

Infakshan ku dhaca maqaarka



Infakshanada maqaarka ee Staph

- Waxaa keena bakteeriyada *Staphylococcus aureus* taasoo sida badan ku nool sanko iyo maqaarka dushiisa. Bakteeriyoyinkani badanaaba ma keenaan infakshan illaa ay jirka ka galaan meel maqaarku ka jeexan/dilaacsan yahay. Waxaa kaloo ay keeni karaan infakshano gala dhiigga, kaadida, ama lafaha.
- Waxuu u egyahay sidi ka soo bax ama fin, oo haddaan wax laga qabanna noqon kara mid halis ah.
- Kuligood isuma wada eka – bakteeriyada Staph qaarkeed adkaysi bay u leedahay antibiyootikooyinka qaarkood. Noocaan bakteeriyoyinkan Staph ka ah waxaa lagu magacaabaa Methicillin-resistant *Staphylococcus aureus* (MRSA) (*Staphylococcus aureus* adkaysi u leh-methicillin).

Sidii wax looga qaban lahaa infakshanada Staph

Infakshanada Staph, oo ay ku jiraan infakshanada MRSA, waa in mar walba uu dhakhtar daaweeyaa. Siyaabaha lagu daawayn karo waxaa ka mid ah:

- Infakshanka oo malaxda laga daadiyo (adiga naftaadu sidaan ha samayn)
- Antibiyootiko – dhakhtar kaagu go'aan ha ka gaaro in loo baahan yahay antibiyootik; baaritaan lagu suubiyo shaybaar ayaa lagu ogaan karaa antibiyootikada dilaysa nooca bakteeriyada Staph ee aad qabto.
- In la dhimo inta bakteeriyada saaran maqaar kaaga (lagaa xoreeyo)
 - Qubaysi aad ku qubaysato saabuun disha bakteeriyada/jeermiga
 - Buumaato/Boomaato lagu qoray oo aad sanko gudhihiisa mariso dhowr maalmood

Ka hortag in infakshanka Staph dadka kale ay kaa qaadaan

- Ku dabool nabarka ama boogta shaafad/faashad, hufan/nadiif ah, oo qallalan inta ay ka bogsanayso.
- Dhaq gacmahaaga kahor iyo kadib bedelka shaafadda/faashadda.
- Ha u ogolaan dadka kale in ay taabtaan boogtaada furan, dhacaanka ka yimaada nabarka, ama inay taabtaan shaafadda/faashadda.
- Ha la wadaagin dadka kale shukumaano/tuwaalo, dharka oo hal meel la iskula dhaqo, sakiinta lagu xiirto, saabuunta lagu qubaysto, ama dharba.
- Ku dhaq gacmahaaga marar badan saabuun iyo biyo qandac ah muddo dhan 20 ilbiriqsi (isticmaal saabuun dareere ah – oo aan ahayn saabuunta la ismariyo); ama isticmaal gacma tirtire ah kuwa ka soo jeeda aalkolada haddaan gacmahaagu u ekayn kuwa wasakh ah/rasan.
- Ha ciyaarin ciyaaraha dadka jirkoodu is gaaro ama ha aadin gym/meelaha lagu jimicsado illaa boogahaagu ka bogsadaan.

Nadiifinta iyo Dhar Dhaqidda

- Istickmaal biyo kulul ama kuwo qandac ah; haddii ay suurtagal kuu tahay isticmaal bilij/warankiilo kuna qalaji dharka/gogosha qalajiyee kulul.
- Nadiifi meelaha dushooda badanaaba la taataabto (tusaale, musqulaha, meelaha iridaha laga qabto, taleefoonada, iwm.) ugu yaraan maalin walba. Istickmaal jeermi baabi'ye guryaha loo isticmaalo ama milan bilij ah (qiyaastii 1 litir biyo ah: 2 ½ qaadada shaaha oo bilij ah)
 - Mar kasta oo aad isticmaalayso milanka bilijka ahi waa in uu noqdaa mid cusub. (Bilijku waa uumi baxaa milanka harayna wax qabad fiican maleh).
 - Marna bilij ha ku qasin kiimikooyin kale oo wax lagu nadiifiyo, gaar ahaan ammooniya.

Daawayn iyo Wax kula tacaalid: _____

Nasoo wac

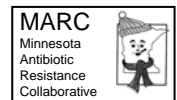
- haddii:
- Infakshan kaagu ka rayn waayo.
 - Aad qandho yeelato.
 - Aad isku aragto astaamo dheeraad ah.
 - Wax kale _____
 - Infakshanku kugu soo noqdo oo uu ka daro.



Magaca bukaanka (Patient's Name)

Telefoonka rugta caafimaadka
(Clinic Phone Number)

Taariikhda (Date)



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