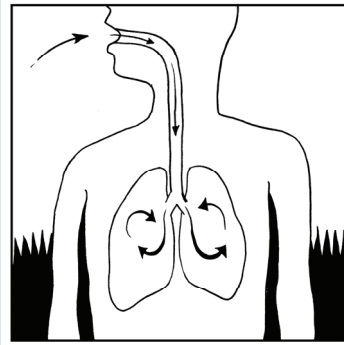
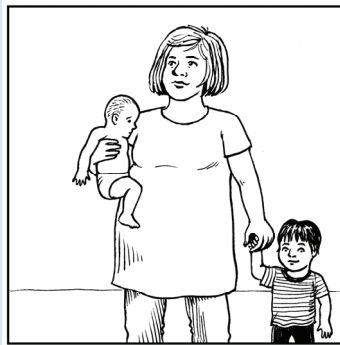


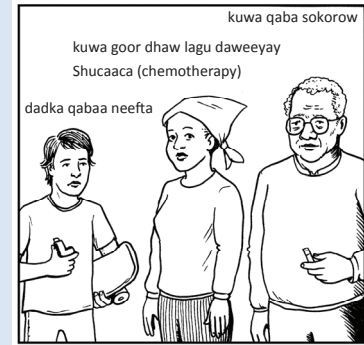
Duray (Flu)



Duray (flu) qaar waxay badanaa waxyeelo gaarsiyaan meelaha hawada marto iyo sambabaha dadka.



Duray (flu) waxay cudur darran gaarsiisa dadka qaar, sida dhallaanka, caruurta, iyo dumarka xaamilada.



...waayeelka, iyo kuwa qaba xaaladaha caafimaadka muddada dheer

Calaamadaha caadiga waxaa ka mid ah:



Qandhada



Qufaca



Dhuun xanuunka



Dareenka daalka aad u badan



Biyaha ka socda sanko ama diif



Madax Xanuunka



Jir Xanuunka



Dadka qaar waxay isku arkaan mattag ama shuban. Tani waxay ku badan tahay caruurta

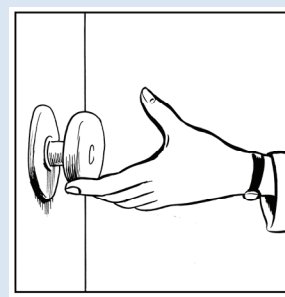
SIDA DURAY (FLU) U FAAFTO



Jeermiga waxay faafaan marka dadka qufacaan, hindhisaan, ama hadlaan.

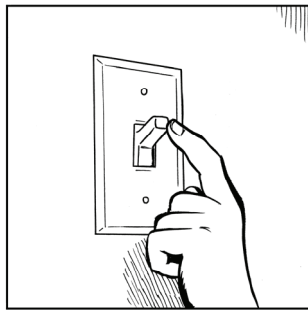


Haddii jeermiga soo gaaraan gacmaha...



...waxay jeermiga u gudbin karaan shay kale.

Jeermiga wuxuu ku noolaan karaa shaygaan muddo maalmo.



Waxaad qaadi kartaa fluuga haddii aad taabatid meel jeermiga saaran yahay, kaddibna aad taabatid sankaada, afka ama indhaha.



IS TALAAL



Sida ugu fiican oo looga hortago cuduradca firuska sida fluuga waa in la helo talaalka fluuga sannad kasta.



Aqoonyaanka caafimaadka waxay ku talliyaan talaalka la siiyo dhamaan dadka jira 6 bil iyo ka weyn.

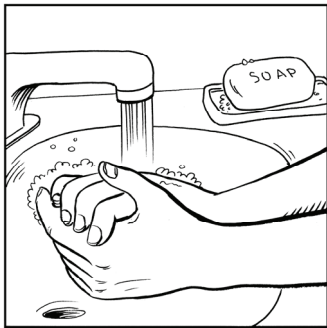


Talaalka wuxuu ku siiyaa badbaado duray (flu)...



...iyo haddii aad caafimaad qabto, taasi waxay badbaadisaa dadka aad u nugul.

SIYAABAHA KALE OO LEYSAGA ILAALIYO XANUUNKA



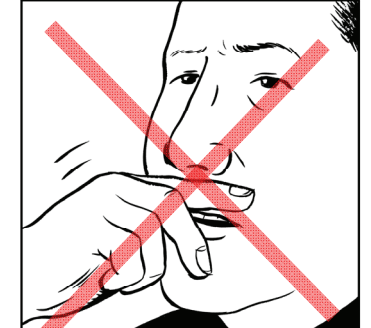
Waxaad in badan gacmahaada ku dhaqdaa saabuun iyo biyo.



Isticmaal nadiifiyaha gacanta haddii aadan haysanin saabuun iyo biyo.



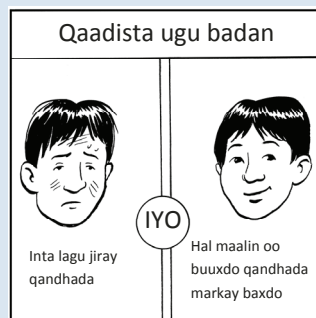
Iska ilaali in aad taabtid indhahaada, sanka, ama afka. Taabashada meelahaan waxay faafisaa jeermiga.



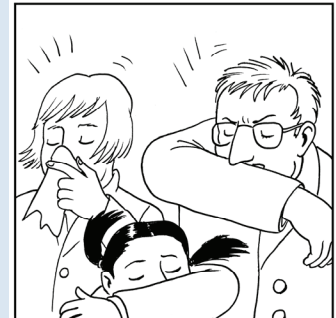
Haddii aad qaaday cudurka, waxaad ka ilaalin kartaa in uusan ku fidin dadka kale.



Guriga ka joog shaqada iyo dugsiga.



Waxaad ku daaran kartaa inta aad qabtid qandhada. **IYO** muddo 24 saac kaddib marka qandhada tagto. Joog guriga waqtigaan.



Dabool sankaada iyo afka marka aad qufacdid ama hindhistid.