

# Qandhada Soo Noqnoqota ee Shillinta Adag (Hard Tick Relapsing Fever)

Xaashida xaqiiqada



Qandhada soo noqnoqota ee shillinta adag (HTRF) waa jirro ay keento bakteeriyada *Borrelia miyamotoi*. Waxaa lagu kala qaadaa qaniinyada shillinta *Ixodes scapularis* ee qabta cudurka (sidoo kale loo yaqaano shillinta deerada).



Qof kasta ayaa qaadi kara fayraska HTRF, balse dadka wakhtiga ku qaata guriga bannaankiisa ayaa halis sarreysa ugu jira.

## Astaamaha iyo Calaamadaha



Qandho ama  
Qarqaryo



Madax-xanuun



Murqo iyo Jir Xanuun



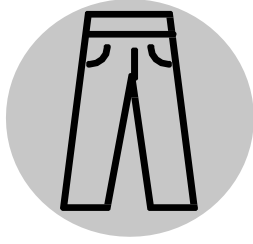
Daal

Calaamadaha kale ee aan caamka ahayn waxaa ka mid ah firiiric, calool xanuun, shuban, iyo dareemida dawakhadama wareer. Dad aad u yar ayay ku dhacaan calaamadahan iyo astaamahan oo **dhan**.



La hadal dhakhtarkaaga haddii aad yeelato mid ka mid ah calaamadahan ama astaamahan kadib marka ay shillinta ku qaniinto. Qandhada Soo Noqnoqota ee Shillinta Adag waxaa lagu ogaadaa oo lagu saleeyaa calaamadaha iyo astaamaha waxaana lagu xaqiijiyaa baaritaano dhiig.

# Kahortagga Qaniinyada Shillinta



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



Isticmaal sunta cayayaanka ee EPA ay 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 bakteeriyada *Borrelia miyamotoi*, 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/mecdc/infectious-disease/epi/vector-borne/borrelia-miyamotoi/](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/borrelia-miyamotoi/)
2. [www.cdc.gov/ticks/miyamotoi.html](http://www.cdc.gov/ticks/miyamotoi.html)
3. [www.epa.gov/insect-repelents/find-repelent-right-you](http://www.epa.gov/insect-repelents/find-repelent-right-you) (Si aad u ogaato sunta celisa cayayaanka ee ay EPA ansixiyeen)
4. [ticks.umaine.edu](http://ticks.umaine.edu) (Si aad u soo gudbiso shillinta si loo aqoonsado loona baaro)

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