

# Daadadka iyo cudurrada kanecada ka dhasha

Macluumaad ku saabsan sida looga hortago cudurrada ay kanecadu keento marka daadad ama roobab culus ay yimaadaan ka dib

**Somali | Soomaali**

## OFFICIAL

Daadad ama roobab culus markay yimaadaan ka dib, kanecadu way kortaa oo waxay ku faafta barkadaha biyaha ee laga tagay. Kanecadu waxay keeni kartaa cuduro kuwaas oo ku faafi kara qaniinyada.

**Sida ugu wanaagsan ee looga hortagi karo cudurrada kanecada laga qaado waa in laga fogaado qaniinyada kanecada!**

Cudurada kanecada laga qaado ee Victoria waxaa ka mid ah fayraska Ross River, Fayraska Barmah Forest, Murray Valley Encephalitis (MVE) iyo fayraska Japanese encephalitis (JE). Fayrasyada JE iyo MVE waxay dadka qaarkood u keeni karaan jirro daran iyo dhimasho. Tallaalka JE ayay dadka qaar lacag la'aan ku heli karaan, ka hubi GP-gaaga haddii aad u qalanto. Wixii macluumaad dheeraad ah oo ku saabsan tallaalka JEV ayaa laga heli karaa halkan.

## Ka ilaali naftaada qaniinyada mozzie!

- Is dabool. Xiro dhar dheer, oo dabacsan, isla mar ahaantaasna midab khafiif ah.
- Isticmaal daawooyinka cayayaanka ee waxyaabaha laga sameeyay ay ka midka yihiin picaridin ama DEET.
- Ha iloobin carruurta - had iyo jeer hubi calaamadda lagaga hortago cayayaanka (insect repellent label). Ilmaha marka laga hadlayo, ku buufi ama ku masax ka-hortaga cayayaanka (repellent) dharkooda halkii aad ka marin lahayd maqaarkooda. Ha marinin gacmaha dhallaanka ama carruurta yaryar.
- Ha u bixin dibadda haddii aad dibadda ku aragto kanecadu badan, gaar ahaan makhribka iyo waaberiga, xilliyadaas oo ah waqtiyada ugu qaniinyada badan.
- Hoos seexo shabaqa kanecada haddii aad dibadda ku sugan tahay oo aadan joogin meel leh shaashadaha cayayaanka celisa.
- U isticmaal kan lagu buufiyo dikhsiga (fly spray), gariiradaha kanecada (mosquito coils), ama qalabka duleelada korontada la galiyo ee cayayaanka cayriya meelaha aad isugu imaadaan si aad u fariisataan ama ugu cuntaysaan.
- Meesha ay biyaha fadhiistaan, ka fogow meelahaas oo joog gudaha haddii ay suurtagal tahay.

## Agagaarka guriga

- Bixi biyaha iyo weelasha ay kanecadu ku dhalato oo ay ku jiraan baaldiyada, taayarada duugga ah, balliyada kalluunka, haamaha biyaha aan la xidhin iyo dhirta dheriga ka dhex baxdo waxa celiya.
- Weelasha biyaha ee guriga ku wareegsan waa in la faaruqiya ugu yaraan hal mar todobaadkii.
- Ku dabool dhammaan daaqadaha, albaabada, daloolada iyo meelaha kale ee laga soo galo muraayadaha cayayaanka.
- Bixi qashinka ama dhirta ka baxday bullaacadaha iyo biyo-mareenada.
- Yaree biyaha fadhiista deyrarka iyo agagaarkooda.
- Hubi in shaashadda haanta biyuhu ay si habboon u shaqaynayso oo beddel shaashadaha burburay.

## Meelaha laga raadsan karo caawimaad

Haddii aad qabto walaac caafimaad, u tag GP-gaaga, ama kawac Kalkaalisada-On-Call (Nurse-On-Call) 1300 60 60 24. Wixii xaalad degdeg ah, wac 000. Wixii taageero kale ah, la xidhiidh golaha deegaankaaga.

Si aad ugu heshid daabacaadan qaab sahlan, iimayl u dir [pvh.communications@health.vic.gov.au](mailto:pvh.communications@health.vic.gov.au)

