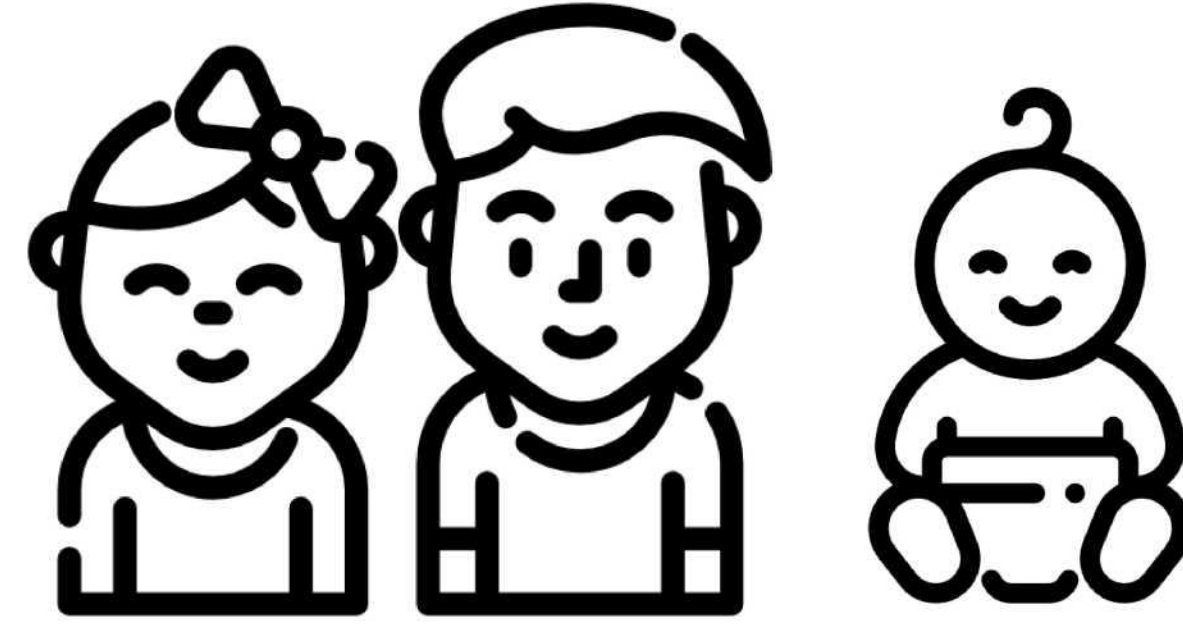
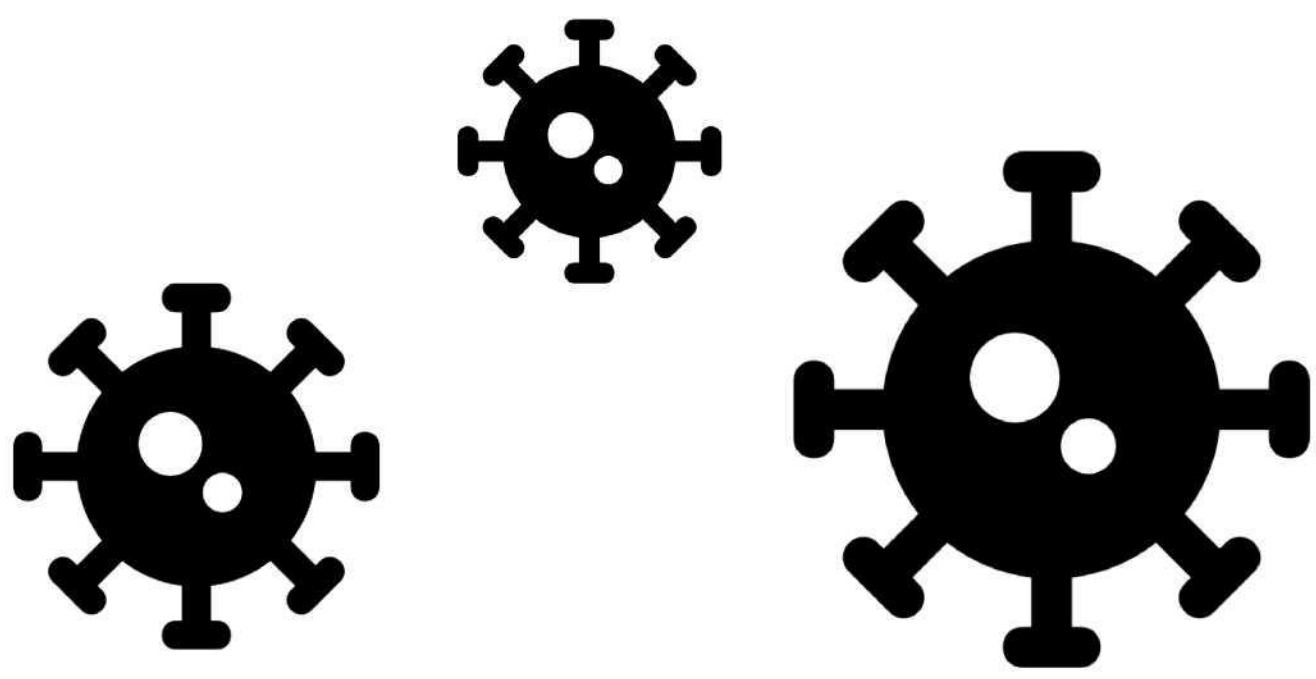


# Jadeecada (Rubeola)

Warqadda Xaqiiqda



Jadeecadu waa cudur ku dhaca neef-mareenka oo aad loo kala qaado oo uu sababo fayras. Cudurka waxaa sidoo kale loo yaqaan rubeola. Jadeecadu waxay ku fiddaa qof-ka-qof markay qufacaan ama hindhisaan.

Qof kasta ayaa u bukoon kara jadeecada. Si kastaba ha noqotee, dad aad u tiro yar oo haysta laba qiyaasood oo tallaalka jadeecada ah ayaa weli qaadi doona jadeecada haddii ay la kulmaan. Jadeecadu waxay si gaar ah khatar ugu tahay dhallaanka iyo carruurta yaryar.

## Calaamadaha iyo Astaamaha



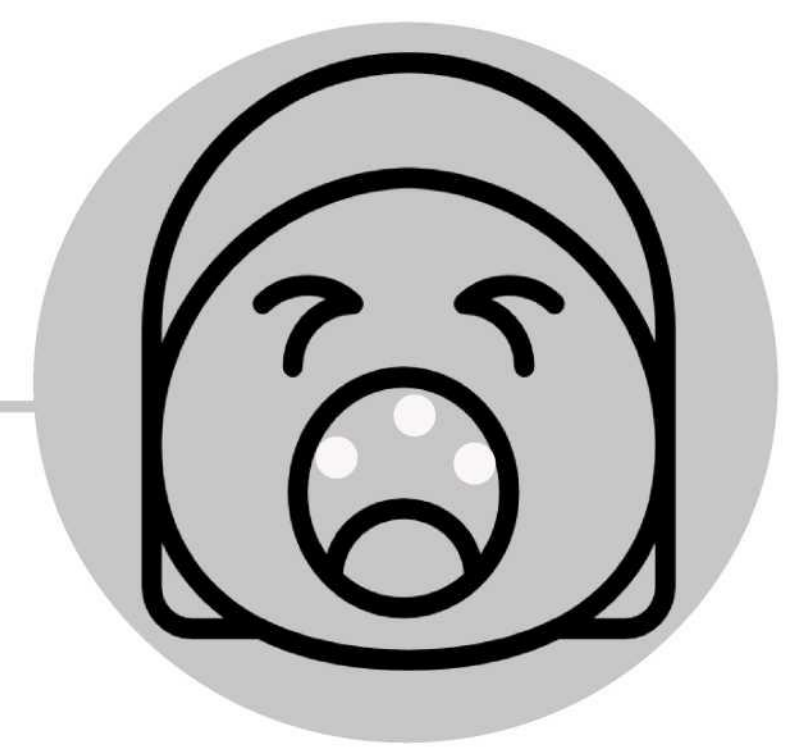
Furuuruc



Qandho Sare



Qufac



Dhibco yaryar oo cad oo afka gudihiisa ah

Jadeecadu waxay keentaa qandho sare, qufac, iyo furuuruc. Furuurucu wuxuu badanaa ka bilaabmaa qofka wejigiisa dhinaca laynka timaha. Kadibna waxay ku fiddaa qoorta, laabta, gacmaha, lugaha, iyo cagaha. Marka furuurucu bilaabmo, qandhada qofka ayaa laga yaabaa inay gaarto in ka badan 104 digrii Fahrenheit. San-roor iyo casaan, indho biyo leh ayaa sidoo kale ka mid ah astaamaha.

Laba ilaa saddex maalmood kadib markay astaamuhu bilaabmaan, dhibco yaryar oo cad ayaa laga yaabaa inay ka soo baxaan afka gudihiisa. Calaamadaha badanaa waxay soo baxaan sideed ilaa laba iyo toban maalmood kadib soo-gaadhista.



La hadal daryeel bixiyahaaga caafimaad haddii aad u malaynaysid inaad jadeeco qabtid. Bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu ka qaado suuf-yar sankaa iyo cunaha si looga baadho jadeecada. Bixiyahaaga daryeelka caafimaad ayaa weliba qaadi kara saambal dhiig ah. Jadeecadu ma laha daawo.



# Healthcare, School, and Childcare Settings



Dadka ka shaqeeya daryeelka caafimaadka waa inay diiwaangeliyaan kahortagga cudurka jadeecada. Tani waxay noqon kartaa mid tallaal ah ama baaritaan shaybaar.



Carruurta iyo dadka waaweyn ee leh astaamaha waa inaysan tegin xannaanada carruurta, dugsiga, ama shaqada maalinta furuurucu bilaabmayo iyo afarta maalmood ee ka dambeeya.



Dadka ay dhici karto in ay la kulmeen dadka aan la tallaalin waxaa laga yaabaa in ay joogaan guriga in muddo ah.

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## Kahortagga



- Sida ugu wanaagsan ee loo yarayn karo halista cudurka jadeecada waa in la is tallaalo (oo badanaa loo yaqaan MMR). Tallaalka jadeecada waa mid aad waxtar u leh.
- Kala hadal bixiyahaaga daryeelka caafimaad si aad u hubiso inaad la socoto cusboonaysiinta.

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## Macluumaad Intaa Ka-badan, Booqo:



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

Waxa kale oo aad ka wici kartaa Maine CDC halkan 1-800-821-5821.