

Ifilada/Fuluuga Safka ah: Waa Maxay Sideese Diyaar Loogu Noqdaa

Pandemic Flu: What it is and How to Prepare

When many people get a disease at the same time, it is called a pandemic. Pandemic flu is caused when people get sick or infected from a new flu virus. This type of flu spreads easily from person to person and can cause many people to become very ill or die.

Signs of Flu

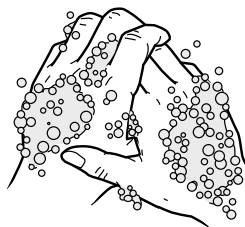
The signs of seasonal flu are fever, cough, sore throat, runny or stuffy nose, muscle aches, headache, chills and fatigue. Some people have vomiting and diarrhea. The signs of pandemic flu are the same, but they may be more severe and affect more people. With pandemic flu, healthy adults may be at increased risk for problems.

Controlling the Spread of the Flu

Health experts will test the new flu virus to see if medicines used to treat and prevent seasonal flu are effective. It may take six months or longer to make a vaccine for a new flu virus. The supply of vaccine will be small at first.

To help prevent spreading the flu, be sure to:

- **Wash your hands often with soap and water.** Use alcohol-based hand sanitizer when soap and water are not available.



Marka dad badan uu cudur ku dhaco isku wakhti, waxa la yidhaahdaa waa saf cudur. Ifilada ama fuluuga safka ahi waxa uu dhacaa marka dadku ay la jiradaan ama uu cudureeyo fayras ifilo oo cusub. Ifilada noocan ahi si fudud ayay dadku isugu tabiyaan waxana ay sababi kartaa in dad badani si weyn u jiradaan ama dhintaan.

Calaamadaha Ifilada

Calaamadaha ifilo xilliyeedku waa qandho, qufac, dhuun xanuun, san duuf ka socdo iyo xanuun muruqyada ah, madax xanuun, qadhqadhyo iyo daal. Calaamadaha ifilada safka ah waa isla mid, laakiin waxa laga yaabaa inay kuwaa ka sii daran yihiin oo ay saameeyaan dadka sii tiro badan. Marka ay jirto ifilo saf ahi, waxa laga yaabaa in dadka waaweyn ee caafimaad qaba ay halis soo korodhay u yihiin dhibaatooyin.

Xakameynta Fidista Ifilada

Khubarada caafimaadku waxay baadhi doonaan fayraska cusub si ay u fiiriyaan haddii dawooyinka loo isticmaalo in lagu daweyo ee lagaga hortago ifilo xilliyeedka laga heli doono gargaar. Waxa laga yaabaa inay qaadato lix bilood ama ka badan si talaal loogu soo saaro ifilada safka ah. Kaydka talaalku waxa uu noqon doonaa mid yar inta lagu jiro marxaladaha hore ee cudurka safka ah.

Si aad gargaar uga geysatid joojinta fidista ifilada, u hubso in:

- **Had iyo jeer gacmaaha ku maydh saabuun iyo biyo.** Istimaal gacmo nadiifiye leh aalkolo marka aan saabuun iyo biyo la heli karin.

- **Avoid touching your eyes, nose and mouth.** The flu often spreads this way.

- **Cough or sneeze into the bend of your arm, not your hands.**

If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and wash your hands.



- **Clean surfaces**, such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach. You can also mix your own water and bleach solution. Mix 10 parts water with one part bleach.

- **Limit your contact with people who are ill.**

- **Avoid shaking hands, hugging and kissing** if you are ill and with others who are ill. Stay 6 feet away from those who are ill.

- **Stay away from others when you are sick.** Stay home from work, school or running errands. Leave home only for medical care and be sure to wear a disposable respirator.



Image: OSHA, U.S. Dept. of Labor

- **Get a full night's rest, eat a healthy diet and drink at least 8 glasses of fluids each day.**

Plan Ahead

Plan ahead to help protect you and your family and limit the effects of pandemic flu.

If many people are ill with pandemic flu:

- Hospitals and doctors' offices will be very busy.

- **Iska ilaali in aad taabatid indhahaaga, sankaa, iyo afkaaga.** Ifiladu badanaa habkan ayay ku fidaa.
- **Ku qufac ama ku hindhis cududahaaga, ha isticmaalin gacmahaaga.** Afkaaga iyo sankaa ku dabool masar waraaq ah marka aad qufacdid ama hindhistid. Tuur masarka waraaqda ah oo dhaq gacmahaaga.
- **Sagxadaha nadiifka ah**, sida oogada miisaska, saxanka dhiqista, qasabadaha, gacanta albaabada, teleefonada iyo barta shidista iftiinka ama nalka. Waxa kale oo aad qasan kartaa badhax ah biyo iyo cadeeye. Ku qas 10 qaybood oo ah biyo hal qayb oo ah cadeeye.
- **Yaree xidhiidhka aad la yeelanaysid dadka jirran.**
- **Iska ilaali in aad salaantid si gacan qaad ah, aad hab-siisid iyo inaad dhunkatid dadka** haddii aad jirran tahay dad kalena kula joogaan. U jirso 6 talaabo dadka xanuunka qaba.
- **Ka fogow dadka kale marka aad jirran tahay.** Ka tag guriga keliya markaad aadeysid daryeel caafimaad, markaasna xaqiiji inaad xirato qalabka sankaneefka.
- **Qaado nasasho habeen oo buuxda, cun cunto caafimaad leh oo cab ugu yaraan siddeed koob oo ah cabitaanno maalin kasta.**

Sii Sameyso Qorshe

Sii sameyso qorshe si aad u badbaadisid naftaada iyo qoyskaaga oo aad u yareysid saameynada ifilada safka ah.

Haddii dad badani u jirran yihiin ifilo saf ah:

- Cisbitaallada iyo xafiisyada dhakhaatiirtu si weyn bay mashquul u noqon doonaan.

- You may need to stay home to care for ill family or children.
- Schools and child care centers may close.
- Stores may be in short supply of food, water, medicines and medical supplies.
- Special events or religious services may be cancelled.

Use these three steps to prepare:

1. Make a plan for you and your family at home and at work.
2. Prepare an emergency kit of supplies.
3. Listen for information about what to do and where to go during a flu outbreak.

Step 1. Make a Plan

Your Plan for Home

Talk to your family about this plan so they know what to do. Your plan should include:

- Health information for each member of the family, including date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.
- Someone to care for your children at home in case you cannot be there or you become ill.
- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.

- Waxa laga yaabaa inaad u baahan tahay inaad joogtid guriga oo aad daryeesheed cid qoyska ah ama caruur jiran.
- Waxa laga yaabaa in dugsiyada iyo xarumaha sii-haynta ilmaha la xidho.
- Waxa laga yaabaa in dukaannada ay ku yaraadaan kaydka cuntada, biyaha, dawooyinka iyo alaabta caafimaadka.
- Waxa laga yaabaa in xafladaha gaarka ah ama xafladaha diiniga ah la joojiyo.

Isticmaal tallaabooyinkan sadexda ah si aad isu diyaarisid:

1. Samee qorshe aad ugu talogashay naftaada iyo qoyskaaga marka aad joogtaan guriga iyo shaqada.
2. Diyaarso xidhmo kedis oo ah alaab.
3. Dhageyso macluumaadka ku saabsan waxa aad sameyn lahayd iyo meesha aad tagi lahayd haddii uu dhaco ifilo saf ahi.

Tallaabada 1. Samee Qorshe

Qorshahaaga Guriga

Kala hadal qoyskaaga qorshahan si ay u ogaadaan waxa ay sameyn lahaayeen.

Waa in qorshahaaga uu ku jiro:

- Macluumaadka caafimaadka xubin kasta ee qof kasta oo qoyska ka tirsan, oo ay ku jiraan taariikhda dhalasho, nooca dhiigga, xasaasiyadda, dhibaatooyinka caafimaad ee hadda iyo kuwii horeba, dawooyinka hadda iyo qaddarka qaadashada, qalabka caafimaadka iyo nuqulada kaararka caymiska.
- Qof ilmahaaga ku daryeela guriga haddii aanad joogi karin guriga ama aad jiratid.
- Liis teleefoon iyo iimayl oo lala xidhiidho marka xaalad degdeg ah ay dhacdo. La wadaag xubnaha qoyskaaga, shaqadaada, dugsiyada iyo xarumaha sii-haynta ilmaha.

- Local and out-of-town emergency contacts.
- Doctors' names and phone numbers.
- Locations of hospitals, clinics and urgent cares near work, school and home.
- Locations of local and state health departments and their phone numbers.
- Pharmacy name and phone number.
- Religious or spiritual information.
- Lambarada xiriirada markaad deegaanka joogtid iyo markaad magaalada dibadeeda joogtid.
- Magacyada iyo lambarada teleefonka ee dhakhaatiirta.
- Goobaha cisibitaalada u dhow shaqada, dugsiga iyo guriga iyo lambarada telefoonadooda.
- Goobaha ay ku yaalaan waaxaha caafimaadka dadweynaha ee degmada iyo gobolka iyo lambarada telefoonadooda.
- Magaca iyo teleefonka farmasiga.
- macluumaadka diinta ama caqiidada.

Your Plan for Work

If you work:

- Discuss work policies with your boss.
Ask:
 - How the business will continue during a pandemic.
 - If you can take time off to care for yourself or a family member.
 - If you can work from home or if you are expected to come to work.
- Understand you may be asked to stay home from work or come in and do other tasks.
- Plan for less or no income if you are unable to work or the company closes.

Qorshahaaga Shaqada

Haddii aad shaqeysid:

- Kala hadal dhaqamada shaqada maamulahaaga. Weydii:
 - Sida ganacsigu ama shaqadu u socon doonto haddii uu cudur saf ahi dhaco.
 - Haddii aad fasax ka qaadatid shaqada si aad u daryeeshid naftaada ama xubin qoys.
 - Haddii aad shaqada ku qaban kartid guriga ama haddii lagaa rabo inaad timaadid shaqada.
- Fahan in lagaa codsan karo inaad joogtid guriga oo ka maqnaatid shaqada ama aad timaadid oo qabatid hawlo kale.
- Sii qorshee dhakhli intii hore ka yar ama dakhli la'aan haddii aanad awoodin inaad shaqeysid ama shirkadda la xidho.

If you own a business:

- Make an emergency plan and talk to your employees about it. Test and revise your plan as needed.
- Decide which employees and supplies are needed to maintain the business.
- Provide infection- control supplies such as hand sanitizer, tissues and waste cans for soiled items.
- Look at how pandemic flu could impact business' finances, shipping and travel.
- Define your policies on employees working from home, caring for ill family or paying for employee illness.

Step 2. Prepare an Emergency Kit

Have a **2 week** supply of these items for **each person and pet**.

Food and Other Items

- Water in clean, sealed plastic containers – store 1 gallon for each person for each day
- Electrolyte drinks such as Gatorade, Powerade or Pedialyte (for children)
- Bananas, rice, applesauce and toast or crackers for nausea, vomiting or diarrhea
- Ready- to- eat canned meats, fruits and vegetables
- Manual can opener
- Protein or fruit bars

Haddii aad leedahay ganacsi:

- Samee qorshe kedis oo kala hadal shaqaalahaaga. Tijaabi oo hadba sida loo baahdo dib ugu noqo qorshahaaga.
- Go'aan ka gaadh shaqaalaha iyo alaabta loo baahan yahay si uu ganacsigu u sii socdo.
- Bixi alaabta xakameynta cudur-qaadista sida nadiifiye gacmo, masarrada waraaqda ah iyo haamo qashin oo lagu rido alaabta wasakheysan.
- Eeg sida ifilada safka ahi u saameyn karto dhaqaalaha ganacsiga, markabka iyo safarada.
- Qeex ama deji siyaasaddaada ku saabsan shaqaalaha shaqeyn doona iyaga oo jooga guriga, oo daryeelaya xubin qoys oo jiran ama sida loo bixin lahaa kharashka jirada shaqaale.

Tallaabada 2. Diyaari Xidhmo Alaab Kedis

Diyaari **kayd ah 2 toddobaad** oo ah alaabtaa oo loogu talagalay **qof iyo xayawaan kasta**.

Cuntada iyo Alaabta Kale

- Biyo ku jira weel nadiif ah oo ah caag daboolan – u kaydi 1 galaan qof kasta maalin kasta
- Cabitaanada tamarta sida Gatorade, Powerade ama Pedialyte (oo loogu talagalay carruurta)
- Mooska, bariiska, dheecaanka tufaaxda iyo roodhiga ama buskudka loogu talagalay lalabada, mataga, ama shubanka
- Hilib, khudaar iyo cagaar qasac ku jira oo diyaar u ah in la cuno
- Qasac fure gacanta ku shaqeeya
- Barootiin ama khudaar qallalan oo dhuudhuuban

- Dry cereal, granola, nuts and crackers
- Peanut butter
- Dried foods such as dried fruit and dehydrated meals
- Canned juices
- Powdered milk or cans of evaporated milk
- Cans or jars of baby food and baby formula
- Pet food

Medical, Health and Emergency Items

- Prescribed health supplies
- Prescription medicines
- Over-the-counter medicines to treat fever, pain, stomach problems, coughs, colds and diarrhea
- Health information for each member of the family
- Soap and alcohol-based hand sanitizer
- Tissues and toilet paper
- Baby supplies such as diapers and bottles
- Digital thermometer
- Trash bags
- Cleaning supplies
- Money

- Firiley ama siriyaal qallalan, granola, qolofley iyo busgud
- Subagga lawska
- Cuntooyinka qalalan sida khudar la qalajiyay iyo cuntooyinka biyaha laga saaray
- Casiirka qasacadaysan
- Caano ah budo ama qasacyo ah caanaaha biyaha laga saaray
- Qasacyo ama dhalooyin ah cuntada ilmaha iyo caanaha ilmaha
- Cuntada xayawaanka

Alaabta Daweynta, Caafimaadka ee Kediska

- Alaabta caafimaadka ee dhakhtarku soo qoray
- Dawooyinka dhakhtarku qoray
- Daawooyinka farmashiga laga soo iibsado ee lagu daweeyo qandhada, xanuunka, dhibaatooyinka caloosha, qufaca, hargabka iyo shubanka
- Warka caafimaadka ee xubin kasta ee goyska ka tirsan oo lagu riday weel aan biyuhu gali karin
- Nadiifiye saabuun iyo aalkolo ku saleysan
- Masarada waraaqda ah iyo waraaqaha mushqusha
- Alaabta ilmaha sida xufaayado ama dheebaro iyo dhalooyin
- Heerkulbeeg dhijital ah
- Bacaha qashinka
- Alaabta nadiifinta
- Lacag

Step 3. Listen for Information

- Stay calm and get as many facts as you can.
- Listen for reports on the television, radio or Internet.
- For current information, go to www.pandemicflu.gov or www.flu.gov. This may only be available in English and Spanish.

Tallaabada 3. Dhageyso War

- Is deji oo hel xaqiiqooyin badan intii aad awoodid.
- Warbixinno ka dhageyso telefishanka, raadyowga ama internetka.
- Wixii macluumaad dheeraad ah, ka eeg www.pandemicflu.gov ama www.flu.gov. Waxa laga yaabaa in warkaasi ku qoran yahay kaliya Ingiriisi iyo Isbaanish.