



Taariikhda: October 19, 2009

KU: Waalidka/Mas'uulka

KU SAABSAN: **Foomka Ogolaanshaha Tallaalka Hargab Doofaarka Novel H1N1**

Ka Socoto: Waaxda Adeegyada Aadanaha ee Degamada Stearns (Stearns County Human Services), Carol Eickhoff, Kormeeraha Difaaca Caafimaadka iyo Qeybta Wacyi Gelinta
Waaxda Adeegyada Aadanaha ee Degamada Benton (Benton County Human Services), Cynthia Heltunen, Macalimiinta Caafimaadka Bulshada
Gudoonka Waxbarashada 742 ee St. Cloud (St. Cloud Area School District 742), Elisabeth Lodge Rogers, Madaxa Qeybta Adeega Ardayda

Sida aad maqasheen, nooc cusub oo fayraska infalawasanda ah, laguna magacaabo 2009 H1N1 influenza virus (Hargab doofaarka ee 2009) ayaa markii koowaad dhamaadkii bishii Abriil (April) ee 2009 ka laga helay Mareykanka. Caruur badan ayuu infakshanka 2009 H1N1 ku dhacay waxaana dhacday in cudurku iskuullo badan oo wadanka kamid ah uu si balaaran ugu faafay/fiday. Feyraskan wuxuu sababay jirooyin calaamadhoodu u dhexeeyo xanuun aan aad u darneyn ilaa mid aad halis u ah kuna dhacay dad waaweyn iyo caruur. Gudiga La Talinta Hababka Tallaalada ee Xarumaha ka Hortaga iyo La Dagaalanka Cudurada (Centers for Disease Control and Prevention's [CDC]) ayaa waxay ku taliyeen in caruurta iyo da'yarta da'doodu u dhaxeeyo 6 bilood ilaa 24 sano-jir laga tallaalo infalawansada 2008 H1N1 islamarka uu tallaalku diyaar noqdo/la helo. Kooxaha kale ee lagu talinayo in lagu duro dooska koowaad ee tallaalka infalawansada 2009 H1N1 waa:

- o Dumarka uurka leh
- o Dadka la nool ama daryeela sebiyada ka da'yar 6 bilood jir
- o Shaqaalaha daryeelka caafimaadka iyo gargaarka degdegga ah, iyo
- o Dadka jira 25 illaa 64 sano oo qaba cudurada qaarkood sida HIV, sokoroow, ama cudurada wadnaha ama sanbabada.

Tallaalku waa sida ugu wanaagsan ee aad ilmahaaga uga difaaci kartid in uu qaado/ku dhaco cudurkan khatarta ah. Waaxda Waxbarashada ee Minnesota (Minnesota Department of Health), Qeybta Caafimaadka Bulshada ee Degamada Stearns (Stearns County Public Health), iyo Qeybta Caafimaadka Bulshada ee Degamada Benton (Benton County Public Health) waxay kala shaqeynayaan Iskuulada/Iskoolada Nawaaxiga St. Cloud ku yaala sidii caruurta iskuulada dhexdooda tallaalka infalawansada 2009 H1N1 loogu siin lahaa. Tallaalka waxaa loo heli karaa qaab sanko la isaga buufinaayo ama qaab cirbad lagula durayo dadka, jadwalka lagu siinayo caruurta tallaalka wuxuu ku saleysnaan doonaa nooca tallaalka ee aan ka helno Waaxda Caafimaadka ee Minnesota (Minnesota Department of Health [MDH]) marka hore. Waxaan iskuulka ka dhex sameyn doona meelo caruurta lagu tallaalo todobaadyada soo socda dhexdooda, iskuulka canugaaga ayaana kuu soo sheegi doona taariikh cayiman marka tallaalka la helo. Caruurta ilaa 9 sano jirka gaartay waxaa lagu duri doonaa labo (2) doos oo tallaalka ah loona dhexeysiinaayo afar (4) todobaad. **Wax kharash ah lagaama rabi doono tallaalkan dartiis.**

Fadlan aqri foomka "Waxa aad u baahan tahay in aad ogaato" ee la socda warqaddan kuna saabsan cudurka iyo tallaalka. **Waa in aad foomka ku lifaaqan warqaddan soo buuxisaa, kuna soo qortaa taariikhda si aad u ogo laato in canugaaga la tallaalo dibna ugu soo dir foomka iskoolka wixii ka horeeya bisha Oktoobar (October) 26^{deeda}.** Hadii aad tallaalka ogolaatid, canugaaga waxaa la tallaali doonaa marka tallaalku gacanteena soo galo. Shaqaalaha iskoolka ayaa kuu sheegi doona marka la sameeyo jadwalka tallaalka ardayda. **Hadii, waqti uun, fikirkaaga ku saabsan tallaalka canugaaga uu isbedelo, fadlan u soo gudbi Xafiiska Caafimaadka Iskoolka, qoraal ah ka laabashada ogolaanshaha tallaalka.** Soo gudbinta ogolaanshaha tallaalka waqti hore waxay xaqiijineysaa in canugaagu diyaar u yahay in uu qaato tallaalka islamarka uu gacanteena soo galo. **Hadii aadan soo sikiixin foomka ogolaanshaha tallaalka ama hadii canugaagu jiran yahay qandhadiisuna/xumaddiisuna ay ka sareeyso 100^o (boqol digrii), canugaaga lama tallaali doono.**

Hadii aad qabtid wax su'aalo ah oo ku saabsan tallaalka ama goobaha tallaalka, fadlan wac: Qeybta Caafimaadka Bulshada ee Degamada Stearns (Stearns County Public Health) taleefankooduna yahay (320) 656-6000 ama Qeybta Caafimaadka Bulshada ee Degamada Benton (Benton County Public Health) taleefankooduna yahay (320) 968-5087. Fadlan booqo boga internetka ee infalawansada CDC 2009 H1N1 ee <http://www.cdc.gov/h1n1flu/> sidoo kale wixii warbixin dheeraad ah gaar ahaan waalidiinta booqo <http://www.cdc.gov/h1n1flu/parents>. Dhakhtarka canugaaga xitaa waa uu kaaga jawaabi karaa su'aalahaaga ku saabsan fayraska infalawansada 2009 H1N1 waxaa kale oo uu awoodaa in uu canugaaga siiyo tallaalka ifalawansada xiliga la joogo ah iyo waxaa dhici karta in uu siiyo canugaaga tallaalka 2009 H1N1.