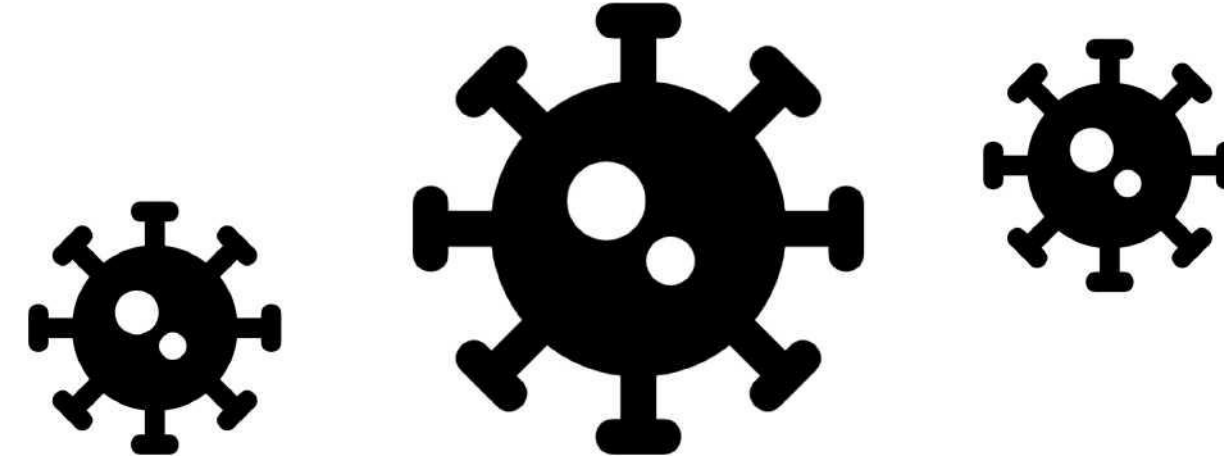


Dareen Naafeed (Acute Flaccid Myelitis (AFM))

Xaashida xaqiiqada



Dareen Naafeed (Acute Flaccid Myelitis (AFM)) waa xaalad saamaysa habdhiska dareenka, gaar ahaan aagga xudunta laf dhabarta ee loo yaqaanno maaddo dareen waddo. Kiisaska AFM waxay u badan yihiin carruurta yaryar.



AFM waxaa mararka qaarkood loogu yeeraa cudurka dabeysha shabaho, laakiin waxa dhabta ah ee AFM uu ka dhalasho waa Lama yaqaan. Fayrasyadu waxay u badan tahay inay door ciyaaraan. Inta badan dadka qaba AFM way bogsadan.

Astaamaha iyo Calaamadaha



Tabar yarida addimada



Waji Laalaad/
Daciifnimo



Adkaanta
Dhaqaajinta
Indhaha/Laalaadka
Daboolka Indhaha

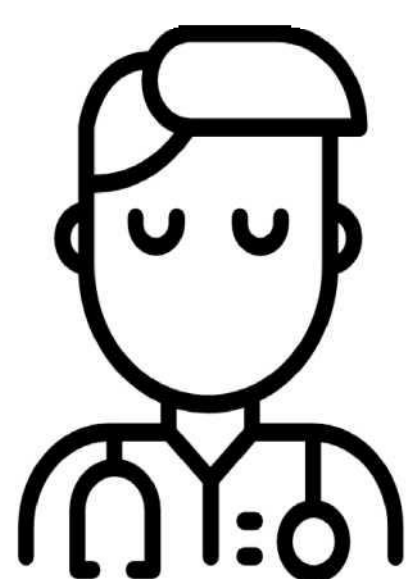


Liqitaanka
Oo
Adkaada

Cududda ama lugaha oo si lama filaan ah ugu dhaciifa iyo luminta awoodda murqaha iyo falcelinta ayaa ah calaamadaha ugu badan. Dadka qaar ayaa yeesho:

- waji laalaad ama daciifnimo
- adkaanta dhaqaajinta indhaha
- laalaadka daboolka indhaha
- liqitaanka oo adkaada
- hadal hantacid
- xanuunka gacmaha ama lugaha

Xaalado dhif ah, dadku ayaa awoodi waayo inay kaadiyaan oo waxay yeeshaan kabuubyo ama xanto. Kiisaska daran ee AFM waxay horseedi karaan hawlgab xagga neefsashada ah, dhibaatooyinka neerfaha ee halista ah, iyo dhimasho.



Isla markiiba raadso daryeel caafimaad haddii adiga ama ilmahaagu aad yeelataan calaamadaha AFM. AFM waxaa lagu ogaadaa iyadoo la qaadayo baaritaanka shaybaadhka iyo sawirada laf dhabarta. Ma jirto daaweyn gaar ah.

Ka hortag AFM

Maadaama waxa sababa AFM aan la garanayn, ma jirto tallaabo gaar ah oo la qaadi karo si looga hortago AFM. Si kastaba ha ahaatee, bukaanada intooda badani waxay lahaayeen cudur neefsasho fudud ama qandho ka hor intaanay qaadin AFM.

Waxaad hoos u dhigi kartaa halista inaad qaaddo caabuqyada fayraska adigoo:



Qaadanayo dhammaan tallaalada



Ku dhaqaayo gacmahaaga saabuun iyo biyo had iyo jeer



Ka fogaanayo ka agdhowaanshaha dadka jirran

Waxaad hoos u dhigi kartaa halista inaad faafiso caabuqyada fayraska adigoo:



Nadiifinayo oo jeermi-dilayo sagxadaha, sida alaabta carruurta ku ciyaarto iyo gacmo-qabsiyada albaabka

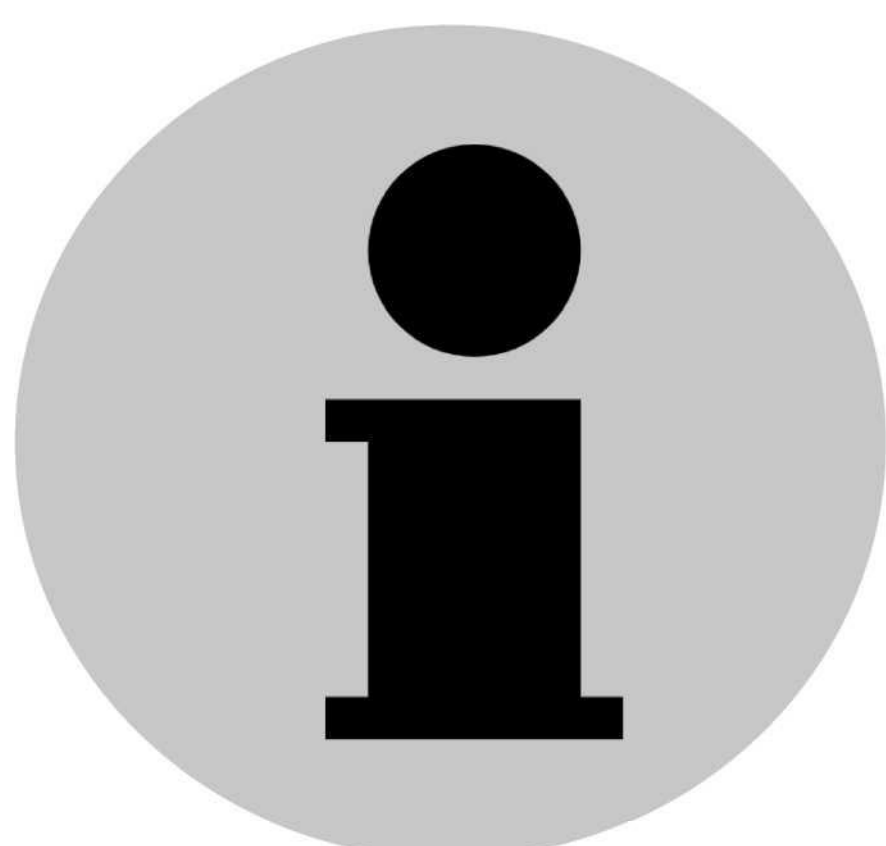


Ku daboolayo qufaca iyo hindhisada maro ama xusulka



Ku haynayo guriga carruurta jirran

Wixii xog dheeraad ah, Booqo:



1. www.maine.gov/dhhs/afm
2. www.cdc.gov/afm

Waxaad sidoo kale ka wici kartaa Maine CDC nambarka 1-800-821-5821.