

Fayraska Aan Astaamaha Lahayn (Cytomegalovirus, CMV)

Sababta caabuq ee ugu badan ee keenta cilladaha ilmaha ay ku dhashaan



Waa maxay CMV?

Fayraska Aan Astaamaha Lahayn (Cytomegalovirus, CMV) waa fayraas caam ah. Caadiyan calaamado kuma keento dadka caafimaad qaba, laakiin waxay khatar u tahay dadka uurka leh oo si aan ogayn ugu gudbin kara CMV ilmaha ay uurka ku sidaan.

Yaree halista aad ugu qaadi karto CMV

CMV waxa uu ku faafaa dheecaannada jirka sida kaadida iyo candhuufta. Waa u caadi in carruurta yaryar ay ka qaadaan CMV carruurta kale. Waxay u gudbin karaan fayraska waalidiinta iyo daryeelayaasha, xitaa marka aysan u muuqan kuwo xanuunsan.

Aad bay muhiim u tahay in dadka uurka leh ama ka fikiraya inay uur yeeshaan ay iska ilaaliyaan caabuqa CMV.

Ka hadal wax ku saabsan CMV

Gacan ka geysa kor u qaadista wacyigelinta ku saabsan CMV iyo ku dhalashada caabuqa CMV ee ilmaha adigoo la wadaagaya macluumaadkan saaxiibbadaada, qoyskaaga, iyo bulshadaada.

Macluumaad dheeraad ah:

- ♥ La hadal bixiyahaaga daryeelka caafimaadka.
- 💬 Ka wac MDH lambarka 651-201-3650 ama iimayl u dir health.cyshn@state.mn.us

Marka ilmo lagu dhalo caabuqa CMV, caabuqa waxaa loo yaqaan **CMV ilmaha uu ku dhasho.**

Dalka Maraykanka, qiyaastii **1 ka mid ah 200 oo ilmood** ayaa ku dhasha caabuqa CMV ee ay ilmahu ku dhashaan.

CMV-ga ee ay ilmahu ku dhashaan **waa sababta ugu badan ee aan hidde-side ahayn** ee keenta luminta maqalka ee xilliga carruurtnimada.



Ka eeg ilaha CMV onlaynka:
health.mn.gov/cmV

Qaado tallaabooyin aad ku yaraynayso halista aad ugu qaadi karto CMV



Si joogto ah u dhaq gacmahaaga adigoo isticmaalaya saabuun iyo biyo, gaar ahaan ka dib markaad beddesho xafaayadda ama aad tirtirto sanka ama afka ilmaha



Ha kasoo guddin oona ha gelin wax aad kasoo bixisay afka ilmaha afkaaga sida muus ama mujuruca ilmaha ama burushka ilkaha



Hala wadaagin cuntada, cabitaanka, weelasha, ama tuubooyinka cabitaanka



Carruurta ka dhunko foodda halkii aad ka dhunkan lahayd bushimaha

mn DEPARTMENT OF HEALTH

Child and Family Health Division, Children and Youth with Special Health Needs Section
P.O. Box 64975
St. Paul, MN 55164-0882

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