



GALMADA BADBAADADA AH IYO FURUQA DAANYEERKA (MPOX)

KALA HADAL LAMMAANHAAGA XANUUN KASTA OO DHAWAANAHAAN KUGU DHACAY, U BEYLAH NOQOSHADA SUURTAGALKA AH EE MPOX, IYO NABARO AMA KA SOO BAXYO CUSUB AMA AAN LA GARANEYNIN.

Sideen U Yareeyaa Khatartayda Ku aadan Igu Dhicida Mpox?

- **Is tallaal, haddii aad halis ugu jirto mpox.**
- Ka fogaaw wadaagista shey-yaasha ay ka midka yihiin shukumaannada, dhar banbiireedka, alaabta galmo-sameyn ahaanta loo adeegsado, iyo burushka cadayga.
- Isticmaal go'yo, shukumaano, iyo dharka nadiifka ah.
- Xaddid tirada lammaanayaashaada si aad u yarayso suurtagalnimada u beylah noqoshada.
- Tixgeli inaad isticmaasho cinjirrada galmada (latex ama polyurethane), in kasta oo cinjirada galmadu keliya aanay ka hortagi karin dhammaan u beylah noqoshada, maadaama finan ka soo baxyadu ay ka dhici karaan qaybaha kale ee jidhka.
- Si wada jir ah u siigaysta idinkoo aan is taaban, ama sameeya galmo fogaan arag ah.
- Galmada samee adoo dharkaaga qaba, adoona isla mar ahaantaana xaqiijinaya in meelaha finanka ama nabaradu ay ka soo baxeen ay daboolan yihiin.
- Yaree booqashooyinka meelaha ah qolalka shaqooyinka sireed/maamuleed lagu qabto, sauna-da, baararka galmada, ama xafladaha galmada ee qaaska ah iyo kuwa dadweynaha.

Haddii Adiga Aad Leedahay ama Lammaanahaagu Uu Leeyahay/leedahay Finan kasoo baxyo ah ama Nabaro:

- La xidhiidh daryeel bixiye caafimaad si lagu baaro ama loo baaro.
- Biririf ka qaado galmo sameynta (afka, futada, siilka) iyo xidhiidhka isku dhawaanshaha (dhunkashada, laab is-galinta, is-koolkoolinta) iyo/ama ka qaybgalida kulan bulsheedyada.
- Iska karantiil dadka kale ee aad la nooshahay.
- Xiro maaskaro oo dabool finanka soo baxyada ah, haddii aad u baahan tahay inaad ahaato akta dadka kale, oo ay ku jiraan booqashada(ooyinka) daryeel bixiyaha caafimaad.

Haddii aad u malaynayso inaad qabto mpox, u tag daryeel bixiyaha caafimaadkaaga.

Haddii aanad lahayn daryeel bixiye caafimaad, wac 2-1-1.



Si aad u hesho xogtii ugu danbaysay, fariin qoraal ugu dir erayga COSD MONKEYPOX lambarka 468-311. Si aad u hesho ilo, booqo:

[SanDiegoCounty.gov/monkeypoxSD](https://www.sandiegocounty.gov/monkeypoxSD)

