

Jirooyinka qaybta sare ee hawo mareenada (hargabyo) (Somali)

Waa maxay jirada qaybta - sare ee hawo mareenada (JQSHM)?

Caadiyan waxaa la yiraahdaa hargab, jirada ku dhacda qaybta sare ee hawo mareenka (JQSHM) (sanka, sanka gudihisa, cunaha). Imaha caafimaadka qaba hargabku waxuu ku dhacaa ugu yaraan 6 jeer sanadkii.

Waa maxay calaamadaha lagu garto hargabka?

- hindhiso
- sanka oo cabursan
- sanka oo duuf badan leh
- qufac
- qandho yar

Maxaa keena hargabka?

Hargabyada waxaa keena cuduro kala duwan. Cuduradaasu si sahal ah ayay u faafaan, khaasatan maalmaha ugu hireeya, waxayna u faafaan sida soo socota:

- qufac, hindhiso, qosol, ama hadal.
- taabashada korka waxyaalaha uu gaaro duufku ama waxyaalaha xiriirka la yeeshay, markaa kadibna aad taabatid indhahaaga, sankaaga, ama afkaaga.

Antibiotigu ma daaweeyo cudurka. Badanaa hargabku isaga ayaa in 5 ilaa 7 maalmood ah iskii u baxa, hadii loo nasto cabid badana la cabo.

Upper respiratory infections (colds) (English)

What is an upper respiratory infection (URI)?

Commonly called a cold, a URI is an infection of the upper respiratory tract (nose, sinuses, throat). Most healthy children will get at least 6 colds per year.

What are the signs of a cold?

- sneezing
- stuffy nose
- runny nose
- coughing
- slight fever

What causes a cold?

Colds are caused by many different viruses. These viruses are easily spread, especially during the first few days, by:

- coughing, sneezing, laughing, or talking.
- touching things that have mucus on them or that have been in contact with it, and then touching your eyes, nose, or mouth.

Viruses do not respond to antibiotics. Most colds will go away by themselves in 5 to 7 days, with rest and fluids.

Sidee u daryeela ilmaha?

Caruurta caadi ahaan waxay ka neefsadaan sankooda. Sanka xiran, waxay kala kulmaan dhibaato xaga cuntada iyo hurdada, waxayna noqdaan wax didsan, oo aan daganayn, cabsanayana. (Ilmaha waaweyn afka ayay ka neefsadaan haddii sankoodu xirmo).

Kor u qaad qoyaanka qolka ilmaha adigo isticmaalaya mashiinka dhaliya dhadada **qabow**. Taasi waxay cawinaysa duufka hawo mareenada oo khafiif noqda iyo cuno xanuunka oo soo fiicnaada. Ku nadiifi Lysol® ama jig mashiinka dhadada dhaliya maalin walba, si ay u disho wasakhda meelaha qoyaanka leh ka dhalata iyo geermiska. (**Xusuusnow:** qoyaanka tiro badan wuxuu u keeni karaa wasakh madow iyo baakteriya rooga, daahyada, hab wax kululeeya. Qoyaanka qolku ha ka hooseeyo 50%.)

Kor u qaad madaxa sariirta ilmahaaga si ay uga hortagto in uusan duuf dhalan inta uu hurdo. Barkin gali joodariga hoostiisa, ama isticmaal wax aad dhigtid lugaha hoostooda soona celiya lugaha, laguna soo qabto sariirta madaxeeda. Buug iyo alwaaxyo yar yar ayaad isticmaali kartaa in aad galisid sariirta madaxeeda. **Kor u dhig celiyayaasha sariirta cunuga.**

Ku geesinimo gali cabitaan badan. Ha isticmaalin cabitaanka aan soncorta ku jirin haddii aan dhakhtar amrin.

How should I care for my child?

Babies normally breathe through their nose. With a stuffy nose, babies have trouble eating and sleeping, and can be irritable, restless, and anxious. (Older children breathe through the mouth if their nose is stuffy.)

Raise the humidity in your child's room by using a **cool** mist vaporizer. This helps thin the mucus in the airways and also makes a sore throat feel better. Clean the vaporizer daily, with Lysol® or bleach, to kill molds and germs. (**Note:** Too much moisture can lead to mold and bacteria in carpets, drapes, and heating systems. Keep the room's humidity under 50%.)

Raise the head of your child's bed to help prevent mucus buildup during sleep. Put a pillow under the mattress, or use props under the legs at the head end. Books or boards work well. **Keep crib rails up.**

Encourage extra fluids. Do not use sugar-free products unless directed by the doctor.

Si aad u yaraysid sanko oo cabursan ka hor cunto siinta, seexashada habaynkii ama wakhtiga galab seexashada, ama markasta oo aad u baahantahay, raac tilaabooyinka soo socda:

1. Ka iibso biyo cusbo leh (saline) oo sanko lagu dhibciyo farmashiyaha, uma baahna in dhakhtar qoro. Ama suubso mid aad leedahay adigu: Isku qas $\frac{1}{4}$ qaadada shaaha oo cusbo ah iyo $\frac{1}{2}$ koob biyo diiran. Suubso biyo cusbo leh (saline) maalin walba.
2. U dhig ilmaha dhabarka adiga oo ka galinaya shukumaan aad duubtay garbaha si madaxu ugu leexdo xagga dhabarka.
3. Ku shub 1 ilaa 2 dhibcood oo biyaha cusbada daloolka sanko midkiiba. Sug 30 ilaa 60 seken (il-biriqsi) si duufku u jilco.
4. Ilmaha caloosha u dhig si duufku uga soo daato, ama rabarka loogu talagalay uga soo nuug sida soo socota:
 - Rabarka tuuji si aad hawada uga saartid.
 - Si tartiib ah rabarka afkiisa u gali sanko dulkiisa.
 - Siidaa rabarka si neeftu ugu soo noqoto. Soo nuugidaashi waxay duufka ka soo saarayaa sanko.
 - Ku tuuji rabarka warqad si aad duufku uga saartid.
 - Uga soo nuug sanko daloolkiisa kale sidaas oo kale. Si tartiib ah sanko iyo agagaarkiisa uga tirtir duufka si uusan dhibaato u gaarsiin jirka.

Haddii ilmahaagu uu diido, si tartiib ah ula hadal si aad u dajisid una qancisid.

To reduce the stuffy nose before feedings, at bedtime or nap time, or whenever needed, follow these steps:

1. Buy saline (salt water) nose drops at the pharmacy; no prescription is needed. Or make your own: Stir $\frac{1}{4}$ teaspoon salt into $\frac{1}{2}$ cup lukewarm water. Make new saline every day.
2. Lay the child on the back with a rolled towel under the shoulders to keep the head tilted back.
3. Put 1 or 2 drops of saline into each nostril. Wait 30 to 60 seconds to give the mucus time to thin.
4. Turn child onto the tummy and let the mucus drain out, or suction the nose with a bulb syringe as follows:
 - Squeeze air out of the bulb.
 - Gently place the tip of the bulb into the nostril.
 - Let air come back into the bulb. The suction will pull the mucus out of the nose.
 - Squeeze the mucus out of the bulb onto a tissue.
 - Suction the other nostril the same way. Gently wipe off the mucus around the nose to prevent skin irritation.

If your child protests, talk gently to soothe and reassure.

Sidee ayaan u joojinaa faafidda hargabka?

Gacmaha oo nadiif ah weeye waxa u ugu fiican oo joojin kara faafka hargabka. Qoyska dhamaantiis waa in ay:

- u dhaqaan gacmahooda si fiican, kadib marka ay duufsadaan iyo ka hor inta aysan taaban ama cunin raashinka.
- iska ilaaliyaan taabashada sankooda iyo indhahooda.
- waa in aysan wadaagin cuntada, waxyaalaha la cabo, ama shukumaanada.
- in aad ku dabooshaan afkiina gacmaha marka aad hindhisaysaan ama qufacaysaan.

Dhaq gacmaha sabigaaga ama cunugaaga had iyo jeer.

Maxaa kale oo aan u baahnahay in aan ogaado?

Badanka daawooyinka farmashiyaha dibadiisa lagu gado oo hargabka waxba ma taraan. Wax soo gaabin karaa majiraan wakhtiga hargabku ku haynahayo. Sii (Tylinool® ama kuwa la midka ah) kaliya hadii ilmahaaga ay hayso qandho, cuno xanuun, ama muruqyo xanuun.

Antibiyootig ma ah in la siiyo maxaa yeelay, waxay cudurka ka qaban karto ayaan jirin, midda kale waxaa laga yaabaa in uu waxyeeleeyo.

How can we prevent the spread of colds?

Frequent hand hygiene is the most important way to prevent the spread of colds. All family members should:

- wash hands well after blowing their nose and before touching or eating food.
- avoid touching their nose and eyes.
- not share food, beverages, or towels.
- cover their mouth with their forearm when they sneeze or cough.

Wash your baby's or toddler's hands often.

What else do I need to know?

Most over-the-counter cold remedies do not help. Nothing can shorten the length of a cold. Give acetaminophen (Tylenol® or another brand) only if your child also has a fever, sore throat, or muscle aches.

Antibiotics should not be given because they have no effect on viruses and may be harmful.

Qoorma ayaan wacaa bukaan-socodka?

Wac haddii ilmahaagu:

- haddii uusan ladnaan ama u muuqdo in uu jiranyahay 48 saac kadib.
- isaga oo bilaaba in neefsashadu ku adkaato.
- u neefsanaya si ka dhakhsa badan sida caadiga ah.
- cunto xumo ama si dhakhsa ah u daalaya marka uu wax cunaayo.
- leeyahay qandho 100.5° F (38° C) ama ka badan, uuna jiro 6 bilood ama ka yaryahay.
- ay hayso qandho 100.5° F (38° C) taas oo haysa 3 maalmood ka badan, uuna ka waynyahay 6 bilood.
- dhagaha oo uu jiidayo ama madaxa oo uu ruxayo.
- cabitaankiisa oo ka yar sii caadi ah.

Su'aalo?

Warqadaani gaar uma aha ilmahaaga, laakiin waa warbixin guud. Haddii aad qabtid wax su'aal ah, fadlan wac bukaan – socod eegtada (clinic).

Haddii aad u baahan tahay qoraalo dheeraad ah oo ku saabsan warqadaan ama mawduucyo kale oo caafimaad, fadlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda internetka ee www.childrensmn.org.

When should I call the clinic?

Call if your child:

- doesn't get better or looks sicker after 48 hours.
- starts to have a harder time breathing.
- breathes much faster than normal.
- eats poorly or tires easily when feeding.
- has a fever of 100.5° F (38° C) or higher, and is 6 months or younger.
- has a fever of 100.5° F (38° C) that lasts for more than 3 days, and is older than 6 months.
- pulls at the ears or shakes the head.
- drinks less than usual.

Questions?

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