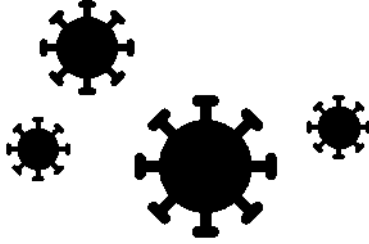
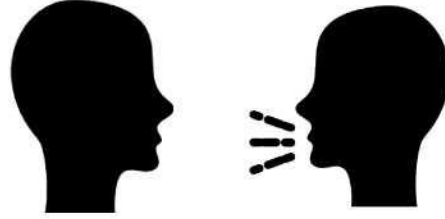


Rubella (Jadeecada Jarmalka)

Xaashida xaqiiqada



Rubella, oo sidoo kale loo yaqaan jadeecada Jarmalka, waa cudur uu keeno fayraska rubella.



Badanaa waxa lagu kala qaadaa qufaca ama hindhisada. Waxa kale oo ay faafi kartaa marka qofku taabto sagxad wasakhaysan oo uu kadibna taabto indhaha, sanko, ama afka.

Astaamaha iyo Calaamadaha



Firiric



Qandho Yar



Madax-xanuun

Jadeecada Jarmalka badanaa waa u khafiif carruurta iyo dadka waaweyn, oo waxay leedahay astaamo ama calaamado kooban ama ma leh. Dadka leh astaamaha iyo calaamadaha, finanka cas ayaa inta badan ah kuwa ugu badan. Firiirica ayaa caadi ahaan ka bilaabma wejiga kadibna ku fida jirka intiisa kale, waxayna socdaan ilaa 3 maalmood. Astaamaha iyo calaamadaha kale waxaa ka mid ah il casaanka, qanjidhada oo barara, cune xanuun, iyo xanuunka kala-goysyada.

Astaamaha iyo calaamadaha badanaa waxay bilaabmaan 14 maalmood ka dib u baylihidda, laakiin waxay gaari karaan 23 maalmood. Jadeecada Jarmalka waxay faafi kartaa ilaa 7 maalmood kahor firiirica ilaa 7 maalmood kadib bilowga firiirica. Dadka aan lahayn astaamo ama calaamado ayaa wali faafin kara Jadeecada Jarmalka.

Kahortagga



Qaadashada tallaalka Jadeecada Jarmalka (badanaa loo yaqaan MMR) ayaa ah habka ugu wanaagsan ee looga hortago Jadeecada Jarmalka.



Sidoo kale:

- Gacmahaaga ku dhaq saabuun
- Ha wadaagin maacuunta cuntada
- Nadiifi sagxadaha la wadaago had iyo jeer

Jadeecada Jarmalka ayaa aad khatar ugu ah haweenka uurka leh iyo uurjiifkooda. Dumarku waa inay hubiyaan in laga tallaalay Jadeecada Jarmalka kahor intaanay uur qaadin.

Wixii Macluumaad Dheeraad Ah



Kala xiriir dhakhtarkaaga ama Xarunta Xakamaynta iyo Kahortagga Cudurrada Maine lambarka 1-800-821-5821 haddii aad u malaynayso inaad qabtid Jadeecada Jarmalka ama aad rabto macluumaad dheeraad ah.

Waxaad sidoo kale booqan kartaa www.cdc.gov/rubella.