biyo ah hal qayb oo daawada wax sifaysa.

- Use detergent and very hot water to wash dishes or clothes. Dishes used by sick people can be safely washed with dishes used by others if detergent and very hot water are used. The same is true for washing laundry.
- Wear disposable gloves when cleaning up body fluids then wash your hands.
- Isticmaal saabuunta budada ah iyo biyo si aad ah u kulul si aad u dhaqdid suxuunta/saxamada ama dharka. Suxuunta ay isticmaalaan dadka jiran si amaan ah ayaa loola dhiqi karaa suxuunta ay isticmaaleen dadka kale haddii la isticmaalo saabuunta budada ah iyo biyo si aad ah u kulul. Isla taa ayaa sax ku ah dharka la dhaqayo.
- Gasho gacmo-galisyo marka aad nadiifinaysid dheecaanka jidhka ka dibna dhaq gacmahaaga.

**If at any time you have questions or concerns, contact your doctor or nurse.**

**Haddii su'aalo mar uun qabto ama cabasho, fadlan la xidhiidh dhakhtarkaaga ama kalkaalisada.**