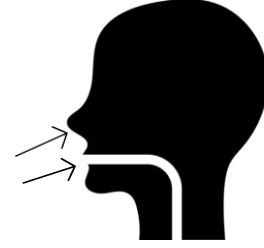


# Cudurka Qoorgooyaha

Xaashida xaqiiqada



Cudurka qoorgooyaha waa cudur halis ah oo ay keento bakteeriyada *Neisseria meningitidis*. Bakteeriyadu waxay sababi kartaa caabuq ku dhaca dahaarka maskaxda iyo laf-dhabarta ama infakshanka dhiigga. Marar dhif ah ayay bakteeriyadu sababtaa oofwareen.

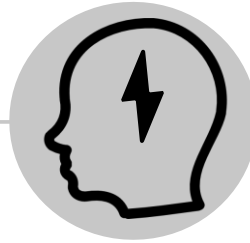


Bakteeriyadu waxaa laga helaa gudaha sanka iyo cunaha/dhuunta. Dadku waxay bakteeriyada ku kala qaadaan candhuufta ama xaakada. In si aad ah la isugu dhowaado muddo gaaban ama dheer ayuu cudurku ku faafaa.

## Astaamaha iyo Calaamadaha



Xummad



Madax-xanuun



Qoor-xanuun



Lallabo iyo Matag



Ka cabsashada iftiinka  
(Indhaha Inay U Nugul Yihiin Iftiinka)



Jahawareer

Calaamadu waxay inta badan bilowdaan afar maalmood gudahooda kadib marka bakteeriyada loo baylah noqdo, balse hal ilaa toban maalmood ayay u dhaxayn kartaa.



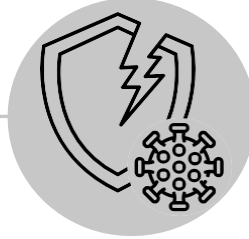
Kala hadal dhakhtarkaaga haddii aad ka shakido inaad qabto cudurka qoorgooyaha. Dhakhtarku ayaa kaa qaadi doona dhiig ama dareeraha laf-dhabarta si uu uga baaro cudurka qoorgooyaha. Daawooyinka antibiyootiga/jeermiska dila ayaa loo isticmaali karaa in lagu daweeyo cudurkan.

# Dadka Ku Jira Halista Ugu Badan

Qof kasta wuu ku dhici karaa cudurka qoorgooyaha, balse wuxuu ku badan yahay:



- Dhallaanka
- Dhallinta iyo dadka da'yarta ah
- Waayeelada



Dadka qaba xaaladaha caafimaad qaarkood ee uu daciifay habdhiska difaaca jirkooda



Dadka ku nool goobaha la wadaago, sida hoyga ardayda ama guryaha xannaanada

Waxaa sidoo kale halis ugu jira dadka ka shaqeeya goobaha shaybaarada ah iyo dadka u safra wadamada Saxaraha Ka Hooseeya ee Afrika.

## Xiriirada Dhow



Dadka xiriirka dhow la leh qofka qaba cudurkan waxaa ka mid noqon kara:

- xubnaha qoyska
- xiriirada hoose
- saaxiibada xannaanada maalinlaha ah
- dadka is-dhunkada ama wadaaga cunto ama cabitaan

Dadka ka ag dhowaaday qofka qaba cudurka ayaa laga yaabaa inay u baahdaan daaweyn kahortag ah. Haddii ay sidaasi tahay, daawooyinka jeermiska dila (antibiyootiga) waa in loo qaato sida ugu dhakhsaha badan.

## Kahortagga



Tallaalka ayaa ah qaabka ugu wanaagsan ee looga hortagi karo cudurka qoorgooyaha. La hadal bixiyaha daryeelka caafimaadkaaga si aad u hubiso inay tallaalkada kuu dhammaystiran yihiin.

Tallaaladu kama hortagi karaan noocyada cudurkan oo dhan, sidaas darteed waxaa muhiim ah in la jooqteeyo caaddooyinka caafimaadqabka ah, sida gelida nasasho badan iyo in aan laga ag dhawaan dadka jirran.

## Wixii xog dheeraad ah, Booqo:



1. [www.maine.gov/dhhs/meningococcal](http://www.maine.gov/dhhs/meningococcal)
2. [www.cdc.gov/meningococcal](http://www.cdc.gov/meningococcal)

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