

# Monkeypox (Mpox)

Mpox waa fayras kaa dhigi karo inaad xanuunsato. Fayrasku waxaa si dhakhso ah ugu faafaa marka la isku dhawaado, maqaarku is taabtaan.



## KA TAXADIR



Mpox waxaa uu ku faafaa marka la isku dhawaado, maqaarku is taabto, oo waxaa kamid ah:

- Xidhiidhka jidheed ee jacaylka ah (sida dhulkashada, laab is gelinta, ama hawlaha galmada), iyo
- Taabashada alaab/maro uu taabtay qof qaba caabuq sida finan, xoqxoq, ama dheecanada jidhka.

## OGOOW CALAAMADAH



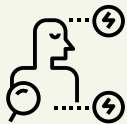
- Finan ama barar
- Barar lymph nodes
- Xumad/qadhadhyo
- Daal (bilaa tamar)
- Madax xanuun iyo cuncun jidhka guud ahaan
- Astaamaha neefsiga ah
- Laga soo bilaabo wakhtiga caabuqa kugu dhacay ilaa laga arkayo astaamaha waxay u dhaxayn kartaa 3 ilaa 21 maalmood.
- Dadka ayaa sidoo kale qaadiin kara fayraska dadka kale ilaa 4 maalmood kahor inta ayna bilaabmin astaamuhu. Kaliya dadka marka danbe yeesha astaamaha yaa faafin kara fayraska.

## YAREE KHATARTAADA



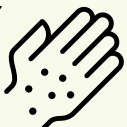
- Xadid isku dhawaanshaha dadka qaba astaamaha, sida barar ama finan, iyo dadka u dhawaaday cid qabta ee ku jira kormeerka 21 maalmood ah.
- Eeg naftaada oo waydii lamaanahaaga finanka iyo xanuunkiisa dhawaan.
- Iska ilaali taabashada finanka/xoqxoq; iyo taabashada shayada iyo alaabaadka (sida, dharka, go'yaasha, iyo tuwaalada) ee qofka qaba mpox uu isticmaalay.

## HADII AADU BAYLAHDO



- Sii wad hawl maalmeedkaaga (sida, shaqada, dugsiga).
- Waxa aad istalaashaa 14 maalmood ee ugu horeeya kadib marka uu ku asiibo, ama hadii ay ku ogaysiiyaan Waaxda Gaafimaadka.
- La soco astaamahaaga iyo calaamadahaaga, oo isla ilaali xidhiidhka galmo ee dadka kale, 21 maalmood ayaa aad loogu taliyaa.

## HADII AAD XANUUNSANTA HAY



- Iskukaliyeel (joog) guriga oo la soco astaamahaaga. Xanuunku caadiyan waxa uu qaadan karaa 2-4 todobaad.
- La xidhiidh daryeelka caafimaad bixiyahaaga si aad iskaga baadho finanka.
- Hel daawayn, hadii loo baahdo.
- Usheeg cida aad u dhawaatay. Booqo [www.tellyourpartner.org](http://www.tellyourpartner.org) wixii wargelinta lamaanaha iyada oo aan haybtaada la garan.

