



# Infeekshanka fayruus-keenaha ee loo yaqaanno RS

Warbixin ku saabsan Infeekshanka fayruus-keenaha ee loo yaqaanno RS iyo sida looga hortago halista in dhallanka u ku dhaco infeekshan culus

abbvie

# Waa maxay Infeekshanka fayruus-keenaha ee loo yaqaanno RS?

Infeekshanka fayruus-keenaha ee loo yaqaanno RS waa nooc ku dhaco mariinada neefsashada oo aad caadi u ah, wuxuuna u faafa hab fudud. Waxaa la oran karaa in carruurta da'dooda laba sano ah u guud ahaan mar un ku dhacay Infeekshanka fayruus-keenaha ee loo yaqaanno RS. Carruurta badidooda wuxuu u keena oo keliya hargab, laakinse mararka qaarkood wuxuu Infeekshanka fayruus-keenaha ee loo yaqaanno RS sababi karaa xaalad cabsi gelin leh wadato sambabo infeekshan ku dhacay.


Infeekshanka fayruus-keenaha ee loo yaqaanno RS, waa ereyo la soo gaagaabiyay Respiratoriskt syncytievirus, wuxuu weerar ku qaada unugyo nooc gaar ah ku yaalaan mariinada aan ka neefsanno. Taasoo sababayso in unugyada infeekshanka saameeyay is-qabsadaan kaddib isku rogaan jir ku nooleyaal. Wuxuu sababa bararka xuub-axaleedka kaddib korniinka xab.

Safmar ahaan ayuu sannad kasta adduunka oo idil ugu soo if-baxa. Dhinaca aan adduun waynaha ka degan nahay, siiba xilliyada qaboowga. Dalka Iswiidan wuxuu Infeekshanka fayruus-keenaha ee loo yaqaanno RS faafa xilliga qaboobaha kasta, badi ahaan bilaha oktoobar ilaa abriil. Dhirirka mudada wuu kala duwan yahay hadba sannad iyo sannad ku xiga.



Dalka Iswiidan wuxuu Infeekshanka fayruus-keenaha ee loo yaqaanno RS faafa xilliga qaboobaha kasta, badi ahaan bilaha oktoobar ilaa abriil.





Infeekshanka fayruus-keenaha ee loo yaqaanno  
RS wuxuu siiba ku faafa markii qof jirkiisa  
cudurka ku sida u qof kale taabto

## **Sidee buu Infeekshanka fayruus-keenaha ee loo yaqaanno RS ku faafa?**

Infeekshanka fayruus-keenaha ee loo yaqaanno RS aad ayaa laysku qaadsiiyaa. Fayruuska wuxuu siiba ku faafa markii qof jirkiisa cudurka ku sida u qof kale taabto, tusaale dhunkasho ama habsiin. Fayruusku wuxuu isagoo dhibco qoyaan oo yaryar ah kaloo, ku faafa isagoo hawada adeegsanaayo qof qunfacaayo ama hindhisaaayo.

Sida qofka loo qaadsiiyo awgeed, waa in fayruuska u gala axal-dhaxaleedka indhaha, sankiisa ama afka. Taasoo suurtagal noqon karto haddii qofku u indhahiisa masaxo, sankiisa farta geliyo ama farahiisa afka geliyo. Infeekshanka fayruus-keenaha ee loo yaqaanno RS wuxuu saacado badan ku noolan karaa waxyaalaha dunta ka sameeyan, sida dharka oo kale, fasaleeti lagu isticmalay iyo waxyaalaha adag ee carruurta ku ciyaaraan, buugagga, miiska iyo halka albaabada laga furo.

## **Ma laga yaaba in ubadkayga infeekshanka la qaadsiiyo?**

Qof kasta, carruurta iyo dadka waayn ba, waa la qaadsiin karaa infeekshanka. Dhallanka ku dhacay Infeekshanka fayruus-keenaha ee loo yaqaanno RS wuxuu jirkiisa ka diifaci karaa oo keliya muddo gaaban. Waxaa jirto halista in cudurka u mar kale ku dhaco. Maadada antibody ee ku jirta caanaha naasaha hooyada, waxay ka hortagta halista Infeekshanka fayruus-keenaha ee loo yaqaanno RS. Markii carruurta ay laba sano jir yihiin waxaa mar hore ku dhacay hal ama dhowr Infeekshanada fayruus-keenaha ee loo yaqaanno RS. Xaaladaas waxaa dhiigga ku jira antibody ka hortaga fayruuska dhiigga, Infeekshanka fayruus-keenaha ee loo yaqaanno RS ee aayaha dambe, wuxuuna noqonayaa mid aad ugu fudud kii markii cunugga u aad u yaraa ku dhacay.

## Sidee buu Infeekshanka fayruus-keenaha ee loo yaqaanno RS ku soo ifbaxa?

Caadi ahaan Infeekshanka fayruus-keenaha ee loo yaqaanno RS wuxuu ku soo ifbaxa isagoo hargab fudud ah, hindhiso iyo qunfac oo badi ahaan xab adag leh. Cunugga wuxuu muujin karaa daal aan caadi ahayn, raashin-xummo waxaana laga yaaba in usan qandho lahayn. Cunugga badi ahaan wuu ka bogsadaa isagoo dhibaato kale la kulmin.

Carruurta dhowan dhashay iyo dhallanka kale ee caafimaadka qabo, waxaa dhici karto in bilooyinka ugu horeeyo ay hargabka ka sokkoow, ku dhaco fasaska sambabaha ku dhaca kaasoo awooda neefsashada saamayn ku yeesha waxaa xaaladaas dhici karta in dhallanka isbitaal lagu daryeelo. Mararka qaarkood waxaa loo baahan yahay ku daryeelida oksijin iyo in tuubo cuntada lagu siiyo, waa haddii cunugga usan awoodin in iskiisa wax u cunno.

## Calaamadaha kale ee Infeekshanka fayruus-keenaha ee loo yaqaanno RS sii culus ama halisan:

- Cunugga hab culus ayuu u neefsanayaa
- Hab dhaqsi badan ayuu u neefsanaa waxaana la maqlayaa cod xiiqlayn ama xiin leh
- Awooda cunnida iyo cabbitaanka oo hoos u dhacda
- Qunfacida u ku dhibtoonaayo
- Xab adag oo sanko iyo dhuunta ka yimaada

Carruurta ugu yaryar, siiba kuwa dhicisnimada ku dhashtay, waxay muujinayaan caalaamadaha hargabka iyo guud ahaan xaalad neefsashada xiriir la leh (hakashada neefsashada). Taasoo daahid la'aan u baahan in isbitaal lagu daryeelo.



Haddii cunug aan weli lex bilood buuxsan u hargab ku dhaco, kaasoo wato qunfac culus iyo dhibatada neefsashada, ama guud ahaan ka muuqato xaalad darran iyo harag qalallan, waa in loola xiriir xarunta daryeelka degdega kugu dhow.

## Waxaa jiraan carruur aad xisaasi u ah

Kuwa dhallanka ah ka sokkoow waxaa jira carruurta dhicisnimada lagu dhalay, qaba cudur raageha sambabada ku dhaca, difaaca jirkooda hooseeya, ama qaba cillada wadnaha, kuwaas ayaa aad ugu dhow halista haddii ay xannuunsadaan, in u ku dhaco infeekshan culus. Carruur tiradooda qiyaasti ah 3000 oo ku nol dalka Iswiidan, ayaa Infeekshanka fayruus-keenaha ee loo yaqaanno RS dartiisa sannadka kasta lagu daryeela isbitaalada dalka.

## Infeekshanka fayruus-keenaha ee loo yaqaanno RS ma leeyahay waxyeello aan laga bogsan?

Cunugii beri hore ku dhacay Infeekshanka fayruus-keenaha ee loo yaqaanno RS oo ahaa nooca halista ah, wuxuu markii u hargab ku dhaco la kulmi karaa dhibatada neefsashada inkastoo dhowr sannadood ay ka soo wareegatay markii ugu dambeysay ee u infeekshanka ku dhacay. Waxaa jiro korniinka halista in cunugga u xilliga carruurnimada yeesho calaamadaha cudurka neefta ama kuwa u eg, taasoo u baahan in lagu daryeelo daawooyin ku haboon.

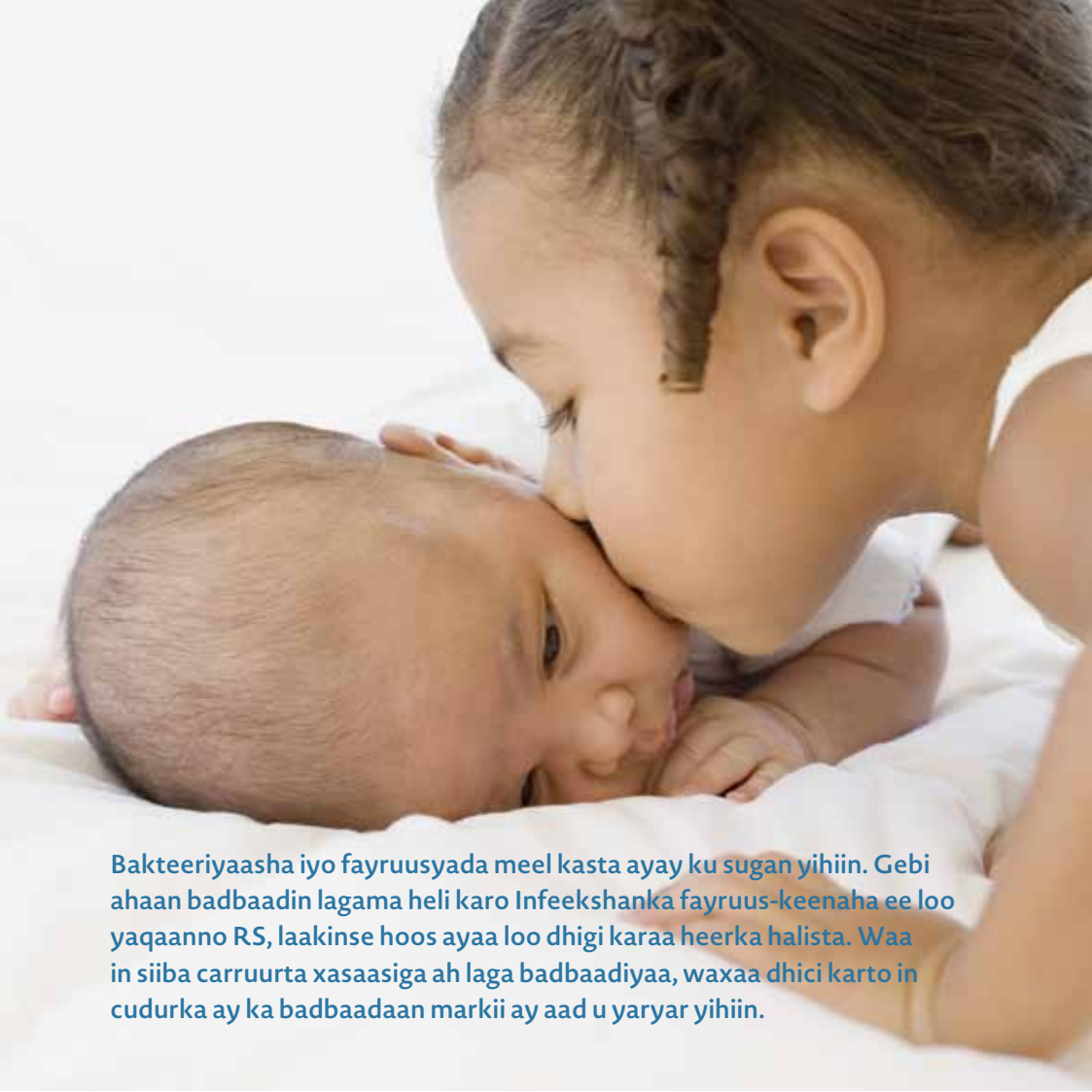
### Carruurta hoos ku tilmaaman waxay u baahan yihiin badbaadin dheeraad ah:

- Carruurta dhicisnimo ku dhasha
- Carruurta qaba cillada hab-shaqaynta sambabaha
- Dhallanka (bilaha ugu horeeyo)
- Carruurta qaba cillada difaaca jirka
- Carruurta qaba cillada wadnaha





**Haddii suurtagal ay noqon karto waa in carruurta xasaasiga ah infeekshanka laga ilaaliyaa**



Bakteeriyaasha iyo fayruusyada meel kasta ayay ku sugan yihiin. Gebi ahaan badbaadin lagama heli karo Infeekshanka fayruus-keenaha ee loo yaqaanno RS, laakinse hoos ayaa loo dhigi karaa heerka halista. Waa in siiba carruurta xasaasiga ah laga badbaadiyaa, waxaa dhici karto in cudurka ay ka badbaadaan markii ay aad u yaryar yihiin.

# Sidee ayaa ubadkayga ugu badbaadin karaa infeekshanka, markii xilliga Infeekshanka fayruus-keenaha ee loo yaqaanno RS u bilaawdo?

- Habka ugu wanaagsan ee faafinta infeekshanka looga hortago waa iyadoo xilliga hargabka gacmaha si fiican laysaga dhaqo. Adigoo adeegsanaayo biyo iyo saabbuun si fiican gacmaha isaga dhaq, ku isticmaal daawada/alkoolda gacmaha handsprit.
- Markii u hargab kugu dhaco aad isaga ilaali taabashada qof kale, sida dhunkasho iyo habsiin.
- Ku dadaal in ubadkaaga aadan geenin goobaha dadka ku badan yihiin, sida makhaayadaha iyo dukaamada.
- Xilliga infeekshanka iska ilaali goobaha lagu qabto dhaqdhaqaaqa gudaha, tusaale dugsiyada xannaanadda ballan la'aanta la booqdo, kuwaasoo ah goob carruur yaryar oo tiro badan ku kulmaan kuna wada ciyaaraan.
- Xulo dhaqdhaqaaqyada dibada ee ku kulmaan kooxaha waalidiinta iyo carruurtooda.
- Walaalaha ubadka ka waawayn ee dugsiga xannaanadda lagu xannaanadeeyo bar daawada/alkoolada gacmaha daawada handsprit. Hubso in carruurta dugsiga xannaanadda aysan ku isticmaalin isla shukumaan iyo bakeeri, taasoo xilliga hargabka hoos u dhigayso halista faafinta infeekshanka.
- Haddii qaraabo iyo saaxiibo hargabsan ku soo booqdaan, ka codso in ay ka ilaaliyaan isku soo dhowaasashada. Waxaa ka sii fiican in booqashadooda dib u dhigaan ilaa ay ka bogsadaan.
- Hab joogto ah u tirtir goobaha sida halka musqusha gacmaha lagu dhaqdo, miiska iyo waxyaalaha carruurta ku ciyaaraan.
- Laabka gacantaada ku qunfac ama hindhis.
- Cunugga ka ilaali qiiqa sigaarka.



Gacmaha iska dhaq!

## Daawo Infeekshanka fayruus-keenaha ee loo yaqaanno RS ma la heli karaa?

Carruurta aad ugu iilan ee ka tirsan kooxda halista waxaa lagu daaweeyaa daawada immunoprofylax, waa daawo laga sameeyay antibiotics looga hortago Infeekshanka fayruus-keenaha ee loo yaqaanno RS. Kahortegid awgeed ayaa loo siiyaa ujeedada waxay tahay in carruurta aad halista u ah in aad ugu xannuunsadaan, iyo in hoos loo dhigo in aad ugu xannuunsadaan ama cudurka halis ku noqdo.

Takhtarka ka mas'uul ah daryeelida cunugga ayaa qiimnaynaayo haddii cunugga u baahan yahay daryeel-caafimaadeedka kahortegida ku salaysan iyo in kale. Cilmi-baarista way socota, laakinse weli lama helin tallaaf looga hortago Infeekshanka fayruus-keenaha ee loo yaqaanno RS.



# Sidee ayaa hoos ugu dhigi karaa dhibaatada ubadkayga?

Ma jirto daawo looga bogsado Infeekshanka fayruus-keenaha ee loo yaqaanno RS oo socdo. Daawada antibiotics waxba kama tarto. Laakinse waxay aad hoos u dhigi kartaa calaamadaha cudurka ee cunugga.

- Hubso in cunugga la siiyo cabbitaan ku filan, maxeeyalay cabbitaanka wuxuu ka hortaga in haragiisa u qaleel noqdo iyo in hab fudud u qunfaco xab adag.
- Sankiisa ku nadiifi adigoo biyo cusbo leh ku buufiyo. Dhibcaha sanka hoos u dhiga bararka loo siiyo hab waafaqasan amarka takhtarka waxay fududeeyaan awooda neefsashada.
- Carruurta aad u yaryar oo aan iskooda u hindhisi karin, waxaa hab xasilan lagu isticmaali karaa soo dhuuqa sanka kaasoo farmashiyada laga soo iibsado.
- Halka madaxa u dhigo ee gaariga ama sariirta kor u qaad taasoo hoos u dhigi doonto bararka axal-dhaxaledka. Waxaa tijaabin karta in qaddar yar aad ubadkaaga qaab fadhi u fadhiisto.
- Haddii cunugga u qandho qabo waxaad siin kartaa daawoowinka qandhada hoos u dhigta, taasoo u rishetto la'aan farmashiyada laga soo iibsan karo, ku sii qiyaasta lagula taliyay.



Fiirogaar sii calaamadaha jir qallalka ama hoos u dhaca awooda neefsashada.

# Warbixin dheeraad ku saabsan Infeekshanka fayruus-keenaha ee loo yaqaanno RS aqriso

Haddii aad warbixin dheeraad ku saabsan Infeekshanka fayruus-keenaha ee loo yaqaanno RS booqo [rsvirus.se](http://rsvirus.se). Naseexo ku saabsan sida hoos logu dhigo halista infeekshanka sii qaraabada iyo saaxiibada.

# rsvirus.se



# Infeekshanka fayruus-keenaha ee loo yaqaanno RS, Mararka qaarkood waa arrin hargab ka culus

Buugga-warbixineedkaan waxaad ka aqrisan kartaa Infeekshanka fayruus-keenaha ee loo yaqaanno RS (Respiratoriskt syncytievirus) iyo sida laysku qaadsiiyo, calaamadaha cudurka Infeekshanka keenaha iyo waxyaalaha habboon inaad ka fekerto sida aad ubadkaaga ugu badbaadin lahayd infeekshanka.



**Waxaa mahad iskaleh takhtarrada iyo kalkaalisooyinka caafimaadka ka hawlgala:**

Isbitaalada Astrid Lindgrens Barnsjukhus, Karolinska Universitetssjukhuset,  
Sachsska barn- och ungdomssjukhuset iyo Akademiska barnsjukhuset

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