



## Ilaalinta dhalaanka & socod baratada xilliga qaboobaha (winter)

Ilmahaaga hargab ma hayaa?

**RSV (respiratory syncytial virus) waa faayras keena hargab iyo qufac xilliga qaboobaha**

Waa wax aad u joogto ah, si fududna loogu faafin karo qof ilaa qof.

Dhalaanka iyo socod baratada qaarkood marka uu ku dhaco RSV way bukoodaan oo waxa ku dhaca infagshan loo yaqaano bronchiolitis oo keena dhibaatooyin neefsashada ah

Si aad u hesho faahfaahin dheeraada booqo: [contact.org.uk/rsv](https://contact.org.uk/rsv)

**contact**

*For families with disabled children*





## Waa maxay bronchiolitis?

Bronchiolitis waa infagshan si caadi ah ugu dhaca caruurta ka yar labo sano. Wuxuu infagshankani cidhiidhi ku keenaa hawo mareenka sanbabka, taasoo keenta in neefsashadu ku adkaato ilmaha. Markaa waa muhiim innaad ogsoonaato calaamadaha bronchiolitis, si aad ulla xidhiidho dhakhtarkaaga ama addeega 'emergency' si degdeg ah. Dhacdooyinka badankoodu ma aha kuwo halis ah, oo 2 ama 3 toddobaad gudahood ayuu ku ladnaadaa ilmihu, laakiin astaamaha infagshankan ayaa walwal gelin kara waalidka.

## Dhalaanka & socod baratada halista ugu badan ee u baahda daryeelka isbitaalka

Dhalaanka iyo socod baratada uu si fudud ugu dhaco bronchiolitis waa kuwa laba billood ka yar, kuwa hore u dhasha (dhicis), kuwa wadnaha ama sanbabka jiro ka qaba, kuwa difaaca jidhkoodu daciif yahay ama kuwa qaba jiro sida 'Muscular dystrophy'.

## Ilmahaygu miyuu qabaa bronchiolitis?

Calaamadaha hore ee bronchiolitis waa kuwa hargabka oo kale, sida qufaca iyo sanko oo duuf ka da'o. Dhawr cisho ka bacdi ilmahaagu waxaa ku dhici kara:

- **Qandho ama xaraarrad saraysa (high temperature)**
- **Qufac qallalan oo isdaba joog ah.**
- **Cunitaanka oo dhiba ama uu diido.**
- **Hiinraag – neefsasho degdeg ah oo sanqadh badan.**

## Goormaan caawimaad raadsadaa?

Badan kaba waad ku daryeeli kartaa ilmahaaga guriga intay calaamadaha bronchiolitis ka tagayaan. Haddii aad ka walwalsho ilmahaaga mar walba wac ama la hadal dhakhtarkaaga (GP). Haddii ilmahaaga bronchiolitis ku dhaco, illaali mar kasta maalin iyo layl/habeenba.

## Goormaan wacaa dhakhtarkayga (GP), NHS 111 ama 999

**Wac NHS 111 ama GP** gaaga haddii ilmahaagu cuntada ka yaraysto sidiisa caadiga ah iyo haddii xafaayadiisu qallalantay mudo ka badan 12 saacadood, ama qabato xaraarrad sare oo ah 38C ama uu daal farabadan ka muuqdo.

**Wac 999** oo dalbo ambalaas (ambulance) haddii ilmahaagu neefsashadu ku adkaato, ama u neefsanayo si degdeg ah ama neeftuurkiisu farac wayni u dhaxeeyo, ama aad jiiifka (hurdo) ka toosin kari waydo ama aad soojeed ku hayn kari waydo ama carabku ama dibnuhu buluug (blue) noqdaan.

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