



WAXA LOO BAAHAN YAHAY INAAD KA TAQAANID DEGDEG BAYOOLAJI

Waa maxay degdegga bayoolajigu?

Bakteeriyada, fayraska, iyo sunta u sameeyo bakteeriyadu ayaa keena aafu ama degdeg bayoolaji. Waxa lagu buufin karaa hawada, lagu sumeyn karaa cuntada, laguna dari karaa biyaha la cabbo. Noocyada qaarkoodna waxa lagu faafin karaa istaabashada laba qof.

Maxaan sameeyaa *mudada* u jiro aafu ama degdeg bayoolaji?

Wixii fariimo ah ka dhageyso raadhyowga, telefishanka, ama habka digniinta degdegga loogu talagalay. Haddii loo baahdo, diyaar ha kuu ahaado raadhyow baytari leh. Saraakiisha ayaa kuu sheegi doona in loo baahan yahay inaad gudaha joogtid ama ka baxdid gurigaaga. Iyagaa kuu sheegi doona meeshii aad tagi lahayd haddii loo baahdo inaad gurigaaga ka baxdid.

Degdeg ama aafu bayoolaji ma ku jiran karaa?

Waxa dhici kartaa inaad isla markiiba garan haddii geermiga ama sunta sababay dhibka degdegga ahi ku soo gaadhay iyo in kale. Caalamadaha la isku arko waxay ku xidhan yihiin nooca jeermiga ama sunta keentay dhibka degdegga ah. Calaamadaha badanaa la isku arko waxa ka mid ah neefsashada oo kugu adkaata iyo calaamado u eeg kuwa hargabka lagu yaqaano.

Haddii degdeg ama aafu bayoolaji dhacdo, saraakiisha degmada ama gobolka ayaa kuu sheegi doona calaamadaha lala soconayo. Haddii aad jiro dareentid ama xanuunsatid, isla markiiba wac dhakhtarkaaga. Waxa dhici karta in lagu yidhaahdo:

- Iska saar dharka kuna rid bac ama boorso caag ah.
- Ku maydho ama qubeyso saabuun iyo biyo.
- Gasho dhar nadiif ah.

Maxaan sameeyaa aafu ama degdeg bayoolaji *ka dib*?

Sii wad inaad wixii fariimo ah ka dhageysatid telefishanka, raadhyowga, ama habka digniinta degdegga.

Ready in 3 (Diyaar ku Noqo 3 talaabo) waa barnaamij loogu talagalay degdeg-u-diyaarsanaanta Missouri dhexdeeda. Waxa barnaamijka soo qabanqaabiyay Wasaaradda Caafimaadka iyo Adeegyada Waayeelka ee Missouri. **Ready in 3** waxa loogu talagalay in dadka iyo beelaha lagaga caawiyo diyaar u-noqoshada noocyo badan oo ah degdegga ama aafuoyinka sida duufaanada ilaa argaxisada. Wixii war dheeraad ah, u booqo [health.mo.gov/emergencies/readyin3](https://www.health.mo.gov/emergencies/readyin3).

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