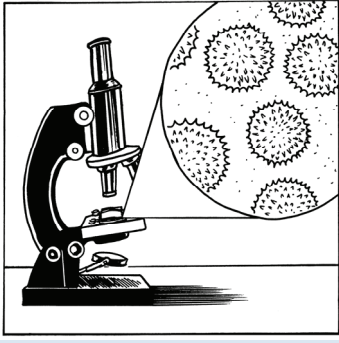
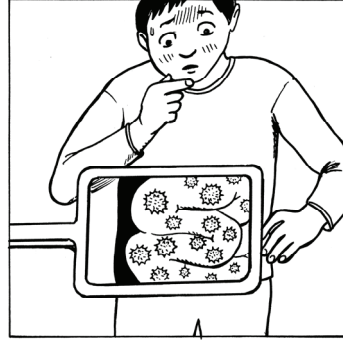


Norovirus



Norovirus waa wax jira, aad ayaana leysugu daartaa.



Norovirus wuxuu cudurka qaadiin karaa calooshaada iyo mindhicirka. Marmar dadka waxay ku magacaabaan “cudurka caloosha” ama “sunta raashinka.”



Inta badan dadka qaada norovirus aad ayay u xanuunsadaan muddo hal ilaa saddax maalin, kaddibna si buuxdo ayay u raystaan.



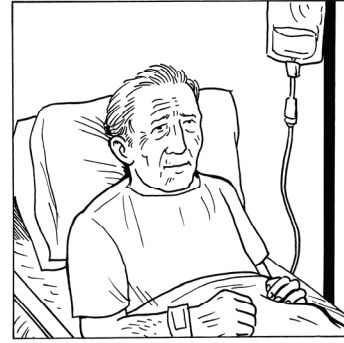
Calaamadaha waxay badanaa bilowdaan dhakhso, waxaana ka mid ah labbolabbo, shuban, mattag, iyo calool xanuun.



Waxaa kaloo dhici karto in aad isku aragtid qandho iyo qarqaryo, madax xanuun, iyo jir xanuun.



Haddii aad ku xanuunsatid firuska-noro, joog guriga, naso, kaddibna cab dareere badan.

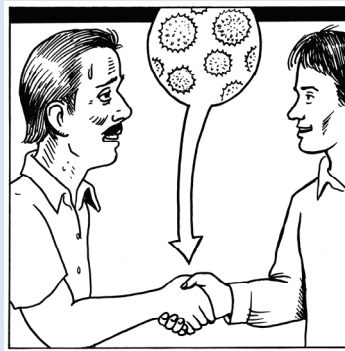


Haddii dadka qaba norovirus aysan cabbin dareere ku filan, waxaa ku dhici kara biyo bax, waxaana dhici karta in ay u baahdaan in lagu daweeyo isbitaalka. Waa halista ugu badan ee soo gaarta caruurta yaryar iyo waayeelka.

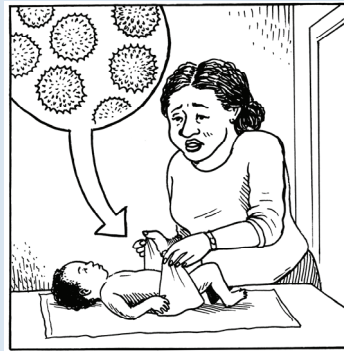
NOROVIRUS WAXAY KA FAAFAAN DADKA ILAA MEELAHA LA TAABTO



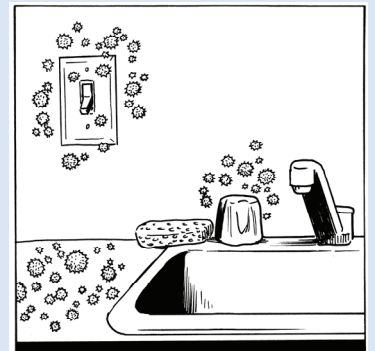
Norovirus waxay ka baxaan jirka waxayna raacaan saxarada iyo mattagga qofka qaada. Waxay si fudud ugu faaftaa, khaas ahaan marka ay soo gaarto gacmaha qofka.



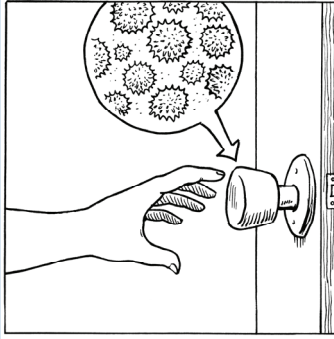
Waxaad norovirus ka qaadi kartaa taabashada qofka.



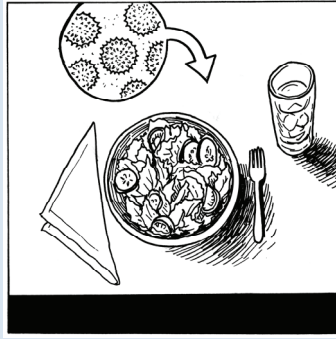
Tani waxaa ka mid ah baddalaadda xafaayadda (diaper).



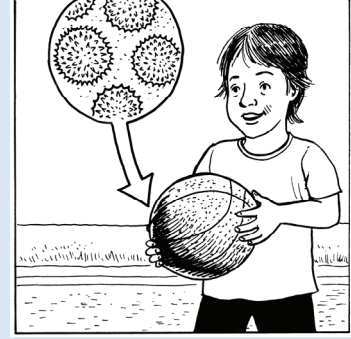
Norovirus wuxuu saaraan karaa meelaha iyo shayga korkiisa.



Qofka qaada norovirus wuxuu jeermiga uga tagi karaa meesha uu taabto. Haddii aad taabatid isla shayga, waad ku xanuunsan kartaa.

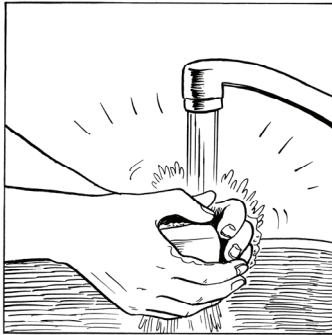


Sidoo kale waxaad xanuunsan kartaa marka aad cuntid raashin ama cabtid dareere soo gaaray norovirus.



Waxaad dadka qaadiin kartaa norovirus marka aad xanuunsan tahay, iyo xattaa marka calaamadaha tagaan. Jirkaada wuxuu weli soo deyn karaa firuska kaddib marka aad soo roonaatid.

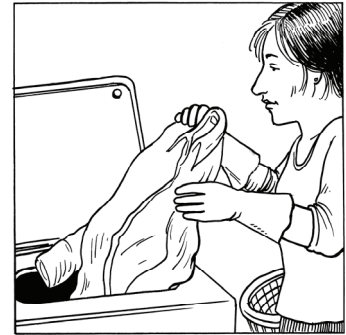
ISKA ILAALI IN AAD QAADID IYO IN AAD FAAFISID NOROVIRUS



Si taxadir leh gacmaha ugu dhaq saabuun iyo biyo kulul kaddib marka aad isticmaashid musqusha, baddashid xafaayadda, ka hor inta aadan cunin, iyo ka hor inta aadan diyaarinin raashin.

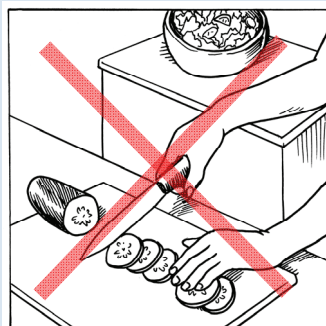


Isla markiiba nadiifi musqulada, meesha saxuunta lagu dhaqo, iyo meelaha kale ee laga yaabo in uu soo gaaray cudurka, kuna dhaq saabuun iyo biyo, kaddibna waxaad jeermiga uga dishaa milanka guriga (household bleach) ee lagu dilo jeermiga kana kooban 1/3 koob iyo hal galan biyo.



Isla markiiba saar kuna dhaq biyo kulul iyo saabuun dharka ama maryaha haddii ay soo gaaraan wasakhda.

Haddii aad xanuunsan tahay, joog guriga. Sug ugu yaraan **2 ilaa 3 maalin kaddib marka calaamadaha dhamaadaan** ka hor inta aadan:



Diyaarinin raashinka la siiyo dadka kale



Bixinin daryeelka caafimaadka ama daryeelka cunugga dibadda guriga



Waxaad qof kasta ku booqataa dibadda guriga, khaas ahaan qofka weyn iyo caruurta