

Cudurka Lyme

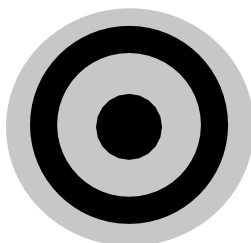
Xaashida xaqiiqada



Cudurka Lyme waa jirro ay keento bakteeriyada kala ah *Borrelia burgdorferi* iyo *Borrelia mayonii*. Waxaa lagu kala qaadaa qaniinyada shillinta *Ixodes scapularis* ee qabta cudurka (sidoo kale loo yaqaano shillinta deerada).

Qof kasta ayaa qaadi kara cudurka Lyme, balse carruurta da'doodu tahay 5-14 sanno jir iyo dadka waaweyn ee da'doodu ka weyn tahay 65 sanno jir ayaa halis sarreysa ugu jira.

Calaamadaha iyo Astaamaha Bilawga ah



Firiiric (sida caadiga ah "Giiran Cas")



Qandho ama Qarqaryo



Daal (Dareemida Daal Badan)



Murqo-xanuun iyo Jir-xanuun

Calaamadaha iyo astaamaha hore cudurka Lyme waxay dhacaan bisha ugu horreysa kadib markay dhacdo qaniinyada shillinta.

Calaamadaha iyo Astaamaha Kale



Lafo-beel



Dhibaatooyinka Neerfaha, Xusuusta, iyo Dareenka Buuxa



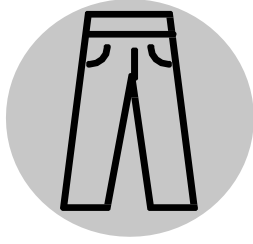
Dibaatooyinka Wadnaha

Astaamahani waxay soo bixi karaan toddobaadyo, bilo, ama sannado kadib marka ay dhacdo qaniinyada shillinta haddii aan qofka laga daaweyn goor hore.



La hadal dhakhtarkaaga haddii aad yeelato mid ka mid ah calaamadahan ama astaamahan kadib marka ay shillin ku qaniinto. Cudurka Lyme waxaa lagu ogaadaa oo lagu saleeyaa calaamadaha iyo astaamaha waxaana lagu xaqiijiyo baaritaano dhiig. Waxaa lagu daaweeyaa antibiyootik/daawooyinka jeermiska dila.

Kahortagga Qaniinyada Shillinta



Xiro dhar midab khafiif ah leh, gacmo ama lugo dhaadheer leh. 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 rabaayadaahaaga.

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 ugo 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 keenta cudurka Lyme, 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/lyme
2. www.maine.gov/dhhs/tickfaq (Si aad uga hesho su'aalaha inta badan la isweydiyo ee khuseeya shillinta)
3. www.cdc.gov/lyme
4. www.ticks.umaine.edu (Si aad u soo gudbiso shillinta si loo aqoonsado loona baaro)
5. www.epa.gov/insect-repelents/find-repelent-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.