



NORTH DAKOTA
DEPARTMENT *of* HEALTH

Caafimaadka Dhawro Inta Lagu Jiro Nadiifinta!

Waaxda Caafimaadka ee North Dakota waxay qof kasta oo nadiifin gala kadib fatahaaddii dhawayd ku dhiirigalinaysaa inuu caafimaadkiisa dhawrto isaga oo raacaya talooyinkan soo socda:

- Wakhti kasta ha kuu marsanaato buufiska kaneecada si aad uga badbaadid inaad qaadid cudurka fayraska Niilka Galbeed.
- Taxadir samee marka aad nadiifinaysid aagaga leh saalada jiirka/dooliga, buulka shimbiraha ama jiir/dooli dhintay. Wixii macluumaad dheeraad ah, ka akhri qoraal xaqiiqeedka Ciladda Sambabada ee Hantavirus (Hantavirus Pulmonary Syndrome) oo laga helo www.ndhealth.gov/disease.
- U hubso in talaalkaaga teetanada uu wali cusub yahay (aanuu dhaafin 10 sannadood).
- Si haboon qashinka uga takhalus.
- Dhaq gacmahaaga kahor inta aanad wax cunin ama cabbin.
- Cab biyo badan si aad isaga ilaalisid fuuq-bax.
- Nasasho ku qaado meel hadh leh ama baabuur hawo-qaboojin leh si aad uga badbaadid saameynta kulaylka iyo wareenka kulaylka.
- Si haboon u qaad alaabta culus si aad uga badbaadid dhaawaca dhabarka.
- Gasho kabo xoog leh, indho-gashi badbaadin leh iyo waji-galisyo, haddii ay suurogal tahay.
- Haddii dhaawacantid intaad wax nadiifinayso, dhaawaca ku dhaq biyo saabuun leh oo raadso daryeel caafimaad haddii aad u baahatid.

Wixii macluumaad dheeraad ah ee ku saabsan tilmaamahan, fadlan kala xidhiidh Waaxda Caafimaadka ee North Dakota telefonka 701.328.2372.