

Qandhada carruurta

Somali

Qandhada (heerkul sare) waxay ku badan tahay carruurta. Qandhadu waa jawaab-celin caadi ah oo ku saabsan cudurrada badan, kan ugu badan oo noqonaya infakshan jirka ku jira. Qandhada lafteeda ma aha wax khatar ah – runtii, waxay ka caawisaa habka difaaca jirku inuu la dagaalamo infekshanka.

Inkasta oo qandhadu ay dareen u tahay waalidiinta, dhaqaatiirtu badanaa waxay ka walwalsan yihiin waxa keena qandhada, mana ahan waxa heerkulka ilmahu yahay. Aad ayey muhiim u tahay inaad isha ku hayso calaamadaha cudurka jira, halkii aad isha ku hayn lahayd xumadda lafteeda.

Calaamadaha iyo astaamaha qandhada

Ilmahaagu wuxuu qabaa qandho marka heerkulkoodu ka sareeyo 38°C heerkulbeeg.

Ilmahaagu wuxuu sidoo kale noqon karaa:

- Mid xanuunsan oo kulul markii la taabto
- caro leh ama qaylinaya
- hurdo badan oo aan caadi ahayn
- matagid ama diidaya cabitaanka
- gariiraya
- xanuun ku jira

Haddii ilmahaagu ka yar yahay saddex bilood oo uu qabo qandho ka sareysa 38°C, markaa waa inaad la kulantaa dhaqtar, xitaa haddii aysan lahayn astaamo kale.

Qaadidda heerkulka ilmahaaga

Waxaa jira dhowr siyaabood oo aad ku qaadi kartid heerkulka ilmaha. Qaab kasta wuxuu cabbiraa heerkulka ilmahaaga heerar kala duwan, natiijooyinkuna way kala duwanaa karaan iyadoo ku xiran nooca heerkulbeegyada aad isticmaasho. Hababka kala duwan waxaa ka mid ah:

- Heerkulbeegga madaxa-hore ee infraredka
- heerkulbeega diijitaalka, meerkuriga ama alkohoolka ah ee hoosta gacanta ama hoosta carrabka
- heerkulbeega dhegta (kuleylka)
- heerkulbeegyada qalabka balaastigga ah ee loo isticmaalo wejiga hore (kuwan laguma talinayo maadaama ay yihiin kuwo aan lagu kalsoonaan karin).

Heerkulbeegyada qaarkood ayaa ku haboon kooxo da'da ah oo gaar ah sidaa darteed waa inaad had iyo jeer aqrisaa oo raacdaa tilmaamaha soo saaraha si aad u hesho akhrin sax ah. Waxaad sidoo kale weydiisan kartaa dhaqtarkaaga ama farmashiistahaaga inuu ku tuso sida loo isticmaalo heerkulbeegkaaga. Samee sidan ka hor intaadan u baahan.

Qallalka xumadda

Carruurta qaarkood waxay yeelan karaan qallal (qallalan ama qabasho ah) markay qabaan qandhada. Kuwaas waxaa lagu magacaabaa qallalka xumadda ah haddii heerkulkoodu si lama filaan ah u kaco. Mararka qaarkood, gariir ayaa dhaca marka waalidku dhab ahaan aysan ogayn in ilmahoodu qabo qandho. Qallalka xumadda ah maaha mid caadi ah badanaa ma keenaan waxyeello caafimaad oo muddo dheer socota. Eeg xaashidayada macluumaadka ee [Qallalka xumadda ah](https://www.rch.org.au/kidsinfo/fact_sheets/Febrile_Convulsions) (rch.org.au/kidsinfo/fact_sheets/Febrile_Convulsions).

Daryeelka guriga ah

Infekshinka keena qandhada badanaa waxa keena fayras, mararka qaarkoodna bakteeriya. Infekshinka bakteeriyada oo kaliya ayaa lagu daaweeyaa antibiotics. Infekshinka fayrasku way badan yihiin oo uma baahna antibiotics, sababtoo ah antibiyootikadu ma daweyaan fayrasyada.

Hoos u dhigidda qandhada ilmahaaga ma caawineyso in si dhakhso ah loola dhaqmo cudurka jira. Faa'iidada kaliya ee hoos-udhigidda qandhada waxay kor u qaadeysaa raaxada ilmahaaga.

Haddii ilmahaagu u muuqdo mid fiican oo uu faraxsan yahay, uma baahna in laga daweeyo qandhada. Haddii ilmahaagu xanaaqsan yahay, waxaa jira waxyaabo aad sameyn kartid si aad uga caawiso inay dareemaan raaxo:

- Sii ilmahaaga cabitaano yar yar oo joogto ah. Carruur badan ayaa diidaya inay wax cunaan markay qandho hayso. Tani maaha dhibaato, maadamaa ay biyo cabeen.
- Sii naas-nuujin dheeraad ah, dhalooyinka foormulada ama biyo la qaboojiyey oo la karkariyey ilmaha da'doodu ka yar tahay lix bilood.
- Sii ilmahaaga paracetamol iyo/ama ibuprofen haddii qandhadu ay ka dhigto mid xanaaq badan ama ay leeyihiin calaamado kale, sida dhuun xanuun. Si taxaddar leh u raac tilmaamaha qiyaasta ee baakadka. Ha siin ibuprofen caruurta da'doodu ka yar tahay saddex bilood ama ilmo kasta oo fuuqbaxay. Weligaa ha siin asbirin carruurta. Xaashideena macluumaadka [Pain relief for children](http://rch.org.au/kidsinfo/fact_sheets/Pain_relief_for_children) (rch.org.au/kidsinfo/fact_sheets/Pain_relief_for_children).
- Isku day in aad ku tirtirto wejiga ilmahaaga isbuunyo ama waji dhaqe lagu qooyey biyo yar oo diirran si ay u caawiyaan qaboojinta. Waxaa muhiim ah inaysan noqon mid aad u qabow ama aan dhibsanayn markaad sidan sameyso. Barkadaha qabowga ama qubeyska **laguma talinayo**.
- Ku labis ilmahaaga dhar ku filan si aanay u kululeyn ama u qaboobin. Haddii ilmahaagu uu gariirayo, ku dar lakabka kale oo dhar ah ama buste ilaa ay ka joogsadaan.

Ilmahaaga ka fiiri in calaamadaha xanuunka ay ka sii darayaan.

Goorta la arkayo dhaqtarka

Haddii ilmahaagu ka yar yahay saddex bilood oo uu qabo qandho ka sarreysa 38°C, ama haddii ilmahaagu qabo nidaam difaaca oo daciif ah sababtoo ah xaalad caafimaad ama daaweyn caafimaad oo leh qandho ka sarreysa 38°C, markaa waa inaad la kulantaa dhaqtar, xitaa haddii aanay lahayn astaamo kale.

Dhammaan carruurta kale, u gay dhaqtarka haddii heerkulku ka sarreeyo 38°C waxayna leeyihiin calaamadaha soo socda:

- qoor adag ama khafiifka ayaa indhahooda waxyeelaysa
- matag iyo diidmo inay wax badan cabaan
- furuuruc
- hurdo badan oo aan caadi ahayn
- dhibaatooyinka neefsashada
- xanuunka aan ku bogsoon daaweynta xanuun jabiyaha.

Sidoo kale u qaado ilmahaaga dhaqtarka haddii:

- qandho ka sarreysa 40°C
- waxay qabeen qandho muddo ka badan laba maalmood
- waxay u muuqataa inay sii xumaanaanayaan
- waxay qabeen qallalka xumadda.

Qodobbada muhiimka ah in la xusuusto ah

- Qandhadu way ku badan yihiin carruurta.
- Qandhadu waa marka heerkulka ilmuhu kor u kaco 38°C.
- Haddii ilmahaagu u muuqdo mid fiican oo faraxsan, uma baahna in laga daweeyo qandho.
- **Haddii ilmahaagu ka yar yahay saddex bilood oo qabo qandho ka sarreysa 38°C, u gee dhaqtarka xataa haddii aysan haynin wax astaamo kale ah.**
- U sheeg ilmahaaga dhaqtarka haddii ay u muuqdaan inay ka sii darayan ama heerkulku ka sarreeyo 40°C.

Macluumaad dheeraad ah

- Macluumaadka Caafimaadka Ilmaha: [Qallalka xumadda](http://rch.org.au/kidsinfo/fact_sheets/Febrile_Convulsions) (rch.org.au/kidsinfo/fact_sheets/Febrile_Convulsions)
- Macluumaadka Caafimaadka Ilmaha: [Xannuun dejiyaha carruurta – paracetamol iyo ibuprofen](http://rch.org.au/kidsinfo/fact_sheets/Pain_relief_for_children) (rch.org.au/kidsinfo/fact_sheets/Pain_relief_for_children)
- Kordhinta Shabakada Carruurta: [Qaadidda heerkulka ilmahaaga](http://raisingchildren.net.au/articles/taking_your_childs_temperature.html) (raisingchildren.net.au/articles/taking_your_childs_temperature.html)
- U tag dhaqtarkaaga ama kalkaaliyaha caafimaadka hooyada iyo Ilmaha.



Waxaa soo diyaariyay The Royal Children's Hospital isagoo taageero ka helaya Dawlad-goboleedka Victoria Government rch.org.au/kidsinfo

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Kids Health Info waxaa taageera The Royal Children's Hospital Foundation. Si aad ugu deeqdo, ka eeg rchfoundation.org.au

Afeef

Macluumaadkani maaha inuu beddelo wada hadalka dhaqtarkaaga ama xirfadlaha daryeelka caafimaadka. RCH wuxuu sameeyey dadaal macquul ah si loo hubiyo in macluumaadkani uu sax yahay wakhtiga daabacaadda. RCH kama ahan mas'uul wixii khalad ah, isfaham la'aan, ama guusha daaweyn kasta oo lagu xusay qoraalladan. Macluumaadkan si joogto ah ayaa loo cusboonaysiiyaa. Had iyo jeer hubi oo hubi in aad haysato macluumaadkii ugu dambeeyey.