

Cudurka Dulinka Shillinta Deerada (Babesiosis)

Xaashida xaqiiqada



Cudurka Dulinka Shillinta Deerada waa cudur uu keeno dulin ku dhaca unugyada dhiigga ee cas. Qaabka ugu badan ee lagu kala qaado waa qaniinyada shillinta *Ixodes scapularis* ee qabta cudurka (sidoo kale loo yaqaano shillinta deerada).

Sidoo kale waa la qaadi karaa cudurka dulinka shillinta deerada marka qofka lagu shubo dhiig qaba cudurka. Marar dhif iyo naadir ah, ayay hooyadu u gudbin kartaa ilmaheeda xilliga uurka ama dhalmada.

Qof kasta ayaa qaadi kara cudurka dulinka shillinta deerada, balse dadka wakhtiga ku qaata guriga dibadiisa ayaa halis sarreysa ugu jira. Waxaa inta badan laga helaa dadka da'da/waayeelka ah, kuwa aan lahayn beeryaro caafimaad qabta, iyo kuwa nidaamka difaaca jirkoodu uu daciifay.

Astaamaha iyo Calaamadaha



Qandho ama Qarqaryo



Dhiig-yaraan (Tirada Unugyada Dhiigga Cas ee Ka Hooseeya Tirada Caadiga ah)



Madax-xanuun



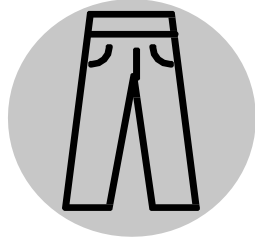
Daal aad u badan

Calaamadaha iyo astaamaha waxay caadi ahaan socdaan dhowr maalmood ilaa dhowr bilood dadka qaarna waxaa laga yaabaa inaysan muujin wax calaamado ah. Calaamadaha iyo astaamaha waxay ku bilaaban karaan dhowr toddobaad, bilo gudahooda, ama mararka qaarkood waqti ka badan. Cudurka dulinka shillinta deerada ayaa noqon kara mid daran oo nafta halis gelin kara.



La hadal dhakhtarkaaga haddii aad yeelato mid ka mid ah calaamadahan ama astaamahan. Cudurka dulinka shillinta deerada waxaa lagu ogaadaa oo lagu saleeyaa calaamadaha iyo astaamaha waxaana lagu xaqiijiyaa baaritaano dhiig. Cudurka dulinka shillinta deerada waxaa lagu daaweeyaa antibiyootik/daawooyinka jeermiska dila. Dhibaatooyin halis ah ayaa dhici kara haddii aan cudurkan la ogaan oo aan la daaweyn goor hore.

Kahortagga Qaniinyada Shillinta



Xiro dhar midab khafiif ah leh, gacmodheer leh iyo dhar gamo ama lugo dheere ah. Iskaalshahaaga/sigsaantaada ka soo kor mari surwaaladaada.



Isticmaal sunta celisa cayayaanka ee ay EPA ansixiyeen.



Xaaq caleemaha soo daata oo jar cawska daaradaada.



Si maalinle ah u samee hubinta shillinta oo sidoo kale hubi rabaayadahaaga.

Si Ammaan leh u saarista Shillinta



Isticmaal qaaddada shillinta ama birqabadka shillinta si aad shillinta uga saarto gurigaaga.

-Adigoo isticmaalaya birqabad, kaga qabo shillinta afka oo isticmaal caddaadis joogto ah si aad shillinta uga saarto gurigaaga. Ha isticmaalin dhaqdhaqaaqyada xagaldaacinta leh.

-Adigoo isticmaalaya qaaddada shillinta, isku aadi afka qaaddada iyo madaxa shillinta oo si tartiib ah ugu soo qaad.

Ha isticmaalin ciddiyaha, taraq, ama fasliin si aad shillinta uga saarto gurigaaga. Hababkani waxay kordhiyaan halista caabuqa maqaarka ee jirka ku faafa.

Halkee Laga Helaa Shillinta Deerada ee Maine?

Shillinta deerada, ee qaadi karta dulinka keena cudurka dulinka shillinta deerada, ayaa laga helaa meel kasta oo ka mid ah gobolka Maine. Aaggaga ay ku nool yihiin shillinta deerada waxaa ka mid ah:

- Aaggaga kaynta ama duurka ah
- Duur-joogta, goobaha dhirta aan laga jarin ee cawska dheer leh
- Burushka ama caleemaha uruuro

Shillintu waa mid ku firfircoon heerkul kasta oo ka sarreeya barafka.



Wixii xog dheeraad ah, Booqo:



1. www.maine.gov/dhhs/babesiosis
2. www.maine.gov/dhhs/tickfaq (Si aad uga hesho su'aalaha inta badan la isweydiiyo ee shillinta)
3. www.cdc.gov/babesiosis
4. www.ticks.umaine.edu (Si aad u soo gudbiso shillinta si loo aqoonsado loona baaro)
5. www.epa.gov/insect-repelents/find-repellent-right-you (Si aad u ogaato sunta celisa cayayaanka ee ay EPA ansixiyeen)

Waxaad sidoo kale ka wici kartaa Maine CDC nambarka 1-800-821-5821.