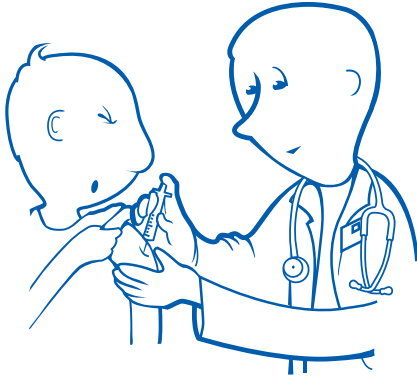
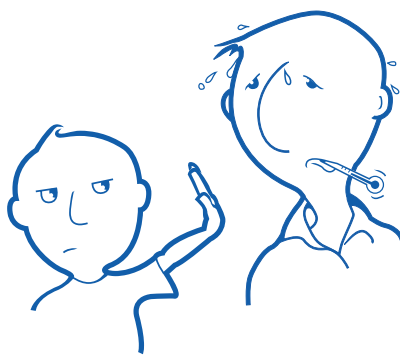


Kala Hadlidda Carruurta waxa ku saabsan hargabka

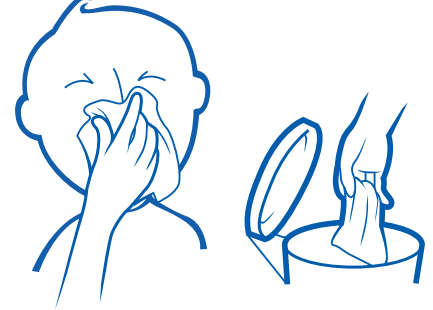
Waxaad xoogga saartaa waxaa uu in ilmhaagu iskaga cabi karo hargabka iyo in aanu qabadsiiin hargabka carruurta kale:



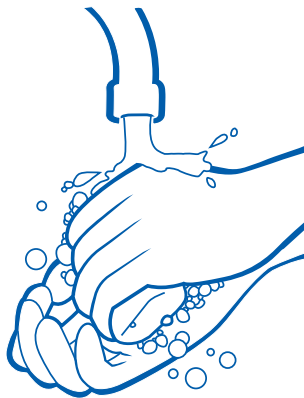
Ilmhaagu ha qaato talaalka hargabka. Irbada hargabku waxaa laga yaabaa inay xanuunto, laakiin waxay ka caawin doontaa sidii ay ugu ilaalin lahayd in uu hadhow xanuunsado. Talaalka hargabka waxaa laga yaabaa in la helo iyadoo sanko la isaga buufiyo.



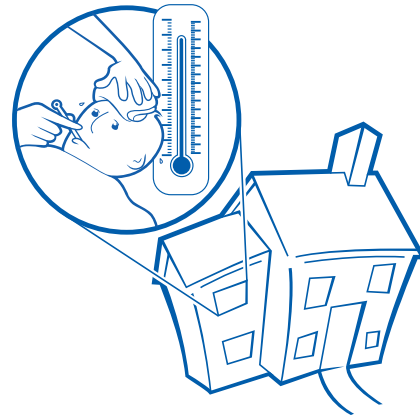
Ku dhiiri geli carruurtaada in ay ka fogaadaan dadka xanuunsan.



Ku dhiiri geli carruurtaada in ay ku qufacaan oo ay ku hindhisoodaan masar marka ay xanuun sanyihiin. Ku tuur masarada qashinka isla markiiba. Haddii aanay haysan masaro, waxaa haboon in ay afkooda iyo sankood gacantooda saaraan.



Ku dhiiri geli carruurtaada inay had iyo jeer ay ku dhaqdaan gacmaha saabuun iyo biyo diiran muddo 15-20 daqiiqadooda. U samee tusaale fiican oo ay adiga kaaga daydaan.

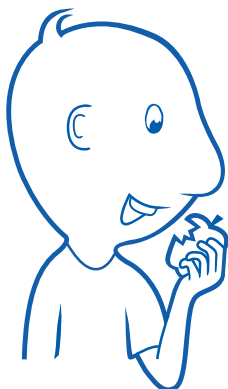


Ku dhiiri geli carruurtaada in ay guriga joogaan oo aanay shaqo ama dugsiga aadin haddii ay xanuunsanayaan, oo ay ka fogaadaan dadka ilaa inta ay ka bogsoonayaan.

HARGAB (DURAY)

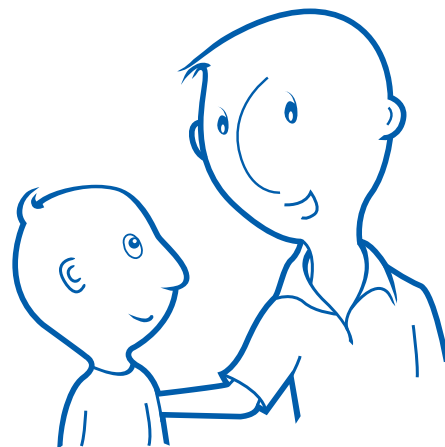
Kala Hadlidda Carruurta waxa ku saabsan hargabka

Ku dhiiri geli caadooyinka caafimaad qaba: cunnida cuntooyin caafimaad qaba, hurdo ku filan inay qaataan, oo ay jimicsi sameeyaan.



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U isticmaal su'aalhooda fursad ahaan si aad ugu sheegto iyaga sida loogu taxadiri lahaa hargabka iyo sida aan loo faafin hargabka iyo jeermisyada kale.



Macluumaad dheeraad ah la hadal CDC macluumaadka telefoonka 1-800-CDC-INFO (232-4636) ama booqo barta-shabakadda www.cdc.gov/flu.