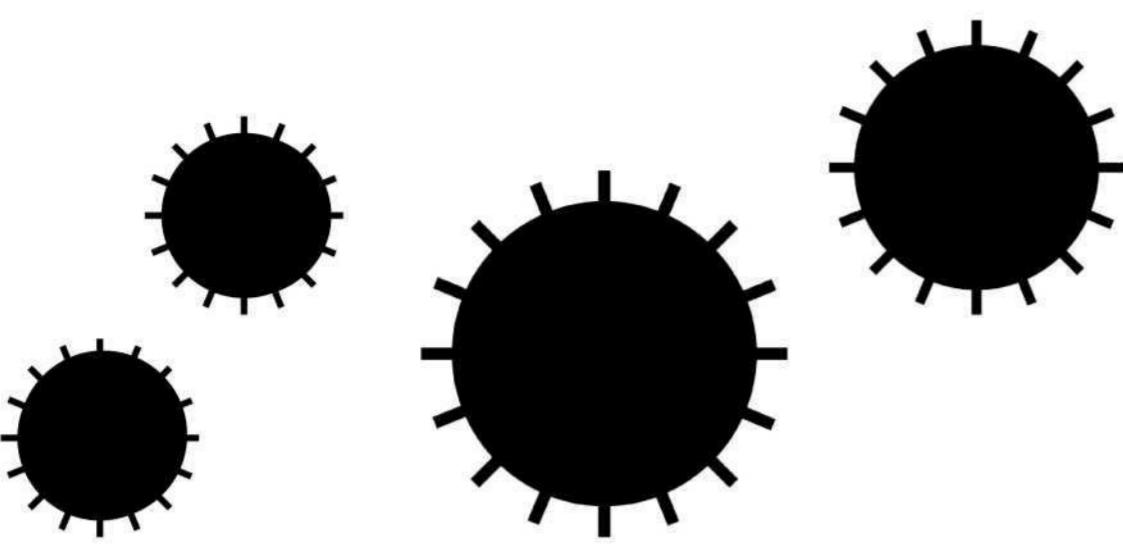




# Varicella (Habro-baas)

Warqadda Xaqiiqda



Varicella, oo sida caadiga ah loo yaqaan habro-baas, waa infekshan aad u faafa. Waxaa keena fayraska varicella zoster.



Qof kasta ayaa u bukoon kara habro-baasta. Dadka la tallaalo way yar tahay inay ku dhacdo habro-baas, laakiin weli way dhici kartaa. Kiisaska noocaas ah, badanaa waa qaab fudud.

## Calaamadaha iyo Astaamaha



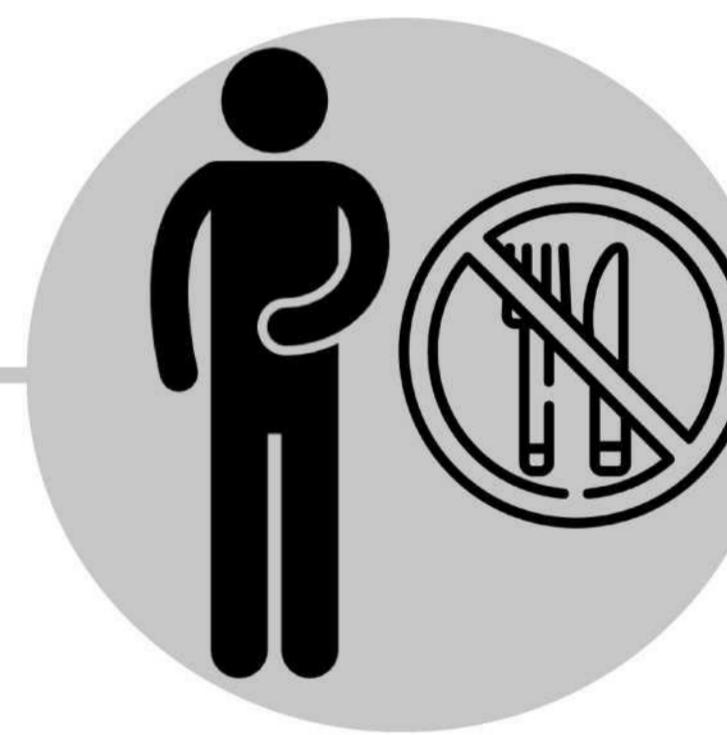
Furuuruc



QanEdho



Daal Dareemid



Amateedka oo xumaada

Qandho, dareemid daal, amateedka oo xumaada, iyo madax xanuun ayaa soo muuqan kara maalin ilaa laba maalmood kahor intaan firiiricu kobcin. Firiirica ayaa laga yaabaa inay marka hore kasoo muuqdaan wejiga, laabta, iyo dhabarka kadibna ku fidaan jirka intiisa kale. Tan waxaa ku jira gudaha afka, baalasha indhaha, ama xubnaha taranka. Firiirica ayaa isu beddela cuncun, fin-dheecaan dheecaan ka buuxo kaas oo qub-dhaca toddobaad gudihii. Calaamadaha badanaa waxay soo baxaan 14 ilaa 16 maalmood cudurka kadib, laakiin waxay u dhaxayn karaan 10 ilaa 21 maalmood.

Habro-baastu waxay noqon kartaa mid aad u daran gaar ahaan carruurta yaryar, carruurta ka weyn 12, dadka waaweyn, haweenka uurka leh, iyo dadka leh habka difaaca liita. Dhibaatooyinka ba'an ee ka yimaada habro-baasta waa mid naadir ah laakiin waxaa ka mid noqon kara caabuqa bakteeriyada, oof-wareen, caabuqa maskaxda, iyo dhimasho. Dhimashada qaardeed ee habro-baastu waxay ku dhacdaa carruurta caafimaad qabta, oo aan la tallaalin iyo dadka waaweyn.



La hadal dhakhtarkaaga haddii aad u malaynaysid inaad qabto habro-baas. Ma jiro daaweyn gaar ah, laakiin astaamaha waxaa lagu daaweyn karaa dwoooyinka aan u baahnayn waraaq dhakhtar.

Ha isticmaalin daawada asbiriin ama dawoooyinka ay ku jirto asbiriin si aad uga baabiiso qandhada ilmaha. Tani waxay u keeni kartaa carruurta carqalad dhif ah.

# Faafidda Hablo-baasta



Qufaca iyo Hindhisada



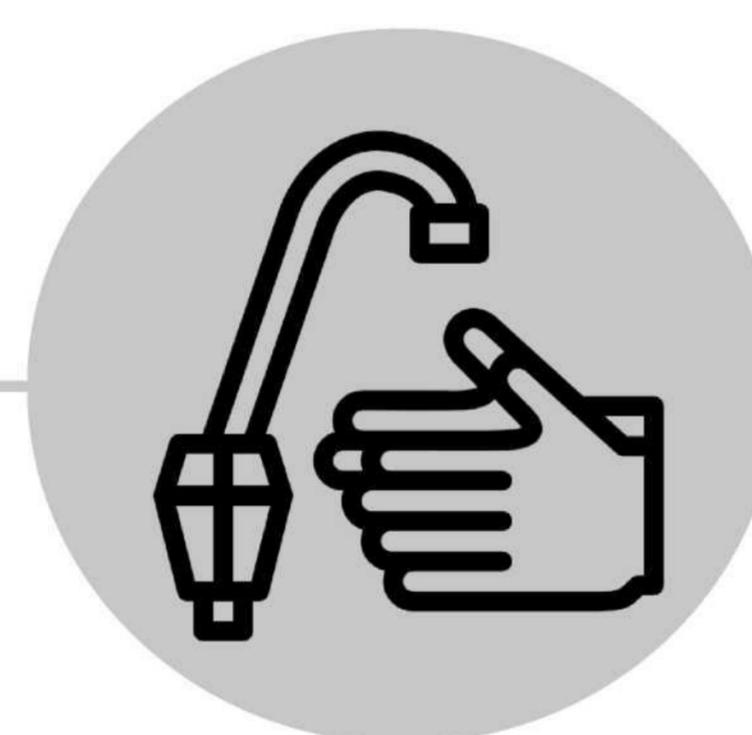
Taabashada tooska ah adigoo taabanaya finanka

Fayrasku wuxuu si fudud ugu fidaa taabashada ama neefsashada qurbaha fayraska ee ka yimid finanka hablo-baasta. Sagxadda dusha sare iyo walxaha, sida alaabada lagu ciyaaro, waxay faafin karaan fayraska haddii qof xanuunsan uu taabto iyagoon gacmahooda maydhin qof kalena taabto isla sagxaddii kadibna ay xoqaan indhahooda, sankooda, ama afka.

## Kahortagga Hablo-baasta



Tallaalku waa kahortagga ugu wanaagsan



Ku dhaq gacmahaaga saabuun iyo biyo

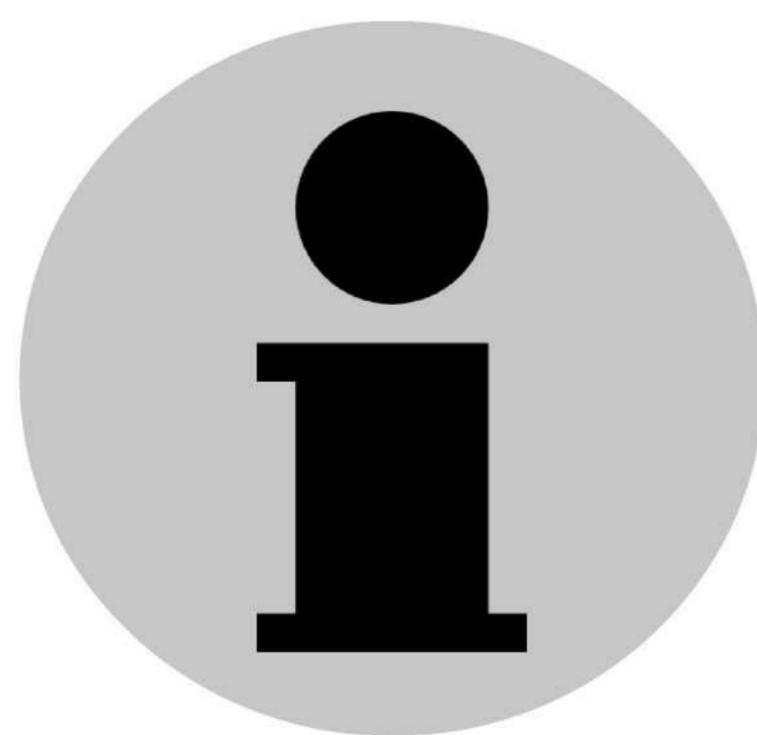


Ha wadaagina maacuunka cunista



Nadiifi sagxadaha kuwaas oo loo taabto si joogto ah

## Macluumaad Inta Ka-badan, Booqo:



1. [www.maine.gov/dhhs/varicella](http://www.maine.gov/dhhs/varicella)
2. [www.cdc.gov/varicella](http://www.cdc.gov/varicella)
3. [www.cdc.gov/vaccines/vpd/vaccines-age.html](http://www.cdc.gov/vaccines/vpd/vaccines-age.html) (Loogu talogelay tallaalada loo eegayo da'ada)

Waxa kale oo aad ka wici kartaa Maine CDC halkan 1-800-821-5821.