

## Hargabka ‘Mononucleosis’ ee Faafa

Taariikhda:

Gacaliye Waalid ama Wakiil,

Ilmahaagu wuxuu qaaday hargabka faafa ee **mononucleosis (loona yaqaan “mono”)** intii uu joogay xanaanada ilmaha.

### **Muxuu yahay hargabka faafa ee mononucleosis?**

Hargabka faafa ee mononucleosis waa infekshan fayras leh oo uu badiyaa dhaliyo fayraska Epstein-Barr.

### **Waa maxay calaamadaha hargabka faafa ee mononucleosis?**

Kuwa qaba mala calaamado, laakiin qaar ayaa yeelan kara qandho, dhuun xanuun, daal, qanjidh barar, ama finan (xabuub).

### **Intee ayey gaadhssisan tahay ba’naanta hargabka faafa ee mononucleosis?**

Hargabka faafa ee mononucleosis sida badan waa jirro sahlan oo ku dhaca ilmaha iyo caruurta yaryar. Calaamadaha ugu ba’an waxa badi lagu arkaa dadka waaweyn ee da’da yar. Waa nadir, inuu infekshanku keeno jirro ba’an, gaar ahaan dadka uu yar yahay difaacooda jidhku.

### **Siduu qofku ku qaadi karaa hargabka faafa ee mononucleosis?**

Maadaama fayrasku ku jiro candhuufta, si sahlan ayuu ugu faafaa alaabta caruurta ku ciyaarto oo ilmaha jiranay afka geliyo. Cabbitaanka oo la wadaago iyo dhunkashada waa siyaabo kale oo can ah oo uu fayrusku ku fidi karo.

### **Intee in le’eg ayey ku qaadataa inuu qofku u soo dhaco hargabka faafa ee mononucleosis kadib marka uu qofka la kulmo fayraska?**

Calaamaduhu waxay muuqdaan 4-6 toddobaad kadib markuu ilmuhu la kulmo fayraska.

### **Goorma ayaa qofka qaba hargabka mononucleosis uu cid qaadasiin karaa?**

Qofka qaba hargabka faafa ee mononucleosis wuxuu awoodi karaa inuu faafiyo infekshanka toddobaadyo; dad caafimaad qaba ayuu hoy ku jiri karaa marna ka tegi karaa intay nool yihiin oo dhan.

### **Sideen u gargaari karaa kahortaga faafitaanka hargabka faafa ee mononucleosis?**

- Gacmaha si fiican u dhaq oo ku dhaq saabuun iyo biyo, gaar ahaan markaad taabato candhuuf ama alaab candhuufi taabatay.
- Nadiifi, dhaqdhaq, oo jeermiska ka sifee alaabta caruurta ku ciyaarto si joogto ah ee xanaanada ilmaha iyo marka ay candhuufi taabato.
- Iska ilaali wadaaga cuntada, cabbitaanka, iyo alaabta qofka ee laga yaabo in afkiisu taabto, sida wiciyada, cadayga, ama tuwaalka (shukumaanka).

### **Maxay tahay daawada hargabka faafa ee mononucleosis?**

Jirradu sida caadiga waxay u tagtaa iskeed bila dawo. Marmar daawo ayaa loo baahdaa haddii ay jiraan calaamado ba’an. Dawooyinka hargabka fayraska iyo antibaayootik ayaa fiican.

### **Haddii ilmahaygu qaado hargabka faafa ee mononucleosis, inuu ka jooga miyaa xanaanada ilamaha?**

Maya, haddii uu ladan yahay oo ka qaybqaadan karo hawlaha oo aanu qandho iyo calamado kale lahayn oo u baahan in laga reebo.

