Minnesota Department of Health

VACCINE-PREVENTABLE DISEASE SECTION

# Jadeecada (Rubeola)

## Waa maxay jadeecadu?

Jadeecada, oo sidoo kale loo yaqaan rubeola, waa cudur la kala qaado oo uu keeno fayras. Heer tallaalka oo badan awgeed, jadeecadu hadda kuma badna Maraykanka. Laakiin waxay weli caadi ku tahay dalal badan oo waxa U.S. keeni kara dad socoto ah oo aan tallaalnayn. Heerka tallaalka oo meel sare lagu hayo ayaa waxay muhiim u tahay kahortagga saf jadeeco ah oo dilaaca.

## Waa maxay calaamadaha jadeecadu?

- Firiiric IYO
- Qandho IYO
- Qufac AMA sanka oo duuf ka dareero AMA indhaha oo ilmeeya/cuncuna

Calaamaduhu waxay soo baxaan siddeed illaa 12 maalmood kadib marka uu qofku qaado jadeecada. Calaamada ugu horraysaa waa badanaaba waa qandho. Finan yaryar ayaa badiyaa soo baxa laba illaa saddex maalmood kadib marka ay qandhadu bilaabanto oo ku dhammaada shan illaa lix maalmood. Finanku waxay ka bilaabmaan qoordiidka, waxay u guuraan wejiga iyo qoorta sare dabeedna hoos ayey ugu dhaadhacaan jidhka.

## Haddii ilmahaagu leeyahay calaamadaha jedeecada, maxaad samayn doontaa?

Hubi inaad joogto gurigaaga oo martida iska ilaali illaa aad dhakhtar la hadlayso ama rug caafimaad. Dhakhtarkaaga ama rugta caafimaadka ayaa kuu sheegi doona haddii aad u iman karto.

## Sidee bay halis u tahay jadeecadu?

Jadeecadu waxay noqon kartaa cudur halis ah oo keena in isbitaal aad u jiifsado ama xitaa dhimasho keeni karta.

Dad badan oo qaba jadeecada ayaa yeesha dhibaatooyin kale sida shuban, infekshan dhegaha ah, jeeniwareen, ama infekshan ba'an oo maskaxda ah (oo keeni kara dhawac rasmi ahaan u gaadha maskaxda). Waxyeelooyinkaasi waxay ku badan yihiin carruurta kayar 5 sanno da'da iyo dadka waaweyn ee ka weyn 20 sanno.

Jadeecadu inta lagu jiro muddada uurka waxa ay sii kordisaa halista dhicinta umusha, fool-wareeg, ama ilmo ku dhasha miisaan yar.

Jadeecadu waxay ku ba'naan kartaa dadka uu liito nidaamka difaaca jidhkoodu.

## Siday ku fidaa jadeecadu?

Jadeecadu waxay raacdaa hawada marka qofka qabaa neefsado ama qufaco. Aad ayuu loo kala qaadaa.

Ma qaadi kartid jadeeco hal mar wax ka badan, waayo markaad qaado waxay ku hadhaysaa difaaca jidhkaaga.

## Intee in le'eg ayuu qofka qaba jadeecada wax qaadsiin karaa?

Qofka qaba jadeeco wuxu u gudbin kara dadka kale laga bilaabo afar maalmood kahor finianka soo bixitaankooda iyo afar maalmood kadib.

## Daawayn ma leedahay jadeecadu?

Maya, ma jiro daawayn gaar u ah jadeecadu. Dadka qaba jadeecadu waxay u baahan yihiin nasasho sariirta ah, dareere badan, iyo qandhada oo la xakameeyo. Waxa kale oo ay u baahan karaan in laga daaweeyo waxyeelada kale sida shubanka, infekshanka dhagaha, ama jeeniwareenka.

## Miyay leedahay tallaal jadeecadu?

Haa. Tallaalka jadeecadu wuxuu badiyaa isugu jiraa kuwa jadeecada iyo qaamo-qaashiirka (MMR).

- Carruurta ayaa ku qaata qiyaasaha tallalka MMR markay yihiin 12-15 bilood iyo
- da'da 4-6 sanno; MMR ka labaad ayaa la siin karaa laga bilaabo sida ugu dhakhso badan ee ah hal bil kaddib marka la siiyo qiyaasta ugu horeysa.
- Qiyaas hore oo MMR ayaa lagu talinayaa in la siiyo carruurta 6-12 bilood jirta ah ee socdaal caalami ah gali doonta ama meelaha u cudurku ka dilaacay.
- Dhammaan qaangaarka aan qaadin jadeeco ama aan qaadan tallaal jadeeco ayaa ah inay qaataan hal qiyaas tallaal oo MMR ah, gaar ahaan hadday dhasheen gudihii 1957 ama intii ka dambaysay.
- Ardayda (oo ay ku jiraan ardayda tacliinta sare), shaqaalaha daryeelka caafimaadka, iyo kuwa socdaal caalami ah gali doona ayaa ah winay qaateen laba qiyaasood oo tallaalka MMR ah, haddii aanay qaadan, waa inay is-tallaalaan.
- Kala hadal bixiyaha daryeelkiina caafimaad haddii aad qabto su'aalo ku saabsan tallaalada adiga ama ilmahaagu u baahan tihiin.

## Haddii adiga ama ilmahaagu aad qaadeen jadeeco, maxaad samayn?

- Wac dhakhtarkaaga ama rugta caafimaadka isla markiiba. Iyaga ayaa kuu sheegi haddii aad u imanayso.
- Haddii aan lagu tallaalin, qaadashada irbadda MMR saddex maalmood gudahood la kulanka jadeexda waxa laga yaabaa inay kaa celiso qaadista jadeecada.
- Haddii aad qaadato irbad difaaca globulin ah (wax dhiig ku jiro oo ah kahortagga fayraska jadeecada) lix maalmood marka aad la kulanto jadeecada, waxa laga yaabaa inay kaa celiso ama yarayso ba'naanta jadeecada.

# Maxaa dhacaya haddii ay ka jirto xaalad jadeecado dugsi ama goobaha kale (tus., kaamamka xagaaga, daryeelka ilmaha, goobta shaqada, rugta caafimaadka)?

MDH iyo waaxyada caafimaadka agagaaraha ayaa ka shaqayn doona goobta si loo ogaado shaqsiyaadka u feydmay, si loo qiimeeyo difaacooda jadeecada, oo ku talinaya ficillo ka-hortag cudur ah waxa ka dambeeya u feydsanka.

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