

Giardiasis (*Giardia*)

Waa maxay *Giardia*?

Giardia waa ku dul noole sababa cudurka shubanka loo yaqaano giardiasis. *Giardia* waa caabuqa ku dul noolaha ugu soo noqnoqoshada badan gudaha Minnesota oo waa sabata ugu badan ee sababana jirrooyinka laga qaado biyaha.

Siduu ku fidaa?

Giardia waxuu soo dhex maraa saxarada qofka ama xayawaan buka. Ku dul nooluhu waxaa ilaalinaya qafas sare oo usaamaxaysa inuu ku badbaado dusha sare jidhka muddo dheer. *Giardia* lagama yaabo in laga dhex helo ciidda, cunnada, biyaha, ama oogada ku wasakhaysan saxarada ka imanyasa dad ama xayawaan buka.

Giardia waxaa layskugu gudbin karaa:

- Liqista biyo wasakhaysan markaad dabbaalanayso ama cabbayso.
- Xidhiidh inaad la yeelato dadka buka ee qaba giardiasis, gaar ahaan goobaha daryeelka carruurta.
- Liqista walxaha *Giardia* ee aad kasoo qaadday ooga wasakhaysan, sida miis beddelashada, handaraabyada albaabka, iyo qalabka carruurta ku ciyaarto.
- Cunnista cunnooyinka ku wasakhaysan ku dul noolaha.
- La kulanka saxarada inta lagu guda jiro galmada.

Waa kuwee calaamaduhu?

Calaamadaha giardiasis sida badan waxa ka mida:

- Shuban
- Saxaro jilicsan ama dufan leh oo sabbayn karta
- Dhuuso iyo dibbiro
- Calool xanuun
- Cunno xumo
- Miisaan dhimis
- Qandho yar

Dadka qaarkood calaamado malaha.

Guud ahaan calaamaduhu waxay soo ifbaxaan 1 ilaa 3 asbuuc kadib u feydsanka.

Muddo intee le'eg buu Jiraa?

Calaamaduhu waxay sii joogaan muddo ah 2 ilaa 6 asbuuc ee qofka caafimaadka qaba. Giardiasis waxaa lagu dawayn karaa dhowr dawooyin oo ay kana mid yihiin metronidazole, nitazoxanide, iyo tinidazole. Caabuqyada qaarkood waa kuwois-xalliya, wax dawayn ahna uma baahna. Shubanka waa in lagu xakameeyaa cabbitaan fara badan si looga hortago fuuqbax.

Haddii adiga ama ilmahaaga laga helo *Giardia* oo aydaan lahayn wax calaamado ah, guud ahaan wax dawayn ah looma baahna.

Maxaan ku yarayn karaa khatarta qaadista cudurka giardiasis?

Waxaad ku yarayn kartaa inaad qaaddo khatarta giardiasis adigoo raaca talooyinkan:

- Had iyo jeer maydh gacmahaaga kuna maydh saabuun iyo biyo, weliba wakhtiga aad suuliga ka soo baxdo ama aad beddesho xafaayadda, iyo ka hor intaadan qaban ama cunin cunnada.
- Ha liqin biyaha marka aad dabbaalanayso.
- Ha cabbin biyaha aan nadiifta ahayn ee laga keeno harooyinka, webiyada, ilaha biyaha, ballayada iyo durdurrada.
- Taxaddar lahow markaad usocdaalayso waddamada kale ee leh ugu yaraan biyo dawaysan iyo habka nadaafadda adigoo iska ilaalinaya biyaha qasabadda, cabbista ilaha biyaha, barafka, iyo cunnada qaydhiin.
- Yaraynta ugu feydsanka afka-saxarada inta lagu guda jiro galmada iskana ilaali inaad la galmooto qof uu hayo shubanka ama isla markaa ka bogsaday giardiasis.

Maxaan sameeyaa haddii aan leeyahay calamadaha?

La xidhiidh bixiyahaaga daryeelka caafimaadka haddii aad qabto welwel ku saabsan caafimaadkaaga. Waxa laga yaaba inay ku weyddiiyaan inaad keento saxaro (xaar) si loogu baadho xanuunka.

Dadka leh calaamadaha giardiasis waxay hoos u dhigi karaan khataraha ah inay xanuunkooda ku faafiyaan dadka kale iyaga oo raaca talooyinkan:

- Gacmahaaga si taxaddar leh u dhaq had iyo jeerna ku dhaq saabuun iyo biyo.
- Iska ilaali harada biyaha, goobaha biyaha lagu ciyaaro, iyo meelaha biyaha leh markad bugto.
- Dadka kale haku neefsan markaad xanuunsanayso.
- Ha tagin hana ka qaybgalin shaqada daryeelka ilmaha ama xanaannada dugsiga ka hor illaa 24 saacadood ka dib markuu shubanku ka joogsado.
- Sug galmada illaa ay calaamaduhu iska tagayaan.

Si aad uga warbixiso cudurka biyaha ama cunnada ka dhashay ee aad ka shakisan tahay, wac Waaxda Caafimaadka Minnesota telefoonkooda 1-877-366-3455 (ama 651-201-5655 kana socota magaalooyinka Mataanaha) ama iimayl health.foodill@state.mn.us.

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Si aad u hesho macluumaad qaab ka duwan kan ah, wac: 651-201-5414. Lagu daabacay warqad dib-loo-farsameeyay.