

Busbuska daanyeerka



Busbuska daanyeerka waa cudur fayras ah oo ku jirisiin karo. Fayraska wuxuu inta badan aad ugu faafaa taabashada dhow, maqaar-ku-maqaar.

KA FEEJIGNAW



Busbuska daanyeerka wuxuu ku faafaa taabashada shaqsiga dhow, inta badan maqaar-ku-maqaar oo ay ku jiraan:

- Shuminta, is qabsashada, iyo
- Taabashada sheeyada/dharka uu taabtay nabraha caabuqa, qolfaanta, ama dhacaanka jirka.

AASTAAMAHA LA YAQAANO



- Madax xanuun
- Qandho
- Muruq ama dhabar xanuun
- Qarqaryo
- Qanjirada oo bararsan
- Nabro iyo xanuuno

Wagtiga laga bilaabo caabuqa illaa astaamaha caadi ahaan waa 7 illaa 14 maalmood laakin waxay isku badeli kartaa 5 illaa 21 maalmood. Jirooyinka caadi waxaan socdaan 2-4 isbuuc. Dadka aan qabin astaamaha busbuska daanyeerka kuma faafin karaan fayraska dadka kale.

YAREE HALISTAADA



- Xadey taabashada dhow, maqaar-ku-maqaar oo qof walba oo qabo nabar u eg busbuska daanyeerka.
- Isbaar naftaada oo wax ka weydii lamaanahaaga (yaashaada) nabraha dhawaan iyo jirooyinka.
- Ka fogow taabashada nabraha/qolfaha; iyo taabashada sheeyada iyo alaabaha (tusaale, dharka, go'yada, iyo shukumaanada) ee qof qabo busbuska dsaanyeerka uu isticmaalay.

HADDII UU KU GAARO



- Isku tallaal 14 ka maalmood ee ugu horeeyo gaarista kadib.
- Iska kormeer calaamadaha iyo astaamaha 21 maalmood. Haddii aadan laheyn astaamo, waad sii wadi kartaa howlaha jadwalka maalinlaha (tusaale, shaqada, dugsiiga).
- Haddii astaamo soo baxaan islamarkiiba is gooniyey, la xirii bixiyaha daryeelka caafimaadka, oo ogeysii xiriirka (xiriirada dhow).

HADDII AAD JIRANTAHAY



- Isolate (stay) at home and monitor symptoms. Illness typically lasts 2-4 weeks.
- Contact your healthcare provider to get tested if you have a rash.
- Get treatment, if needed.
- Inform close contact(s). Visit www.tellyourpartner.org for anonymous partner notification.



Wixii aqbaaro ah, fariin qoraal COSD MONKEYPOX ku soo dir 468-311.
Wixii illo dheeraad ah, booq

SanDiegoCounty.gov/monkeypoxSD

