

Tallaalka

Jilaalka 2021 ilaa 2022

NHS

hargab- qandhoole

hargab-
qandhoolaha

Yaa la rabaa inuu qaato iyo sababta

Waxaa ku jira macluumaadka loogu talagalay
carruurta iyo haweenka uurka leh



Flu **i**mmunisation

Helping to protect people, every winter

Waraaqahani waxay sharaxayaan sida aad gacan uga geysan karto ka badbaadinta naftaada iyo carruurtaada hargab-qandhoolaha xilliga jiilaalka ee soo socda, iyo sababta ay aad muhiim ugu tahay in dadka halista ugu jira hargab-qandhoolaha ay u helaan tallaalkooda bilaashka ah sannad kasta.



Waa maxay hargab-qandhoolaha? Miyuusan ahayn hargab culus?

Hargab-qandhoolaha wuxuu dhacaa sanad kasta, badanaa xilliga jiilaalka, waana sababta mararka qaarkood loogu yeero hargab-qandhoole xilliyeedka (seasonal flu). Waa cudur aad u faafa isla markaana leh astaamo dhakhso u yimaada.

Hargabku aad ayuu uga halis yar yahay oo badanaa wuxuu si tartiib ah ugu bilaabmaa sanko oo duuf yeesha ama cune xanuun. Xanuunka hargab-qandhoolaha ayaa aad ayuu uga sii xun yahay hargabka culus.

Astaamaha ugu caansan ee hargab-qandhoolaha waa qandho, qarqaryo, madax xanuun, xanuun xagga kala goysyada ah iyo murqaha, iyo daal aad u daran. Shakhsiyaadka caafimaadka qaba waxay caadi ahaan uga soo raystaan hargabka 2 ilaa 7 maalmood gudahood, laakiin qaarka kale, cudurka wuxuu u horseedi karaa isbitaal-jiifin, naafanimo joogto ah ama xitaa dhimasho.

Maxaa sababa Hargab-qandhoolaha?

Hargab-qandhoolaha waxaa keena fayrasyada hargabka ee ku dhaca cunaha iyo sambabbada. Maadaama uu yahay cudur uu sababo fayras oo aan ahayn bakteeriya, antibiyootigga daawa uma noqon karto. Si kastaba ha noqotee, haddii ay jiraan dhibaatooyin ka yimaada hargab-qandhoolaha, antibiyootig ayaa loo baahan karaa.

Sidee lagu qaadaa hargab-qandhoolaha?

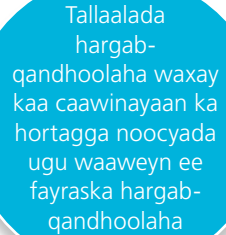
Marka qof qaba cudurka uu qufaco ama hindhiso, waxay hawada ku faafiyaan fayraska hargabka sababta oo ah afkooda waxaa ka soo baxo dhibco yaryar oo candhuufta ah oo ku faafa aag ballaaran. Dhibcahaas ayaa markaa waxaa neef ahaan u qaadan kara dadka kale ama waxaa laga qaadi karaa taabashada meelaha ay dhibcuhu gaareen.

Waxaad uga hortegi kartaa faafitaanka fayraska adiga oo daboolaya afkaaga iyo sankaa marka aad qufacayso ama aad hindhiseyso, waana in aad si joogta ah u dhaqdo gacmahaaga ama isticmaal nadiifiyaha/daawada gacmaha la marsado si aad u yareyso halista qaadista viruska.

Laakiin qaabka ugu wanaagsan ee looga hortago qaadista iyo faafista hargab-qandhoolaha waa iyada oo la is tallaalo ka hor xilliga hargab-qandhooluhu bilaabmo.

Sidee ayaan isaga difaaci karnaa hargab-qandhoolaha?

Hargab-qandhoolaha lama saadaalin karo. Tallaalku wuxuu bixiyaa ka hortagga ugu fiican ee la heli karo si looga hortago fayras sababi kara jiro daran. Fayrasyada ugu badan ee sababi kara hargab-hargab-qandhoolaha ayaa la aqoonsadaa ka hor xilliga hargab-qandhoolaha oo markaa ka dib ayaa tallaallo u dhigma la sameeyaa xiliga ugu dhow ee suurtagalka ah. Tallaalada waxaa ugu fiican in la bixiyo xilliga dayrta ka hor inta aan hargab-qandhooluhu bilaabmin.



Tallaalada hargab-qandhoolaha waxay kaa caawinayaan ka hortagga noocyada ugu waaweyn ee fayraska hargab-qandhoolaha

Waa maxay waxyeelada hargab-qandhooluhu?

Dadku mararka qaarkood waxay u maleeyaan in hargabka xun uu yahay hargab-qandhoole, laakiin hargab-qandhoolaha badanaa wuu ka xun yahay hargabka oo waxaad u baahan tahay inaad sariirta jiifto dhawr maalmood. Dadka qaar waxay u nugul yihiin waxyeelada hargab-qandhoolaha. Dadka noocaas ah, hargab-qandhoolaha waxay kordhin kartaa halista qaadista cudurro aad u daran sida boronkiitada iyo oofwareenka, ama waxay sii xumayn kartaa xaaladaha jira. Xaaladaha ugu daran, hargab-qandhoolaha wuxuu sababi karaa isbitaal-jiifin, ama xitaa dhimasho.

Miyaan halis dheeraad ah ugu jiraa saamaynta hargab-qandhoolaha?

Hargab-qandhoolahu qof kasta ayuu ku dhici karaa laakiin haddii aad leedahay xaalad caafimaad oo muddo-dheer ah, saameynta hargab-qandhoolaha way sii xumayn kartaa xaaladaas xitaa haddii xaaladda si wanaagsan loo maareeyo oo aad caadiyan dareento caafimaad. Waa inaad heshaa tallaalka hargab-qandhoolaha bilaashka ah haddii aad:

- uur leedahay

ama aad leedahay xaalad caafimaad oo muddo dheer ah sida:

- dhibaatooyin wadnaha
- cabasho xabadka ama dhibaatooyinka neefsashada oo daran, oo ay ku jiraan boronkiitada, cudurka emphysema ama dadka qaar ka mid ah oo qaba neefta
- cudurka kalyaha
- nidaamka difaaca oo hooseeya sababo la xiriira cudur ama waayeelnimo awgeed (sida daawada istroodiska ama daaweynta kansarka)
- cudurka beerka
- qabtay istarog ama maskaxda oo dhiigga ku yeraada (TIA)
- kaadi macaanka
- xaalada caafimaad ee neerfayaasha, sida cudurka maskaxda (MS), cudurka murqaha (cerebral palsy)
- naafanimu waxbarasho
- dhibaato kaa haysata beeryaradaada, sida cudurka ku dhaca dhiig casaha (sickle cell), ama lagaa saarey beeryarada
- culeyskaagu uu xad dhaaf yahay (BMI 40 ah iyo wixii ka sareeya)

Liiska cudurarada/xaaladaha caafimaad ma aha mid intaa ku dhammaystiran. Had iyo jeer waa arin lagu ogaanayo go'aano caafimaad. Dhakhtarkaaga Cudurada Guud ayaa qiimeyn kugu sameyn kara si loogu xisaabtamo halista hargab-qandhoolaha ee ah in cudurada qarsoon ee aad qabi karto laga yaabo inay ka dhigaan kuwo ka sii daran, iyo sidoo kale inuu qiimeyn ku sameeyo jirooyinka halista ah ee uu hargab-qandhoolaha laftigiisu kuu keeni karo.

Booqo www.nhs.uk/child-flu wixii macluumaad dheeraad ah

Yay tahay inuu qaato tallaalka hargab-qandhoolaha?

Dhammaan kuwa leh xaalad kasta oo caafimaad ee ku taxan bogga 4, ama dadka:

- da'doodu tahay 65 sano ama ka weyn
- ku nool hooyga daryeelka ama hooyga xanaanada
- daryeelaha weyn ee qof waayeel ah ama naafo ah
- qof safka hore kaga jira daryeelka caafimaadka ama adeegaha daryeelka bulshada
- uur leh (eeg qaybta ku xigta)
- carruurta da'da gaarka ah jirta (eeg bogga 7-8)

Kuwa da'doodu tahay 50 ilaa 64 jir ayaa iyagana sanadkan la siin doonaa tallaalka hargab-qandhoolaha.



Tallaalka hargab- qandhoolaha ee loogu talagalay haweenka uurka leh



Uur ayaan leeyahay. Ma u baahanahay tallaalka hargab-qandhoolaha sanadkan?

Haa. Uurka waxaa uu beddelaa sida jirku ula tacaalo caabuqyada sida hargab-qandhoolaha. Caabuqa hargab-qandhoolaha waxaa uu badiyaa fursada qofka haweenka uurka leh iyo ilmaheeduba in ay u baahdaan isbitaalka daryeelka xaaladda halista ah (intensive care) ah.

Dhammaan dumarka uurka leh waa inay qaataan talaalka hargab-qandhoolaha si ay u difaacaan naftooda iyo ilmahooda. Tallaalka hargab-qandhoolaha waxaa la qaadan karaa marxad kasta oo xilliga uurka ah, laga bilaabo qaadista uurka iyo wixii ka dambeeya.

Haweenka uurka leh waxay ka faa'iidayaan tallaalka hargab-qandhoolaha sababta oo ah waxay:

- yareyn doontaa halista cuduradda daran sida oofwareenka, gaar ahaan marxadaha ugu dambeeya ee uurka
- yareyn doontaa halista ilma soo-dhaca, ilmaha oo uurka ku geeriyooda ama noqda dhicis
- waxay ka caawin doontaa ilaalinta dhallaankooda kuwaas oo sii yeelan doona iska difaaca hargab-qandhoolaha bilaha ugu horreeya ee noloshooda
- yareyn doontaa fursada ah in hooyadu u gudbiso dhallaankeeda cusub wixii caabuq ah

Uur baan leeyahay waxaanna u maleeyaa inaan qabo hargab-qandhoole. Maxaan sameeyaa?

Haddii aad leedahay astaamaha hargab-qandhoolaha waa in aad si degdeg ah ula hadashaa dhakhtarkaaga, sababta oo ah haddii aad hargab-qandhoole qabto waxaa jira daawo la qoro oo kaa caawin karta (ama yaraynaysa halista dhibaatooyinka), balse waxaa loo baahan yahay in sida ugu dhaqsaha badan loo qaato ka dib markii astaamuha soo if baxaan.

Waxaad tallaalka hargab-qandhoolaha bilaashka ah ka heli kartaa Dhakhtarkaaga Cudurada Guud, ama waxaa sidoo kale laga heli karaa farmasigaaga ama umulisadaada.

Ka waran carruurteydana? Ma u baahan yihiin tallaalka?

Haddii aad leedahay cunug 6 bilood ka weyn oo leh mid ka mid ah xaaladaa caafimaad ee ku taxan bogga 4, waa inay qaataan tallaalka hargab-qandhoolaha. Dhammaan carruurtani waxay u badan tahay inay aad u bukoodaan haddii ay hargab-qandhoolaha qaadaan, oo waxayna sii xumayn doontaa xaaladdooda caafimaad ee hadda jirta. Kala hadal Dhakhtarkaaga Cudurada Guud in cunuggaaga uu qaato tallaalka hargab-qandhoolaha ka hor inta aan bilaabmin xilliga hargab-qandhoolaha.

Tallaalka hargab-qandhoolaha si fiican ugama shaqeeyo dhallaanka 6 bilood ka yar sidaa darteed laguma talinayo. Tani waa sababta ay muhiimka u tahay in haweenka uurka leh ay qaataan tallaalka - waxay u gudbin doonaan xoogaa difaac ah ilmahooda taas oo ka difaaci doonta hargab-qandhoolaha bilaha hore ee noloshooda.

Kooxo kale oo carruur ah ama da'yar ah ayaa sidoo kale la siiyaa tallaalka hargab-qandhoolaha. Tani waa in laga caawiyo sidii looga ilaalin lahaa cudurka iyo in laga caawiyo yareynta inay ku faafiyaan carruurta kale, oo ay ku jiraan walaalahood, iyo, dabcan, waalidkood iyo waalidka waalidiintood. Tani waxay kaa caawin doontaa inaad ka fogaato baahida ah inaad fasax shaqada ka qaadato hargab-qandhoolaha awgiis ama si aad u daryeesho carruurtaada qaba hargab-qandhoolaha.

Caruurta la siinayo tallaalka sanadkaan, waa:

- dhammaan da'da 2 iyo 3 sano jirka marka ay tahay 31 Agoosto 2021
- dhammaan caruurta ah da'da-dugsiga hoose
- dhammaan caruurta da'da fasalka 7aad ilaa 11aad ee da'yarta dugsiga sare ku jirta
- caruurta leh xaalado caafimaad kuwaaso galinaya halis weyn ee hargabka

Caruurta da'doodu tahey 2, iyo 3 sanno waxaa tallaalka laga siin doonaa dhakhtarkooda cudurada guud, iyada oo ay caadiyan siin doonto kalkaalisada shaqada wadda. Carruurta da'da dugsiga hoose ah iyo da'yarta waxaa tallaalka hargab-qandhoolaha loogu yaboohi doonaa dugsiga. Ilmaha badankood, tallaalka waxaa loo siin doonaa qaab buufis ah oo loogu buufinaayo sanko. Tani waa habraac aad u dhakhso badan oo aan xanuun lahayn.

Macluumaad dheeri ah oo ku saabsan carruurta iyo tallaalka hargab-qandhoolaha ka eeg bogga shabakadda NHS ee [nhs.uk/child-flu](https://www.nhs.uk/child-flu).

Waa noocce tallaalka hargab-qandhoolaha ee aan qaadan karo?

Waxaa jira dhowr nooc oo tallaalka hargab-qandhoolaha ah. Waxaa lagu siin doonaa mid kuu waxtar badan, iyada oo lagu salaynaayo da'daada, sida soo socota:

- carruurta da'doodu u dhaxayso 2 ilaa 17 ayaa loo yaboohi donaa tallaalka nool oo lagu bixiyo qaabka buufiska sanko. Fayrasyada nool ayaa la daciifiyey si aysan kuugu riddin hargab-qandhoolaha
- dadka qaangaarka ah oo da'doodu tahay 18 ilaa iyo 64 waxaa loo yaboohaa tallaalka la isku duri karo. Waa tallaalka aan la carin, aysanna ku jirin wax fayras ah oo nool, mana kugu ridi karto hargab-qandhoolaha. Waxaa jira noocyo kala duwan iyada oo ku xiran sida loo soo sameeyey
- dadka qaangaarka ah ee da'doodu ka weyn tahay 65 sano waxaa loo yaboohaa tallaalka la isku duri karo. Waa tallaalka aan la carin, aysanna ku jirin wax fayras ah oo nool, mana kugu ridi karto hargab-qandhoolaha. Caadi ahaan, waxaa lagu yaboohi doonaa mid ka kooban farsamooyin kaa caawinaysa nidaamka difaaca inuu abuuru jawaab adag oo uu ka bixiyo tallaalka. Waxaa loo yaboohaa dadka kooxda da'dan ku jira sababta oo ah marka dadka da'doodu sii weynaatoba nidaamkooda difaaca si aan wanaagsaneyn ayuu ugu jawaabaa tallaalkada

Haddii ilmahaagu da'diisu u dhaxeeyo 6 bilood iyo 2 sano jir, oo uu ku jiro kooxda halista sare ugu jirta hargab-qandhoolaha, waxaa la siin doonaa tallaalka hargab-qandhoolaha ee duritaanka ah, maxaa yeelay buufiska sanko ah looma sharciyeeynin carruurta ka yar da'da 2 sano. Qaar ka mid ah carruurta ka weyn da'da 2 sano ee ku jira kooxda halista sare ugu jirta hargab-qandhoolaha waxay sidoo kale u baahan doonaan in la siiyo tallaalka duritaan ah haddii buufiska sanko usaan ku habboonayn iyaga.

Ma la siin karaa ilmahaaga tallaalka hargab-qandhoolaha isla waqtiga la siinaayo tallaalkada kale?

Haa. Tallaalka hargab-qandhoolaha ayaa la bixin karaa isla wakhtiga carruurta la siinaayo dhammaan tallaalkada joogtada ah ee carruurta. Tallaalku wuu sii socon karaa haddii ilmahaagu leeyahay jirro yar sida hargab laakiin waa la daahin karaa haddii ilmahaagu uu qabo jiro sababta qandho.

Ma jiraa qof aan u baahnayn in la tallaalo?

Ku dhawaad qof walba ayaa la siin karaa tallaalka, laakiin waa inaad an la tallaal in haddii aad waligaa xasaasiyad ka qaaday tallaalka ama wax ka mid ah maaddooyinka uu ka kooban yahay tallaalka. Haddii aad xasaasiyad u leedahay ukunta ama aad leedahay xaalad caafimaad oo daciifineysa nidaamka difaaca ee jirkaaga, waxaa laga yaabaa inaad awoodin inaad qaadata noocyo ka mid ah tallaalka hargab-qandhoolaha - weydii Dhakhtarkaaga Cudurada Guud. Haddii ay qandho ku hayso, tallaalka ayaa dib loo dhigi karaa illaa inta aad ka fiicnaansid.

Ka waran carruurteydana?

Caruurta ma awoodi karaan inay qaataan tallaalka marka haddii ay:

- yihiin kuwo neef-qaadashada jiidaya (wheezy) ama ay ahaayeen kuwo neef-qaadashada jiidaya (wheezy) 72-kii saacadood ee la soo dhaafay, waa in loo yaboohaa tallaalka hargab-qandhoolaha oo duritaan ah oo ku habboon si looga fogaado daahitaanka difaaca
- u baahdeen daryeel xaalad khatar (intensive care) ah sababo la xiriira
 - neefta ama
 - xasaasiyadda ukunta (Caruurta ku jira labadan kooxood waxaa loosoo jeediyey in ay raadiyaan talada dhakhtarkooda takhasuska leh waxeyna u baahan karaan tallaalka marka oo lagu siiyo isbitaalka)
- leeyahay xaalad caafimaad, ama daaweyn u socoto, oo aad u daciifineysa nidaamkiisa difaaca ama qof gurigooda kula nool uu u baahan yahay is-go'doomin maadaama ay leeyihiin daciifnimo difaaca jirka oo aad ah
- xasaasiyad ka qabaan maadooyin kale oo tallaalka ka kooban yahay¹
- leedahay xaalad u baahan daaweynta salicylate-ga

Sidoo kale, carruurta laga tallaalay marka waa inay ka fogaadaan u dhowaanshaha dadka qaba nidaamyada difaaca jirka oo aad u daciifa illaa 2 toddobaad oo xilliga tallaalka ka dib ah sababta oo ah waxaa jiri karta fursad ah in fayraska tallaalka uu u gudbo.

Ma aha in dhammaan tallaallada hargab-qandhoolaha ay ku habboon yihiin carruurta. Fadlan xaqiiji inaad kol hore kala hadasho arrintan kalkaaliyahaaga caafimaad, Dhakhtarkaaga Cudurada Guud ama kooxda tallaalka dugsiga.

[1] Ka eeg website-ka www.medicines.org.uk/emc/product/3296/pil liiska waxyaalaha uu ka kooban yahay tallaalka

Tallaalka sanku lagu buufiyo maku jirtaa gelatin-ta laga soo nuugo doofaarka (porcine gelatine)?

Haa. Tallaalka sanku waxaa ku jira nooc gelatine ah oo si heer sare ah loo farsameeyay (gelatine-ta doofaarka), oo loo isticmaalo dawooyin badan oo muhiim ah. Jilaatiin wuxuu caawiyaa ilaalinta fayrasyada talaalka joogto si talaalku u bixiyo ilaalinta ugu fiican ee hargabka.

Tallaalka sanku ayaa loo yaboohaa caruurta maadaama ay barnaamijka ka waxtar fiican yahay kan duritaanka ah. Arintan waxaa u sabab ah iyada oo ka sahlan in la siiyo waxaana loo tixgeliyaa in ay kaga fiican tahay yareynta faafidda hargab-qandhoolaha dadka kale ku faafta, dadkaas oo ay suurtagal tahay in ay aad ugu sii nugul yihiin dhibaatooyinka hargab-qandhoolaha.

Si kasta ha ahaatee, hadii ilmahaagu uu halis badan ugu jiro hargabka ugu wacantaheey mid ka mida xaaladaha caafimaad ama daaweynaha oon heysanin talaalka hargabka ee sanku waa iney talaalka ka qaataan mudis ahaan.

Kuwa aan aqbaleyn isticmaalka jeletiinka doofaarka loo isticmaalo alaabaha caafimaadka, tallaalka duritaan ah oo ka duwan ayaa sanadka la heli karaa. Waa inaad kala hadashaa kala doorashooyinkaaga kalkaaliyahaaga ama dhakhtarkaaga.

Miyaan kala kulmi doonaa waxyeellooyin gaarka ah?

Waxyeellooyinka gaarka ah ee talaalka sanku waxaa caadi ahaan ka mid noqon kara duuf ama sanku oo ku xirma, madax xanuun, daal iyo xoogaa rabitaanka cunada oo lunta. Kuwa qaata talaalka duritaanka waxay yeelan karaan gacan xanuun oo ah meesha la duray, qandho aad u hooseysa iyo muruqyo xanuun oo ah hal ama laba maalin ka dib talaalka. Dhibaatooyinka halista ah ee talaalka midkood waa wax aan caadi ahayn.

Miyuu talaalka hargab-qandhoolaha i difaaci doonaa si dhamaystiran?

Maadaama uu fayraska idahargab-qandhoolaha uu is beddeli karo sannad walba had iyo jeer waxaa markasta jira halis ah in talaalku uusan la mid ahayn fayraska hargab-qandhoolaha ee xilligaas jira. Intii lagu jiray 10 sano ee la soo dhaafay talaalku guud ahaan wuxuu ahaa mid si wanaagsan ugu haboon virusyada hargab-qandhoolaha markaas wareegaya.

Ilaa intee ayaa tallaalku i difaaci doonaa?

Tallaalku waa in uu bixiyaa difaac inta lagu jiro xilliga hargab-qandhoolaha.

Maxaan u baahanahay inaan sameeyo hadda?

Hadaad ka tirsan tahay mid ka mid ah kooxaha ku qoran buug-yerahan, waxaa muhiim ah inaad qaadato tallaalka hargab-qandhoolaha.

Kala hadal Dhakhtarkaaga Cudurada Guud ama kalkaalisadaada caafimaad, ama sidoo kale farmasiilaha deegaankaaga, si aad ballan uga sameysato xilliga tallaalka oo aad u hesho ka hortagga ugu wanaagsan ee suurtagalka ah. Haweenka uurka leh, tallaalka waxaa sidoo kale ay ka heli karaan goobaha adeegyada dhalnada/hooyooyinka. Tallaalka hargab-qandhoolaha waa bilaash. Ballan sameyso si aad u hesho talaalka.

Ururada doonaya inay hargab-qandhoolaha ka difaacaan shaqaalaha (marka laga reebo haddii halis ku jiraan) waxay u baahan doonaan inay diyaarsadaan talaalada si loogu bixiyo waaxyahooda caafimaadka shaqada. Tallaaladaas lagama heli karo NHS oo loo-shaqeeyaha waa inuu lacag ka bixiyaa/iibiyaan.

Haddii aad tahay qof safka hore kaga jira dhanka caafimaadka ama aad tahay adeegaha daryeelka bulshada, wax ogow qorshooyinka laga diyaariyey goobtaada shaqada ee ku saabsan bixinta tallaalka hargab-qandhoolaha. Waa muhiim inaad is ilaaliso.



Guudmarka kuwa lagula taliyay inay qaataan tallaalka hargab-qandhoolaha

- da'daadu tahay 65 sano ama ka weyn
- qof kasta oo ka yar 65 sano jir oo qaba xaalad caafimaad oo ku taxan bogga 4aad, oo ay ku jiraan carruurta iyo dhallaanka 6 bilood ka weyn
- dhammaan dumarka uurka leh, haku sugnaadaan marxalad kasta ee uurka
- dhammaan caruurta jirta 2 ama 3 sanadood jir (iyada oo ku xiran in ay 2 ama 3 sano jireen taariikhdu markii ay aheyd 31-ga Ogoosto ee xilliga hargab-qandhoolaha ee waqtigan xaadirka ah
- dhammaan carruurta dhigata dugsiga hoose
- dhammaan caruurta da'da fasalka 7aad ilaa 11aad ee da'yarta dugsiga sare ku jirta
- qof kasta oo ku nool hooyga daryeelka ama hooyga xanaanada
- qof kasta oo daryeela qof waayeel ah ama naafo ah
- dhammaan shaqaalaha safka hore ee daryeelka caafimaadka iyo daryeelka bulshada

Kuwa da'doodu tahay 50 ilaa 64 jir ayaa iyagana la siin doonaa tallaalka hargab-qandhoolaha sanadkan.

Wixii talo iyo macluumaad ah ee ku saabsan tallaalka hargab-qandhoolaha, la hadal Dhakhtarkaaga Cudurada Guud, kalkaalayaha caafimaad ama farmasiilaha ama kooxda tallaalka dugsiga.

Waxaa ugu wanaagsan in la qaato tallaalka hargab-qandhoolaha dayrta ama horaanta jiilaalka ka hor inta uusan faafin hargab-qandhoolaha. Xusuusnow inaad u baahan tahay sanad walba, markaa ha u maleynin inaad ilaashan tahay maadaama aad qaadatay sanadkii hore.

Si aad u hubiso in aad xaq u leedahay tag bogga

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