

Shuban (Somali)

Maxuu yahay shubanku?

Shubanku waa kordhidda tirada iyo jilicsanaanta saxarada. Taas oo kala ahaan karta in badan oo jilicsan ama fudud ilaa in badan oo biyo-biyo ah. Hal ama laba mar oo ah In yar oo jilicsan ma aha shuban, mana u baahna daaweyn.

Shubanka waxaa inta badan keena xanuun feyras ah ama cunidda cunto aanay calooshu oggolayn. Haddii shubanka cunuggaagu uu keenay bakteeriya, dulin, ama feyras khaas ah, eeg warqadda barashada, “Kaartada tixraaca shubanka.”

Khatarta ugu weyn ee shubanku waa **fuuq- bac ama dheecaan-bax** (jirka oo uu “qalala). Inta uu cunugba aad u yar yahay ayay ugu dhakhso badan tahay inuu fuuq-baxo. Haddii ilmahaagu **ka yar yahay 3bilood**, wac bukaan socod-eegtadaada (kilinigaaga) oo waydii talo inta aadan bilaabin ku dawaynta guriga. Haddii aad ku aragto cunugaaga **calaamadaha fuuq-baxa** wac dhakhtarka.

Calaamadaha fuuq-baxa yar ama dhexdhexaadka ah:

- kaadi la’aan (ama xafaayada oo qalalan) muddo 8saac ah
- dibnaha/bushimaha oo qalala
- gudaha afka oo qalala ama isku dhegdhega

Calaamadaha fuuq-baxa aadka u daran:

- indhaha oon aan ilmayn marka uu ilmuhu ooyayo
- gudaha afka oo aad u qalala (candhuuf la’aan)
- indhaha oo god gala

Diarrhea (English)

What is diarrhea?

Diarrhea is a sudden increase in the number and looseness of stools (bowel movements). It can vary from several loose or mushy stools to many watery stools. One or two loose stools is not diarrhea, and no treatment is needed.

Diarrhea is often caused by a viral infection or eating food that does not “agree” with the stomach (too spicy, too rich, or new foods). If the diarrhea is caused by a bacteria, parasite, or specific virus, see the education sheet “Diarrhea reference chart.”

The main danger of diarrhea is **dehydration** (becoming “dried out”). The younger the child, the more quickly this can happen. If your baby is **younger than 3 months**, call your clinic for advice before beginning home treatment. If your child shows **signs of dehydration** call the doctor.

Signs of mild to moderate dehydration:

- no urine (or wet diaper) for 8 hours
- dry lips
- the inside of the mouth is dry or sticky

Signs of severe dehydration:

- no tears when crying
- the inside of the mouth is very dry (no saliva)
- eyes seem sunken

- miisaanka oo ka dhaca
- tabarta oo ku yaraata
- kicintiisa oo adkaata markuu hurdo
- isku buuqsanaan
- daciifnimo (ku adkaato inuu fariisto ama socodo, dhacdhacid)

Sidee ayaan u xanaaneeyaa ilamahayga

Ujeedada daawayntu waa ka hor-tegida fuuq-baxa iyadoo la bedelayo dhecaankii ama dareerihii ku lumay shubanka. Tani aad ayay sidoo kale muhiim u tahay hadii uu matag jiro. Haddii ilmahaagu matagayo, tixraac warqada warbixinta “Hunqaacada / Matagga”, ka hor inta aadan daawayn shubanka.

Haddii aanu matag jirin, raac qodobadan. Kuma daawayn kartid shubanka bedelida cuntada, laakiin waxaad ku yarayn kartaa calaamada shubanka iyo xanuunka.

Bilow daawaynta ka dib marka uu ilmuhu shubmo 4mar xaar aad u jilicsan 24kii saacadood. Waxaa laga yaabaa inay qaadato maalmo dhowr ah in saxaradu ay ku soo noqto sidii caadiga ahayd. Shubanka fayraska ahi wuxuu qaataa 5 ilaa 9 maalmood, laakiin waxaa hoos u dhaca qiyaasta saxarada iyo inta mar ee uu ilmuhu saxaroonaya inta daawadu socoto.

Si aad ugu soo celiso bakteeriyadii caafimaadka qabtay saxarada, waxaad siin kartaa lactobacillus GG, (sida Culturelle®). Waxaad ka heli kartaa dukaamada laga gado daawooyinka, hal kaabsal maalintii laba mar adigoo furaya kaabsalka kuna daadinaya cuntada. Noocyada kale ee lactobacilluska waxa la ogaaday inayna caawinayn.

- weight loss
- listless (has little energy)
- hard to awaken
- confused
- weakness (hard to sit up or walk, floppy)

How should I care for my child?

The goal of treatment is to prevent dehydration by giving liquids to replace fluids that are lost in the diarrhea. This is especially important if vomiting is also present. If your child is vomiting, follow the instructions in the education sheet, “Vomiting”, before treating for diarrhea.

If there is no vomiting, follow these instructions. You cannot cure the diarrhea with diet changes but you can decrease symptoms and discomfort.

Start treatment after your child has 4 or more loose stools in 24 hours. It may take several days for stools to be normal again. Viral diarrhea often lasts 5 to 9 days but diarrhea stools should be less frequent and smaller in size with treatment.

To help restore the normal healthy bacteria in the bowel, you can give lactobacillus GG, (such as Culturelle®) available over the counter at the drug store, 1 capsule twice a day sprinkled in food. Other types of lactobacillus have not been shown to be as helpful.

Sebiyaasha (ilaa 12bilood jir)

- **Ha joojin naas nuujinta.** Sii marar badan quudintiisa iyo dareerayaasha fuuq-celinta ee uu baahan yahay
- Haddii ilamahaagu cabo **caanaha (formula) sida Emfamilka** sii caanihiisa caadiga ah, laakiin ka yaree qiyaasta intii aad siin jirtay una badi wakhtiga aad siinaysid ($\frac{1}{2}$ ilaa $\frac{2}{3}$ qiyaastii aad siin jirtay hal mar u qaybi laba mar). Haddii ilamahaagu cabo caanaha lo'da ee foormulada ah shubankiina uuna soo roonaanaynin, waxaad u baahan tahay fuuq-celiye sida Biidiyelayt (Pedialyte®).
- Lagama yaabo inay caawin lahayd bedelida caanuhu, laakiin dhakhtarkaaga ayaa laga yaabaa inuu kula taliyo inaad isku daydid.
- Haddii ilamahaagu cuno cuntada caadiga ah, oo shubankuna uu yahay mid yar ama dhexdhexaad ah (4 ilaa 6 mar maalintii) waxaad u wadi cuntadiisa caadiga ah adigoo yaraynaya qiyaasta aad siinayso, siinayana marar badan.

Haddii uu jiro shuban biyo biyo ah oo badan, jooji caanaha foormulada ah (laakiin ku wad naas nuujinta) siina qiyaas yar dhecaanka fuuq-celinta)

Caruurta ka waawayn 1 sanno

- Ku dhiiri-geli cabitaan badan, ka ilaali cabitaanka ka samaysay furuutka iyo kuwa leh sonkorta kuwaasoo kordhiya shubanka
- Ku wad cuntadooda caadiga ah. Way cuni karaan wax kasta oo xiisaynayaan. Caruurta qaar ayaa ku fiican cuntada adag sida, bariiska, rootida qalalan, baastada, tufaaxa shiidan, muuska, karootada la kariyay, iyo jeletinka (Jell-O® ama noocyada kale).

Infants (up to 12 months)

- **Do not stop breastfeeding.** Offer more frequent feedings and supplement as needed with oral re-hydration liquids.
- If your baby is **formula fed**, give the usual formula in smaller, more frequent feedings ($\frac{1}{2}$ to $\frac{2}{3}$ of the usual amount twice as often). If your baby is on cow's milk formula and the diarrhea is not improving, you may need to try a hydrating solution like Pedialyte®.
- It may not help to change formulas, but your doctor or nurse practitioner may suggest a trial.
- If your baby is on solid foods, and the diarrhea is mild to moderate (4 to 6 times a day), you may continue to give the solids in smaller amounts more often.

For frequent, watery diarrhea, stop the formula (but continue breastfeeding) and give small amounts of a hydrating solution)

Children older than 1 year

- Encourage plenty of liquids. Avoid fruit juice and sugary drinks which increase diarrhea.
- Continue a regular diet. They may eat anything they are interested in. Some children do better on starchy foods, such as rice, toast, pasta, applesauce, bananas, cooked carrots, and gelatin (Jell-O® or other brands).

Sideen uga hortegi karraa inuu fido shubanku?

Shubanku si fudud ayuu u gudbi karraa dadka kale istaabashada gacamaha. Hubi qofka kasta oo ka mid ah qoyska **inuu dhaqo gacamihiisa** si fiican **ka dib** isticmaalka musqusha iyo bedelida xaafaayada (dhaybarka), iyo **ka hor** diyaarinta ama cunida cuntada. Dhaq gacmaha sebigaaga ama ilamahaaga roon marar badan si aad uga hortagtid ku fidinta jeermiska dadka ama alaabta guriga.

Maxaan u samayn karaa ilamahayga si uu u dareemo caafimaad?

Shubanku waxuu ku keenaa maqaarku inuu aad u damqado ama u xanuuno. Nabro ayaa ka soo yaaci karra ilma dhaybarka xirta (diaper rash). Ka fiiri warqada warbixinta dhaybar rashka “Diaper rash” sida looga hortago iyo sida loo daweeyo.

Isticmaalida dhaybar aad qoyaanka u dhuuqa oo leh meel laga xiro(aad ha ugu giijin), surwaalo bac ah ama dhaybar maro ka ah gudaha, waxay yaraynaysaa shaqada nadiifinta. Waxyaabahani waxay kaa caawinayaa nadaafad darada, laakiin waxay adkaynayaan ogaanshaha marka saxaradu gaadho jirka. Hubi inaad bedesho dhaybarka **marar ka badan** sidii aad u bedeli jirtay.

Ku dhiiri-geli Caruurta waawayn inay is nadiifiyaan markasta oo ay saxaroodaan. Waxaa laga yaabaa inaad caawiso in ka badan sidii markii hore aad u caawin jirtay int shubanku jiro. Biyo raacin iyo inay meeshu iskeed u qalasho waxay yaraynaysaa xanuunka kordhinaysaana nadaafaada.

How can I prevent the spread of diarrhea?

Diarrhea spreads to others very easily by contact with the hands. Make sure everyone in the family **washes their hands** well **after** using the toilet and changing diapers, and **before** preparing or eating food. Wash your baby’s or toddler’s hands often to prevent them from spreading germs to people or objects around the home.

What can I do to keep my child comfortable?

Diarrhea can cause the skin to become very sore. A diaper rash can develop. See the education sheet, “Diaper rash” for instructions on preventing and treating it.

Using extra-absorbent diapers with (but not too tight) leg bands, plastic pants, or cloth diapers inside disposable diapers may cut down on some of the clean-up. These methods help with the mess, but may make it hard to know when there is stool against the skin. Be sure to change diapers **more often** than usual.

Encourage older children to clean themselves well after every stool. You may need to help them more than usual while diarrhea is present. Rinsing with a squirt bottle of warm water and patting dry may decrease discomfort and improve cleaning.

Goorma ayaan wacaa bukaan-socod eegtada (clinic)?

- shubanka oo ka sii dara ama aan ka soo roonaanin 48 saacadood
- shubanka oo biyo-biyo ah iyo matag ka badan 4jeer
- dhiig, xab, ama malax ka dhex muuqata shubanka
- calool xanuun ama nabar caloosha ah oo aad u daran
- dhawr shuban saxaro jilicsan oo soconaya in ka badan 2ba todobaad
- qandho ama xumad ka saraysa 100.5° F marka laga cabiro dabada ilamaha ka yar 2ba bilood ama 104° F ilmaha sebiga aha ama ilamaha ka waawayn.
- wareer marka la taagaan yahay
- **waca isla markiiba** haddii aad aad ku aragto calaamadaha fuuq-baxa ee ku taxan boga 1 aad

Su'aallo?

Warqadani khaas uma ah ilmaahaga oo keliya, laakiin waxay bixinaysaa warbixin guud. Haddii aad qabto wax su'aallo ah, fadlan wax bukaan-socod eegtadaada.

Hadii aad rabtid warbixin ama qoraalo kusaabsan cudurkan, ama casharo/qoraalo caafimaad oo kale, fadlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda internetka ee www.childrensmn.org.

When should I call the clinic?

- diarrhea becomes worse or does not improve after 48 hours
- diarrhea is watery and vomiting occurs more than 4 times
- blood, mucus, or pus appears in the diarrhea
- severe stomach cramps
- a few loose or mushy stools per day lasting longer than 2 weeks
- fever above 100.5° F rectally in a baby younger than 2 months, or above 104° F in older infants or children
- dizziness when standing up
- **call right away** for any signs of dehydration listed on page 1

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call the clinic.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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