Kahortag FEYRASKA WEST NILE

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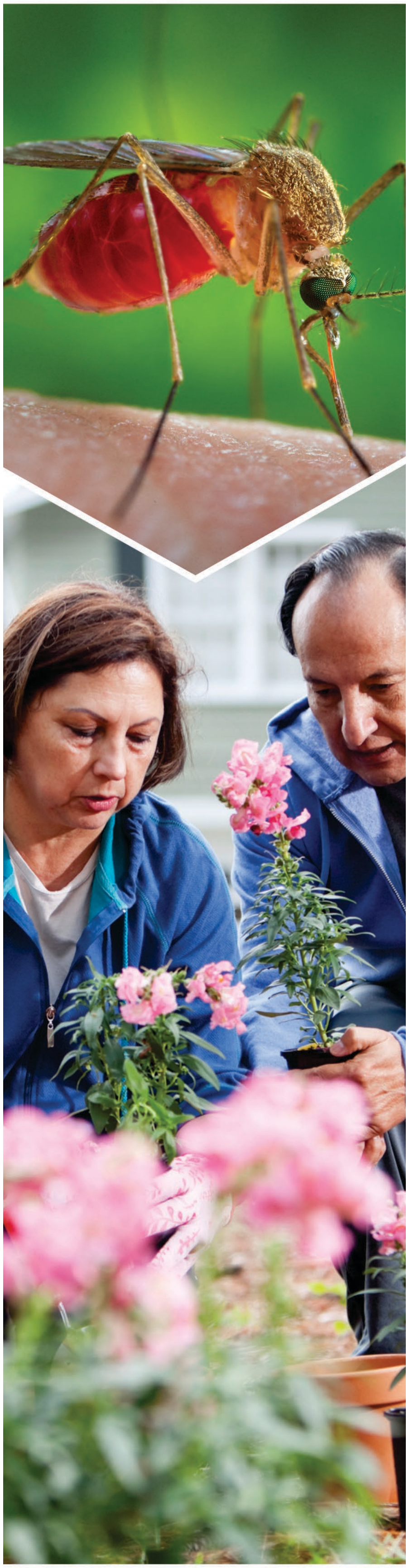

Waa maxay Feyraska West Nile?

Feyraska West Nile (WNV) waa caabuq ay faafiso kaneecada taasoo - tiro yar oo xaalado ah - ay sababi karto cudur daran.

Kaneecada, gaar ahaan kuwa kasoo jeeda Culex genus, ayaa cudurka qaada kadib markii ay qaniinto shimbir fayrasku ku dhacay. WNV asal ahaan waa feyraska shimbiraha halka noocyada ugu daran ee ay dhibaatadu saameysey ay yihiin tukayaasha (corvids) sida tukayaasha waaweyn (ravens), tukayaasha iyo shimbirta buluugga ah (blue jays), qaar ka mid ah noocyada shimbiraha ee caanka ah sida tukayaasha guryaha, garaakalka caadiga ah (common grackle) iyo robinka Mareykanka ayaa sidoo kale muhiim u ah kordhinta faafitaanka WNV dhanka kaneecada quudata shimbiraha.

Feyrasku wuxuu ku faafaa dhanka bini aadanka kadib markii ay qaniinto kaneeco uu ku dhacay WNV. Farduhu sidoo kale waxay u nugul yihiin WNV kadib markii ay qaniinto kaneeco cudurka qabta.

Astaamo

Dadka badankood ma yeelan doonaan wax astaamo ah haddii uu ku dhaco WNV, laakiin qaar baa heli kara astaamo u eg hargab. Halis jirro aad u daran oo ka timaadda WNV way sii korodhaa marka da'du sii weynaato, dadka waaweyn iyo waayeelka iyo sidoo kale dadka hab-difaaca jirkoodu daciifo waxay ku jiraan khatar sare. Astaamaha waxaa ka mid noqon kara:

- Astaamo u eg hargabka, oo ay ka mid yihiin, laakiin aan ku koobneyn, qandho, xanuun madax hore, murqo xanuun iyo mar mar maqaarka oo finan kasoo baxaan;
- Astaamo dheeri ah sida luqun adkaan, murqaha oo daciifa, dawakhaad, jahwareer iyo miyir beel.
- Waxay qaadan kartaa inta u dhaxeysa seddex ilaa 14 maalmood kahor intaan astaamuhu muuqan kadib qaniinyada kaneecada cudurka qabta.

Sida aad naftaada uga ilaaliso qaniinyada kaneecada

Yaree fursadaada cudurka kaneecada adigoo samaynaaya waxyaabaha soo socda:

- Mari **wax loo ansixiyey inay kaneecada dib u celiso** oo ay ku jirto "DEET" ama "icaridin" meelaha ay ka taabatay maqaarka iyo dharka.
- Xidho dhar midab khafiifa leh, aan daldalool lahayn laakiin si debecsan kuu le'eg – saraawiil dhaadheer, shaati gacmo dheer, sharaabaadyo iyo kabo; kaneecada waxa soo jiita midabbada mugdiga ah welina wax way ku qaniini kartaa dharka khafiifka ah, ee kugu dheggan.
- Ka fogow dhaqdhaqaaqyada bannaanka inta lagu jiro saacadaha u dhexeeya fiidka iyo waaberiga - xilliyada kaneecadu ay ugu firfircoon tahay - iyo wakhti kasta meelaha hadheysan, dhirta leh.
- Hubi in daaqadaha iyo albaabbada gurigaaga oo dhan ay leeyihiin shaashado si fiican loo rakibay oo la dayac tiray.

Somali - 08/2021

Yaree tirada kaneecada:

Kasii daa biyaha fadhiya ugu yaraan hal mar todobaadkiiba si aad uga bixiso meelaha kaneecado ku dhalato:

- Ka fiiri hareeraha/bannaanka gurigaaga wax weelal ah, meelaha wax lagu rito iyo waxyaabo kale oo biyo ururin kara. Hubi inaad faaruqiso ugu yaraan hal mar usbuucii, rogrog ama daloollo u yeel markii ay habboon tahay, ama u tuur si habboon. Tusaale ahaan:
  - » Barkadaha dabaasha ee caagga ah
  - » Gaari gacmeedyada
  - » Daboolka barkadda
  - » Qubeyska shimbiraha
  - » Taayirada
  - » Weelasha/dheriga dhirta lagu beero
- Nadiifi marinnada saqafka ee xiran; ka qaad caleemaha iyo qashinka joojin kara biyo-mareenka.
- Hubi in dhammaan afafka foostooyinka roobku ay ku daboolan yihiin shaashad shaandho ah markasta.
- Biyaha qobeyska shimbiraha beddel ugu yaraan toddobaadkii hal mar, hawo ku fur balliyada qurxinta ee gaarka ah ama ku daawee sunta kaneecada oo la ansixiyey (larvicide) haddii aysan lahayn qulqulka biyaha oo dabiici ah.
- Ku ilaali barkadaha dabaasha kuwo nadiif ah oo si hufan loogu daro koloriinta.
- Godad ku samee qod sagxadda weelasha dib-u-warshadaynta ee bannaanka looga tago si ay biyuhu uga baxaan.
- Isticmaal muuqaalka dhirta si aad u baabi'iso biyaha taagan ee ku urura gurigaaga.
- Haddii aad ku leedahay daaradda/bullaacad gadaasha fadlan wac Caafimaadka Dadweynaha Ottawa si aad ugala hadasho hababka daaweynta.

Wixii macluumaad dheeraad ah ee ku saabsan feyraska West Nile, astaamaha iyo goorta lala xiriirayo bixiyaha daryeelka caafimaadka, ka wac Caafimaadka Dadweynaha Ottawa halkan **613-580-6744** ama booqo **OttawaPublicHealth.ca/WestNileVirus**

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