

Eboola

What is Ebola disease?

Eboola waa cudur uu sababo fayraska Eboola waana mid ka mid ah xumadda cudurada lagu dhiig baxo. Cudurka Eboola waxaa uu sababaa xanuun aad u daran kaas oo 50-90 boqolkiiba dadka uu ku dhaco ay dhintaan. Cudara Eboola markii ugu horaysay waxaa laga ogaaday 1976 wadanka hadda loo qayaan Jamhuuriyadda Dimuqraadiga Koongo meel u dhow Webiga Eboola.

Waa maxay calaamadaha cudurka Eboola?

- Xumad
- Madax xanuun
- Xanuunada muruqa iyo kala goysyada
- Itaal daro
- Shuban
- Matag
- Calool xanuun
- Nafsad cunto la'aan ah
- Dhiig bax aan caadi ahayn

Bukaan jifka qaar waxay leeyihii finan ka soo baxa, indho guduud, higgo, qufac, hunguri xanuun, xabad xanuun, neefsashada oo adkaata ama wax liqidda, ama dhiig bax gudaha ama dibadda jidhka.

Calaamaduhu guud ahaan waxay bilaabmaan 8-10 maalmood ka dib markay taabato fayraska Eboola laakiin waxay dhici kartaa goor hore sida 2 ilaa maalmood 21 maalmood ka dib markay qofka haleesho.

Sidee Eboola ku faafaa?

Eboola wuxuu ku faafaa marka si toos ah loo taabto:

- Dhiiga ama dheecaanka jidhka (sida;mataga, shubanka, kaadidda, caanaha naaska, dhididka, mannida) qofka cudurka qaba kaas oo leh calaamadaha Eboola ama dhawaan u dhintay cudurka Eboola.
- Waxyaabaha ama oogoooyinka uu wisikheeyay dheecaanka jidhka ee qofka sita fayraska Eboola, tusaale ahaan dharka ama gogosha sariirta qofka buka.

Qofka sidda fayraska Eboola uma gudbin karo kuwa kale ka hor intaanay calaamaduhu ka muuqan.

Fayraska Eboolaha waxaa loo malaynayaa in uu dadka uga soo gudbay xawayaanka dibad galeenka ah oo uu markaa ku faafay aadamiga laga bilaabo hal qof ilaa ka kale. Isha dhabta ah ee ay fayrasku xawayaaanka uga yimid lama oga, laakiin Eboola waxaa laga helay fiidmeeraha iyo daanyeerka, fayraska waxaa loo malaynayaa in uu dadka uga soo gudbo dheecaanka jidhka xawayaanka qaba, sida cunnida xawayaan cudurka qaba.

Yaa Khatar ugu jira Cudurka Eboola?

Khatarta qaadista Eboola ee dad waynaha guud si aada ayuu u hooseeyaa.

Bixiyayaasha daryeelka caafimaad ama xubin qoyska ah daryeelaysa bukaan jifka Eboola ayaa halista ugu saraysa ugu jira maxaa yeelay waxa dhici karta in ay taabtaan dhiiga ama dheecaaanka jidhka.

Sideed u dawaynaysaa cudurka Eboola?

- Ma jiro dawo lagu daaweeyo Eboola oo ma jiro tallaaf laga hortago cudurka.
- Daawaynta cudurka Eboola waa taageerid, macnaheedu yahay siinta dareere, ilaalinta cadaadiska dhiiga, soo celinta dhiigii baxay.

- Raadinta daryeel caafimaad si degdega isla marka calaamadu muuqdaan waxay kordhisaa fursadaha ka samato baxa. Sidoo kale waxa ay ka hortagtaa dadka kale in ay u soo dhawaadaan qofka cudurku ku dhacay maxaa yeelay ma taaban doonaan dhiiga iyo dheecaanka qofka cudurka qaba.

Sideed uga hortagaysaa cudurka Eboola?

- Iska ilaali taabashada dhiiga iyo dheecaanka kuwa buka.
- Inta badan maydh gacmahaaga.
- Ha qabsan walxaha uu taabtay dhiiga ama dheecaanka qofka cudurka qabaa
- Dharka ka hortaga isticmaal sida galoofyada, marada wejiga lagu qariyo, marada shuluga ah marka aad daryeelayso dadka buka.
- Iska ilaali taabashada qofka buka ama xawayaanka dhinta.
- Ha cunnin xawayaanka dibad galeenka ah ama hilibka duur joogta.
- Iska ilaali goobaha cudurku ka dilaacay.

Ka waran safarka?

Ka hor intaanad safar u bixin

- La hadal dhakhtarkaaga ama xarunta caafimaadka ee safarka haddii aad qorshaynayso safarka goobaha cudurku ka dilaacay.
- Hubi bogga internatka ee [Caafimaadka Safrayaasha CDC ogaysiiska safarka cudurada gaarka iyo wadamada \(wwwnc.cdc.gov/travel/notices\)](#).

Ka dib markaad safarto

Haddii uu qof leeyahay xumad, madax xanuun, xanuuno kala goysyada iyo muruqa sadex

maalmood gudahood ka dib markaad ka soo noqoto safarkaaaga.

- Wac dhakhtarkaaga ama goobtaada caafimaad. Waxay ku ogaysiin doonaan haddii aad u baahan tahay in aad u timaado booqasho.
- U sheeg dhakhtarkaaga halkaad u safartay, hawlaha aad ka qayb qaadatay, iyo haddii aad taabatay qof qaba cudurka Eboola.

Ilaha

Xarumaha Cudurka Xakamaynta iyo ka Hortaga

- [Eboola \(www.cdc.gov/vhf/ebola/\)](http://www.cdc.gov/vhf/ebola/)
- [Caafimaadka Qofka safarka ah \(wwwnc.cdc.gov/travel/\)](http://wwwnc.cdc.gov/travel/)
- Telefoonka: 800-CDC-INFO (800-232-4636)

World Health Organization

- [Eboola \(www.who.int/health-topics/ebola\)](http://www.who.int/health-topics/ebola)

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