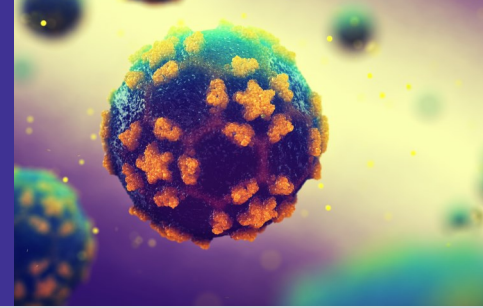


# Faayruska Dabeysaha (Polio)

(Poliovirus (Polio))



Dabeysahu waa xanuun dadka naafeeya oo halis ah oo waxaa keena faayrus. Faayruskan aad buu u faafaa oo si fudud ayaa la isugu gudbiyaa qof ilaa qof. Dabeysahu waa xanuun aafeeya habdhiska neerfaha oo waxay daciifisaa muruqaha. Xaaladaha qaarkood, dabeysahu waxay keeni kartaa naafanimo ama dhimasho. Ma jirto daawo loo qaato dabeysaha, laakiin waxaa looga hortegi karaa tallaal keliya.

## Sidee baa loo faafiyaa?

*Faayruska dabeysaha si degdeg ah ayuu u faafaa oo wuxuu jirka ka gelaa afka.*

- ▶ Dadku waxay xanuunka dabeysaha isku qaadsiiyaan:
  - ▶ Marka uu soo gaaro qoyaanka saxarada qofka xanuunka qaba.
  - ▶ Marka ay soo gaarto hindhisada ama qufaca qofka xanuunka qaba.
  - ▶ Taabashada ama gelinta afka ah ee wax uu soo gaaray qoyaana yar oo ah saxaro.
- ▶ Dabeysaha waxaa faafin kara dadka qaba faayruska balse aan lahayn calaamado.

## Waa maxay calaamadaha iyo astaamaha xanuunkan?

*Inta badan dadka qaba dabeysaha wax calaamado ah maba yeeshaan.*

- ▶ Qiyaastii 25% ka mid ah dadka ayaa yeesha calaamado u eg kuwa hargabka oo kale sida:
  - ▶ Cune-xanuun
  - ▶ Lalabbo
  - ▶ Qandho
  - ▶ Madax-xanuun
  - ▶ Daal
  - ▶ Calool-xanuun
- ▶ Xaalado dhif ah, dadka ay ku dhacdo dabeysaha waxay yeeshaan calaamado ah sida:
  - ▶ Qoorgooyaha (caabuq ku dhaca maskaxda iyo xangullaha lafdhabarta)
  - ▶ Naafanimo ama daciifnimo ah gacmaha iyo/ ama lugaha

## Waa maxay fursadaha daaweynta?

*Wax daawo ah looma hayo dabeysaha.*

Dabiibid ah jimicsi ama waxqabsiga jirka ayaa lagu caawin karaa gacmaha, lugaha, ama murqaha daciifay, ama dabiib kale oo socon doona muddo dheer.

## Sidee baa looga hortegi karaa?

*Dabeysaha waxa looga hortegi karo waa tallaal oo keliya!*

- ▶ Carruurto waa in laga tallaalo markay jiraan 2 bilood, 4 bilood, iyo 6–18 bilood, iyo mar kale ka hor iskuulka xannaanada.
- ▶ In ka badan 99% dadka qaata dhammaan tallaallada qiyaasta loogu tala galay ee dabeysaha difaac fiican ayey ka helaan.
- ▶ Tallaalka loo isticmaalo in looga hortago dabeysaha ee Mareykanka lagama qaado xanuunka dabeysaha.
- ▶ Nadaafad fiican iyo dhaqista gacmaha ayaa looga hortagi karaa faafitaanka faayruska dabeysaha.

***Tallaallada la qaatay waxaa laga eegi karaa***

***[Wisconsin Immunization Registry \(Diiwaanka Tallaallada Wisconsin\)](https://www.dhs.wisconsin.gov/dph/bcd.htm).***

