

Influenza

Influenza, also called the flu, is an illness caused by a virus. It is easily spread from person to person by coughing, sneezing or close contact. You may become ill with the flu 1-4 days after being around people who have it. The peak flu season in the United States is from November to April.

Signs

- Fever or chills
- Cough or sore throat
- Sore or aching muscles
- Headache
- Vomiting
- Diarrhea
- Runny or stuffy nose
- Earache
- Red, watery and sore eyes
- Feeling very tired

Your Care

Your care may include:

- Taking medicine to treat the virus, diarrhea, fever, body aches or cough
- Resting
- Drinking at least 8-10 glasses of liquids each day
- Avoiding alcohol and tobacco
- Using a humidifier to help you breathe easier

Preventing Influenza

- Wash your hands often, especially after blowing your nose.
- Cover your mouth with a tissue when you cough or sneeze. Then, wash your hands.
- Avoid touching your eyes, nose or mouth.

Ifilo

Ifilo, oo sidoo kalena loo yaqaanno hergeb, waa jirro uu keeno fayras. Qofba qofka kale ayuu si fudud ugu qaadsiiyaa qufac, hindhiso ama is taabasho. Waxaa laga yaabaa in aad hergeb la bukato 1-4 maalmood ka dib markii aad dad qaba ag joogtay. Xilliga uu hergebku ugu badan yahay Maraykanka waa laga billaabo Nofembar ilaa Abriil.

Calaamadaha

- Qandho ama qar-qaryo
- Qufac ama cuna xanuun
- Murqo casiraad ama murqo xanuun
- Madax xanuun
- Matagid
- Shuban
- Sanka oo biyo ka dareeraan ama cabbura
- Dhego xanuun
- Indhaha oo guduudata, ilmeeya kuna xanuuna
- Dareemidda inaad aad u daallan tahay

Daryeelkaaga

Daryeelkaaga waxaa laga yaabaa iney ku jiraan:

- Daawo qaadasho si aad isaga daaweyso fayraska, shubanka, qandhada, jidh xanuunka ama qufaca
- Nasasho
- Cabidda ugu yaraan 8-10 koob oo cabitaanno ah maalin kasta
- Ka fogaanshada aalkolo iyo tubaako
- Isticmaalidda uumibixiye si uu kaaga caawiyo inaad si fudud ugu neefsato

Ka hortagidda Ifilada

- Badanaaba gacmaha iska dhaq, gaar ahaan markaad duufsato ka dib.
- Afka warqad isaga dabool markaad qufacayso ama hindhiseyso. Ka dibna, gacmaha iska dhaq.
- Ka fogow inaad iska taabato indhaha, sanko ama afka.

Influenza. Somali.

- Avoid getting close to other people in public places such as schools, stores and churches if you have any signs of the flu.
- Get a flu vaccine or shot before the flu season each year.
- The flu shot is recommended for:
 - People 50 years of age or older
 - People in nursing homes or chronic care facilities
 - Adults and children with weak immune systems. People with chronic conditions such as diabetes and diseases of the heart, kidneys and lungs
 - Children and teenagers who receive long-term aspirin therapy
 - Women who will be more than 3 months pregnant during flu season
 - Health care workers and caregivers of those who are at risk of getting the flu
 - All children 6-23 months of age
 - People caring for and those in contact with infants less than 2 years of age
- **The flu vaccine cannot cause the flu.** You may have mild side effects from the shot, such as arm soreness, slight fever and muscle aches.
- **Do not** get the flu shot if you are allergic to eggs or have had an allergic reaction to a previous flu shot.
- Contact your doctor or local health clinic for information about when and where to get a flu shot.

Call your doctor **right away** if you have:

- Chest pain or a deep cough with a lot of mucus.
- Trouble breathing. The flu can cause pneumonia.
- Severe neck pain or stiffness.

- Ka fogow inaad dadka kale ugu dhowaato goobaha dadku isugu yimaado sida sikuullada, dukaammada iyo kaniisadah haddii aad qabto wax calaamado ifilo ah.
- Qaado tallaalka ifilada ama durriinka ka hor xilliga ifilada sanad kasta.
- Durriinka ifilada waxaa la faraa:
 - Dadka jira 50 sano ama ka weyn
 - Dadka ku jira guryaha xannaanada ama guryaha daryeelka kuwa daran
 - Dadka waaweyn iyo carruurta ee habkooda difaaca jidhku uu liito. Dadka qaba xaaladaha daran sida sonkorowga iyo cudurrada wadnaha, kelyaha iyo sanbabada
 - Carruurta iyo tobaneeoyo jiryada qaata daaweynta asbariinka waqtiga dheer
 - Haweenka noqon doona kuwo uur leh wax ka badan 3 bilood xilliga ifilada
 - Shaqaalaha daryeelka caafimaadka iyo daryeel bixiyeyaasha kuwa halista ugu jira iney ifilo qaadaan
 - Dhammaan carruurta da'doodu tahay 6-23 bilood
 - Dadka daryeela iyo kuwa u soo dhowaanaya dhallaanka da'doodu ka yar tahay 2 sanadood
- **Tallaalka ifiladu ma keeni karo ifilo.** Waxaa laga yaabaa inaad isku aragto saameyno liddi ah oo fudud oo kaaga yimaada durriinka, sida gacan xanuun, qandho xoogaa ah iyo murqo xanuun.
- Durriinka ifilada **ha qaadannin** haddii aad xajiin ka qaaddo ukunta ama aad horey xajiin uga qaadday durriimmadii hore.
- La xiriir takhtarkaaga ama rugta caafimaadka xaafadda si aad u heshid war ku saabsan goorta iyo meesha aad ka heleysid durriinka ifilada.

Isla markiiba takhtarka wac haddii aad isku aragto:

- Laab xanuun ama qufac qoto dheer oo xaako badan leh.
- Dhibaato neefsasho. Ifiladu waxay keeni kartaa cudurka sanbabka ee numooniya (pneumonia).
- Qoor xanuun daran ama ay ku tig-tiganto.

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- Trouble thinking clearly.
- A fever that lasts more than 3-4 days or your temperature is over 101 degrees F or 38 degrees C.
- A temperature that keeps getting higher, even after taking medicine for it.
- Vomiting or diarrhea that lasts more than one day.
- Ear pain.

Talk to your doctor or nurse if you have any questions or concerns.

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- Dhibaato dhinaca si cad u fekeridda.
- Qandho soconeysa in ka badan 3-4 maalmood ama heerkulkaagu uu ka sarreeyo 101 darajo F ama 38 darajo C.
- Heerkul sii kordhaya, xataa markaad daawo u qaadatay ka dib.
- Matagid ama shuban soconaya wax ka badan hal maalin.
- Dhego xanuun.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaacyo ah qabtid.

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