Hargabka

Influenza

Influenza is also called the flu or seasonal flu. It is a respiratory infection caused by a virus.

Flu virus is spread when someone with the flu coughs, sneezes or talks. The flu also spreads when a person touches a surface or an object with flu virus on it and then touches their eyes, nose or mouth.

Hargabka waxaa sidoo kale loogu yeeraa ifilo ama qufac xiliyeed. Waa caabuq neef mareenka ku dhaca oo uu keeno fayras.

Fayraska hargabku waxa uu faafaa marka qof hargabsan uu qufaco, hindhiso ama hadlo. Waxa kale oo ay ifiladu marka uu qof taabto meel sagxad ah ama walax fayraska ifiladu saaran yahay ee dabeedna uu taabto indhaha, sanka ama afka.

Signs

You may have some or all of these signs:

- Temperature of 100.4 degrees Fahrenheit (F) or 38 degrees Celsius (C) or greater
- Cough or sore throat
- Runny or stuffy nose
- Headache
- Feeling very tired
- Muscle or body aches
- Chills
- Diarrhea (less common)

Astaamaha

Waxaad lahaan kartaa qaar ama dhammaan astaamahaan:

- Heerkul dhan 100.4 digrii Fahrenheit (F) ama 38 digrii Celsius (C) ama ka badan
- Qufac ama dhuun xanuun
- Duuf sanka kaa socda ama cabur
- Madax xanuun
- Dareemida daalka saaid ah
- Xanuun murqaha ama jirka ah
- Qarqaryo
- Shuban (ma badna)

If you have the flu:

If you are sick with the flu, protect yourself and limit the spread of the flu:

- Take flu medicine as directed, if ordered by your doctor. Be sure to take the medicine as many days as your doctor ordered.
  - Call your doctor's office or health clinic if you have any side effects to the medicine such as nausea, vomiting or a rash.
- Take a fever reducing medicine such as acetaminophen (brand name Tylenol) or ibuprofen (brand names Motrin or Advil).

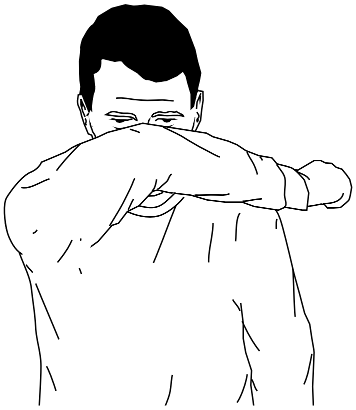
Haddii aad qabto hargabka:

Haddii aad la xanuunsanayso hargabka, naftaada ilaali oo yaree faafinta hargabka:

- Cun daawada hargabka sida laguugu qoray, haddii dhakhtarkaagu amray. Xaqiiji inaad daawada qaadato maalmaha uu dhakhtarkaagu kugu amro.
  - Wac xafiiska dhakhtarkaaga ama xarunta caafimaadka haddii aad dareento dhibaatooyin ka dhashay daawada sida lalabo, matag ama finan.
- Qaado daawada qandho jabinta sida acetaminophen (magaceedu yahay Tylenol) ama ibuprofen (magacyada

Ask your doctor or pharmacist for help in reading the label for the amount to take and how often to take it.

- Your doctor may recommended taking over the counter medicine for cough and runny nose.
- Get plenty of rest.
- Drink at least 8 to 10 glasses of fluids each day such as water, broth or sports drinks such as Gatorade or Powerade.
- If you have vomiting or diarrhea:
  - Drink plenty of fluids. Take small sips throughout the day to ease nausea.
  - Eat foods such as toast, rice, crackers, applesauce, bananas or low sugar dry cereals.
- Use a cool-mist humidifier to ease breathing.
- Stay away from others as much as possible to prevent the spread of the flu.
- Wash your hands with soap and water, scrubbing for at least 20 seconds. Wash before eating, after using the toilet, and after coughing, sneezing or blowing your nose. If you do not have soap and water, you can use hand sanitizer that has at least 60% alcohol.
- Cough or sneeze into the bend of your arm, not your hands.
- If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and then wash your hands.



Motrin ama Advil). Caawimaad waydiiso dhakhtarkaaga ama farmashiilaha si ay kuugu akhriyaan cabirka aad cunayso iyo inta jeer ee aad cunayso.

- Dhakhtarkaaga ayaa ku talin kara inaad cunto daawada qandho jabinta si aad ugu daawayso qufaca iyo duufka.
- Nasiino badan qaado.
- Cab ugu yaraan 8 ilaa 10 galaas oo biyo ah maalin kasta sida biyo, shurbad ama cabitaanada isboortiga sida Gatorade ama Powerade.
- Haddii aad qabto lallabo ama shuban:
  - Cab dareere kugu filan. Kabayso biyaha maalinta oo dhan si aad iskaga ilaaliso lalabada.
  - Cun cunto sida bur hogays, bariis, buskud, cadadka tufaaxda, moos ama seeriyaal qalalan oo aan sonkor badan lahayn.
- Hawo buufiyaha aalkolada isticmaal si aad u fududayso neefsiga.
- Ka fogoow dadka kale sida ugu badan si aad uga hortagto faafinta hargabka.
- Dhaq gacmahaaga adoo ku dhaqaaya saabuun iyo biyo, ismarmarinaaya ugu yaraan 20 sikin. Farxalo kahor cuntada, kadib markaad musqusha gasho, iyo kadib markaad qufacdo, hindhisto ama aad duuf iska fiifiso. Haddii aadan haysan biyo iyo saabuun, waxaad adeegsan kartaa gacmo nadiifiye ay ku jiro 60% maadada aalkolada.
  - Ku qufac ama ku hindhis xagasha suxulkaaga, hagu hindhisin gacantaada.
  - Afkaaga iyo sankaaga ku dabool masar waraaq ah marka aad qufacdid ama hindhistid. Tuur masarka waraaqda ah, kadibna dhaq gacmahaaga.

Call your doctor right away if you have:

- Chest pain or a deep cough with yellow or green mucus.
- Trouble breathing. The flu can cause pneumonia.
- Severe neck pain or stiffness.
- Trouble thinking clearly.
- A fever that lasts more than 3 to 4 days or your temperature is over 100.4 degrees F or 38 degrees C.
- A temperature that keeps getting higher, even after taking medicine for it.
- Vomiting or diarrhea that lasts more than one day.
- Ear pain.
- Coughing that will not stop and it is hard to breathe.

People with other health problems can have more serious complications from the flu. If you have concerns, contact your doctor.

Soo wac dhaqtarkaaga isla markaas haddii aad qabto:

- Xabad xanuun ama qufac qoto dheer oo leh malax jaalle ama cagaar ah.
- Neef qabatoow. Hargabku wuxuu keeni karaa burukiito.
- Xanuun daran oo qoorta kaa qabta ama qoor adayg.
- Dhibaato kaa haysata inaad si fiyoow u fakarto.
- Qandho soconaysa wax ka badan 3 illaa 4 maalmood ama heerkulkaagu yahay wax ka badan 100.4 degrees F ama 38 degrees C
- Heerkul kasii daraaya, xataa markaad daawada qandho jabinta cunto.
- Matag ama shuban soconaaya wax ka badan hal maalin.
- Dhag xanuun.
- Qufac aan joogsanayn neeftana kugu adkaynaaya.

Dadka qaba ciladaha kale ee caafimaadka ayaa qabi kara dhibaatooyin intaas kadib badan oo ka dhasha hargabka. Haddii aad qabto wax walaac ah, soo wac dhaqtarkaaga.

Seasonal Flu Vaccine

- Talk to your doctor about whether you should get the seasonal flu vaccine each year.
- Your doctor can explain who cannot get a flu vaccine.
- The flu shot cannot cause the flu. You may have mild side effects from the shot, such as arm soreness, a slight fever and muscle aches.
- Contact your doctor or local health clinic for information about when and where to get a flu shot.

Talaallada Hargab Xiliyeedka

- Kala hadal dhakhtarkaaga inaad qaadan karto talaalka hargab Xiliyeedka sanad kasta.
- Dhakhtarkaaga ayaa kuu sharaxi kara qofka aan qaadan karin talaalka hargabka.
- Talaalka hargabku ma keeni karto hargab. Waxaad dhibaatooyin yaryar kala kulmi kartaa cirbada, sida gacanta oo ku xanuunta, qandho yar iyo murqo xanuun.
- La xariir dhakhtarkaaga ama xarunta Caafimaadka maxaliga ah si aad u hesho xog ku saabsan marka iyo meesha aad ka helayso talaalka hargabka.

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