Faayrus Halis ah oo Lagu Dhasho (Congenital Cytomegalovirus ama CMV)

Waxyaabaha ay samenayaan qoysaska iyo daryeeleyaasha

DEPARTMENT OF HEALTH

Waa maxay faayruska lagu dhasho ee CMV (congenital CMV)?

CMV waa faayruus caam ah oo ku faafa taabashada qoyaanka jirka sida kaadida iyo candhuufta. Haddii ay jirto haweeneey uur leh oo laga helo CMV, faayruskan waa mid mandheerta uga gudbi kara ilmaha uurka ugu jira. Marka uu nuunne ku dhasho CMV, infakshanka waxaa la yiraahdaa CMV lagu dhasho (congenital CMV).

CMV lagu dhasho (congenital CMV) siyaabo kala duwan ayuu u saameeyaa ilmaha. Inta badan dhallaanka marna kama muuqato wax ah calaamado ama astaamo. Qiyaastii shantii ilmood mid ka mid ah ayaa ku dhasha CMV (congenital CMV) ama lagu arkaa dhibaatooyin caafimaad oo ah mustaqbalka fog. Dhallaanka ku dhasha CMV (congenital CMV) oo dhan waa in ay si dhow loola socdo caafimaadkooda, korriinkooda, iyo maqalkooda inta ay yihiin carruurta oo dhan sida ugu dhakhso badan oo ah.

Waraaqdan waxa aad ka baraneyso waa

- Tallaabooyinka xiga ka dib marka ilmaha laga helo CMV lagu dhasho (congenital CMV).
- Baaritaan ah la-socosho oo kugu caawinaya daaweynta iyo qorshaha lagula socon doono ilmaha.
- Tasiilaadyo iyo barnaamijyo ayaa laguu hayaa.
- Xirfadleyaasha Caafimaadka iyo Macluumaadka ayaa kugu daraya daryeelka ilmaha.

Waraaqdan ka dhigo wax kugu hagaya oo aad uga hadli karto baaritaanka iyo adeegyada ah taageerada ee uu dhakhtarka daaweynta guud ilmaha u qabanayo.

La shaqee dhakhtarka caafimaadka ilmahaaga

Dhakhtarka Daaweynta Guud:
Waxa ay maareynayaan oo isku duwayaan daryeelka caafimaadka ilmaha. Waxa ay kugu sii xiri karaan dhakhaatiir ah takhasus oo daaweeya carruurta yaryar.

Goobta:

Taleefanka:

Xirfadlaha Maqalka:
Waxa uu sameynayo waa baarista maqalka oo gaar ah oo wuxuu la tacaalaa oo daaweeyaa maqalka xumaanaya.

Goobta:

Taleefanka:

Dhakhtarka indhaha:
Wuxuu hayaa daryeelka gaarka ah ee caafimaadka indhaha iyo aragga.

Goobta:

Taleefanka:

Takhasuslaha Cudurrada Faafa ee Carruurta:
Wuxuu hayaa daryeelka gaarka ah ee caafimaadka carruurta uu infakshan ku dhaco.

Goobta:

Taleefanka:

Tallaabooyinka koowaad ee loo baahan yahay

Ballanta dhakhtarka daaweynta guud
Kala hadal natiijooyinka baaritaanka CMV ee ilmahaaga iyo wixii ah baaris iyo ballamo kale oo uu dhakhtarku ku taliyo.

Taariikhda iyo wakhtiga ballanta:

Baaritaanka sheybaarka
Sida lagugula taliyo ugu qabo ballamaha qaadista dhiigagga lagu ogaanayo haddii faayrusku saameyn ku yeeshay xubnaha ilmaha.

Taariikhda iyo wakhtiga ballanta:

Ballanta xirfadlaha maqalka
Ugu gee baaritaanka lagu ogaanayo maqalka dhagaha. Baaristan waa mid laga rabo xataa ilmaha uu maqalkoodu ahaa "caadiga" markay dhasheen.

Taariikhda iyo wakhtiga ballanta:

Sawirka baarista maskaxda
Ballanta u qabo oo gee (badanaa uultarasawn ah madaxa) si loo qiimeeyo koboca maskaxda ee ilmaha.

Taariikhda iyo wakhtiga ballanta:

Ballanta dhakhtarka indhaha
Ballamaha u qabo oo gee baarista indhaha ee buuxda si looga hubiyo saameynta faayruska ee gudaha indhaha ee qeyta ah shabaqa dambe.

Taariikhda iyo wakhtiga ballanta:

Ballanta takhasuslaha cudurrada faafa ee carruurta
Haddii lagugula taliyo, ugu qabo ballamaha oo u gee.

Taariikhda iyo wakhtiga ballanta:

Tallaabooyinka ku xiga ee loo baahan yahay

Ballanta dhakhtarka daaweynta guud
Ogsoonow caafimaadka iyo koboca maskaxda ee ilmahaaga markaad u keento ballanta wiisiteynta ah 2 bilood ka dib.

Taariikhda iyo wakhtiga ballanta:

Ballanta kalkaalisada caafimaadka dadweynaha ee deegaanka
Kalkaalisada ayaa kula soo xiriiri doonta si ay kaaga jawaabto wixii su'aalo ah iyo tasiilaadyo ah caawimaad iyo siigudbin.

Taleefanka:

Siigudbinta Help Me Grow Minnesota
Carruurta laga helo faayruska CVM lagu dhasho (congenital CMV) waxay xaq u yeelan karaan waxqabad hore oo ah bilaash. Kala hadal dhakhtarka ama booqo barta intarnetka ee Help Me Grow si laguugu sii xiro maamulka iskuullada degmada oo aad kala sii hadli karto tillaabooyinka xiga.

www.helpmegrow.org

Diiwaangelinta Barnaamijka Helista Xirfadleyaasha (Follow Along Program)
Ku soo biir barnaamijkan ah bilaashka si aad u hesho caawimaad iyo tasiilaad aad kula socon doonto koboca maskaxda ee ilmahaaga inta uu yahay dhallaanka, socodbaradka, iyo ilmaha yar.

www.health.state.mn.us/mnfap

Waxaa suurtagal in ilmuhu u baahdo ballamo badan ama yar oo la geynayo, baaritaan, ama caawimaad ah adeegyo. Kala hadal dhakhtarka wixii ah talooyinka u fiican ilmaha iyo qoyska.

Tallaabooyinka ku sii xiga ee loo baahan yahay bilaha soo socda

Ballanta dhakhtarka daaweynta guud
Ogsoonow caafimaadka iyo koboca maskaxda ee ilmahaaga markaad u geyso ballamaha wiisiteynta ah 4 iyo 6-bilood ka dib.

Taariikhda iyo wakhtiga ballanta:

Ballanta xirfadlaha maqalka
Ugu gee baaritaanka labaad ee maqalka dhagaha marka uu ilmuhu gaaro 4-5 bilood.

Taariikhda iyo wakhtiga ballanta:

Inta uu ilmahaagu sii koraayo, sii wad in aad sameyso talaabooyinkaas

Ballamaha dhakhtarka daaweynta guud
Ogsoonow caafimaadka iyo koboca maskaxda ee ilmahaaga markaad u keento ballanta wiisiteynta ah.

Xirfadlaha maqalka
Ugu gee ballamaha lagula socoonayo ilmaha maqal ahaan iyo dhallitirka.

Baaritaanka maqalka iyo baarista dheelitirka dhagaha guud ahaan waxaa lagu taliyaa 3dii biloodba mar ilaa da'da 2 jirka, 6dii biloodba mar ilaa da'da 6 jirka, iyo sannad kasta ilaa da'da 10 jirka.

Ballanta maamulka iskuulka degmada
Maamulka iskuulka degmada ayaa kula soo xiriiri doona ka dib marka ay Help Me Grow kuu gudbiyaan. La kulan shaqaalaha si aad ula sameysato oo aad ula eegto mid kasta adeegyada gaarka ah ama barnaamijyada lagu talinayo ee ilmahaaga.

Ha lagugu xiro tasiilaadyo bilaash ah si aad ugu caawiso ilmahaaga

Waaxda Caafimaadka ee Deegaanka
Waaxda caafimaadka ee deegaan kasta waxay dhallaanka iyo ilmaha u haysaa adeegyo ah la-socosho. Shaqaalaha ayaa ka jawaabi kara su'aalaha oo kugu sii xiri kara:

- Tasiilaadyo dhaqaale ama ceymis
- Barnaamijyada waxqabadka waxbarashada hore
- Tasiilaadyo bulsho

www.health.state.mn.us/communities/practice/connect/findlph.html

Help Me Grow Minnesota
Carruurta ku dhalata faayruska CVM waxay xaq u yeelan karaan waxqabad hore oo bilaash ah oo ay ka helayaan degmada iskuulka. Help Me Grow waa habka siigudbinta ee kugu sii xiraya adeegyada degmada deegaankaaga.

www.helpmegrowmn.org
1-866-693-4769

Barnaamijka Helista Xirfadleyaasha (Follow Along Program)
Barnaamijka Helista Xirfadleyaasha ee Minnesota (Follow Along Program) wuxuu kuu hayaa tasiilaadyo iyo sida lagu helo xirfadleyaal ku caawinaya inta ilmuhu wax baranayo oo korayo.

www.health.state.mn.us/mnfap
1-800-728-5420

Hel macluumaad iyo caawimaad markii aad rabto

Waaxda Caafimaadka ee Minnesota (Minnesota Department of Health ama MDH), Carruurta iyo Dhallinta Qabta Baahiyada Gaarka ah

www.health.mn.gov/CMV

Ururka Samafalka CMV ee Dalkoo Dhan (National CMV Foundation)

www.nationalcmv.org

Xarumaha Xakameynta iyo Ka-hortegista Cudurrada (Centers for Disease Control and Prevention)

www.cdc.gov/cmv/index.html

PO Box 64975, St. Paul, MN 55164-0975
Si aad macluumaadkan ugu hesho hab kale, soo garaac 651-201-3560.

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